

The Bow Times

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DUNBARTON NEWS ON PAGES 14-15

BOW ROTARY WELCOMES INCOMING PRESIDENT TANYA FROST



Tanya Frost hands Dick Swett his gavel plaque. Photo | Eric Anderson

Bow Rotary’s annual changing of the gavel ceremony took place on June 25. Outgoing President Dick Swett presented with an emphasis on building up membership. Swett then handed the gavel off to incoming President Tanya Frost, who thanked Swett and presented him with his past president badge and gavel plaque to a standing ovation by the club members.

Frost reports that she is excited to start her presidency, and with the prospect of new members joining the club.

VOTER'S CHECK ✓ LIST SESSIONS

New Hampshire Law (654:39) requires that the Supervisors of the Checklist verify the checklist yearly. Any person on the checklist who has not voted in the past five years must re-register to remain on the checklist, unless the voter registered after the last state general election. The Supervisors are sending notice letters to these voters at the address provided when registering on:

JULY 16, 2026 Supervisors of the Checklist for the town of Bow, will hold a session for re-registering voters who have not voted since April 1, 2021. In addition, they will be accepting applications for new voter registration, accepting requests for the correction of the checklist, and/or change of political party affiliation on:

August 17, 2026 Time and location for both sessions: **8:00 – 9:00 AM**

Bow Municipal Building | 10 Grandview Road | Meeting Room B | Bow

Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring that proof when they come to register.



TRACY OLIN NEW AUTHOR IN BOW

Tracy Olin, is making her entrance into the literary world with the release of her first children’s book, *Just an Ordinary Chair*.

This heartwarming story encourages young readers to discover that even the most ordinary things can hold extraordinary meaning.

Just an Ordinary Chair is now available through Amazon, Kindle, and Barnes and Noble. It will soon be available at the Merrimack NH outlets, Locally Hand-made store, giving local families an opportunity to support a NH author and discover this charming new children’s book.

With her debut publication, Tracy hopes to inspire imagination and meaningful conversation among children and their families.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 20-21



190 FOOT CELL TOWER DETAILS HEARD BY BOW PLANNING BOARD

On June 18 the Bow Planning Board heard two applications by Mariner Tower for construction of a 190 foot cell tower on South Bow Road. The tower is a gray lattice tower that is unmanned and requires no water, sewer, or trash utilities. It features a 75×75 foot compound secured by an 8-foot chain-link fence topped with barbed wire and anti-climbing safeguards. The tower sits 316 feet from the nearest property boundary and over 900 feet from South Bow Road on a 57-acre parcel, exceeding the 125% structural fallback setback rule.

The tower would add five square miles of coverage to approximately 1,000 Bow residents. The applicant said a visual balloon demonstration, photographic simulations, and a view shed map were completed, demonstrating that the gray, non-reflective hot-dipped galvanized lattice tower has extraordinary limited visibility from public ways due to natural shielding.

However, Dana Ordway of 123 South Bow Road spoke at length of his concerns about the proximity of the facility and its potential visual impact on the surrounding rural area, noting that the scale of the tower changes the character of the neighbourhood. He also spoke about concerns with wetlands, milkweed, and spotted turtles, and spoke about the tower being better located at an older tower site nearby, as well as possibly being installed on his own land which is higher than the proposed site.

The Planning Board then scheduled an official site walk for July 15 ahead of the Board’s July 16 meeting.

BOW TIMES WINS TWO PRESS AWARDS

On June 27, several hundred journalists attended the annual NH Press Association awards event at the New Hampshire Institute for Politics. At the Bow Times table were Nadeane Mannion, who designs the paper, and Bow High School student Matthew Mampuzha, the Sports Editor, along with other friends and family.

Judges from Arizona, Rhode Island, and elsewhere decided the winners who were announced June 27. Judges evaluated 400 entries across 30 categories for large and small publications.

The Bow Times came in second place for editorials with Chuck Douglas’ piece last year entitled “*Secretary Burgum Tries to Whitewash History.*” Chip Griffin’s sports photo for Bow Boys Basketball secured third place.

The 2025 awards bring to 30 the number this paper has won.



From left: Neerada Jacob, Matthew Mampuzha, Mridula Naik, Sudhir Naik, Nadeane Mannion, Brenna Novakoski, Michelle Novakoski and Eric Anderson (inset), who stepped away to take this shot.

WINNER OF 30 NH PRESS ASSOCIATION AWARDS

THE BOW TIMES IS DELIVERED FREE TO 4,480 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON

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EDITORIALS

GET A PIECE OF HISTORY

Next April Bow will celebrate the 300th anniversary of its incorporation as a town. Whether you are new to Bow or have lived here your whole life, a commemorative coin is something to pass on to future generations.

Our city to the north got into a boundary dispute with Bow, and Governor Benning Wentworth, the royal governor, gave Rumford the name of Concord in 1765 to signify harmony with Bow.

When coins become available at the library we will let you know.

WILL WE LAST ANOTHER 250 YEARS?

The National Commission on American History and Civics Education has issued an old fashioned Broadside for the Nation calling for all colleges and universities to require a comprehensive course in American history and government. The 24 scholars, historians and political scientists looked at the current state of affairs on behalf of the American Council of Trustees and Alumni, a private group.

Concerns included how American college students are alarmingly uninformed about their nation’s institutions and history: 48% of students believe that the president, not Congress, can declare war, and a majority believe that 1776 was the year in which the Constitution was written. The stakes are high: Civic illiteracy among voters could lead the republic, which relies on an enlightened public, to “die by suicide,” in Lincoln’s words. America needs, as Reagan termed it, “informed patriotism.”

Only 19% of colleges or universities require a course in American history or government, a major deficit when 43% of the U.S. population aged 25 to 39 holds a bachelor’s degree. The course that the Broadside recommends would convey the American story to college students, by starting with a broad survey of major moments and themes in American history, and an examination of essential primary texts in American history and government.

The Broadside says that at both private and public institutions, trustees and donors can advocate for robust civic education: “Governing boards can work with faculty and administrators to enhance the requirement according to institutional priorities, and donors can provide grants and gifts targeting the creation and maintenance of a required course and civics center.”

Donor and trustee advocacy is important at all colleges and universities, and essential at private ones. Yet, at public institutions, state laws also govern. Currently, 14 out of 50 states have mandated American history or government courses.

Without education in how our state, local and federal governments work we will not have informed citizen voters for the future. In fact, we just celebrated on the 4th of July the 250th of something 46% of Americans didn’t know. The Cato’s Institute’s poll of 2,253 Americans showed that 46% did not know it was a signing of the Declaration of Independence.

A PROMISE MADE, A PROMISE KEPT

A year and a half ago when Donald Trump was inaugurated he said: “The golden age of America begins right now.” The only criticism I have is that he didn’t finish the quote with “for my family and me.”

On June 30th the annual financial disclosure required of elected officials revealed that Mr. Trump’s income had jumped to \$2 billion and \$1.4 billion was from cryptocurrency and digital tokens.

The bulk of that money came from a meme coin of Mr. Trump pitched as a “time to celebrate everything we stand for: WINNING!” So, his loyal followers bought and the price peaked at \$75.35. But the coin is now worth 97% less and 1,000,000 people who bought it lost a total of \$3,810,000,000. But Trump got in and out with a payout of \$636,000,000. So, as the Trump suckers were getting in their leader was cashing out as the WINNER!

Oh, and that pledge to “drain the swamp of corruption and self-dealing?” It is bigger and better than ever.

Did a million people lose billions on Hunter Biden’s laptop or Hillary’s emails?

As for the Golden Age of Prosperity, the recent American Research Group poll found that 70% of Americans disapprove of Trump’s handling of the economy. But it is working well for the Trumps.

Chuck Douglas
For a free press, je suis Charlie

GUEST EDITORIAL

A FIGHT SPECTACLE THAT TARNISHED THE WHITE HOUSE

For his 80th birthday, Trump brought a Cage Match to the White House Lawn. I never expected to see the White House reduced to what Americans witnessed.

The White House is supposed to be a symbol of the Republic, a place that reflects the seriousness, dignity and responsibility of self government. Instead, it looked like a stage for spectacle and self-promotion. Millions of Americans watched behavior that would have been unthinkable from previous generations of leaders.

I am not angry because of partisan politics. I am angry because I love this country and believe that its institutions matter. Generations of veterans, public servants and other Americans sacrificed to preserve the dignity of the office of the presidency.

Watching that dignity discarded for applause, attention and political theater is infuriating.

America is strongest when its leaders elevate the nation. Fight night felt like the opposite. It felt small, petty and embarrassing. The standards that once defined public service continue to erode, and too many elected officials remain silent while it happens.

History will remember moments like this. It will remember who defended our institutions and who stood by while they were diminished.

Mark Affleck, Fayetteville, N.C.



Good times start here at Cedar & Main Tavern, the go-to destination known for its inviting rustic atmosphere, hometown charm, and laid-back tavern style dining.

Our spacious deck overlooks the scenic banks of the Contoocook River featuring picturesque views of Contoocook Falls and the historic Contoocook Railroad Covered Bridge.

If you're a local or visiting for the first time, you'll find our menu filled with bold tavern fare and classic favorites, all served with our exceptional service and hospitality.

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BOW SUMMER CHECK LIST

CELEBRATING AMERICA'S 250TH ANNIVERSARY

As we celebrate the 250th anniversary of American Independence, summer remains a time for many of the traditions that have brought families together for generations—days on the lake, camping trips, road trips, and outdoor adventures. Before heading out this season, take a few minutes to review the protection behind the recreational vehicles and equipment you enjoy most.

COMMONLY OVERLOOKED SUMMER COVERAGE ITEMS:

- ✓ BOAT COVERAGE
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AARP WARNS OF SENIOR SCAMS

DIGITAL ARREST

The process is terrifying. You’re informed that you’re the subject of a criminal investigation. Fake law enforcement officers interrogate you for days on video calls, threatening you with criminal charges, sending AI-generated phony arrest warrants and pressuring you to pay settlements or fines. “It’s a terror-based scam that involves holding a person digitally captive. They’ll get you in a video call, and they won’t let you go,” says Frank McKenna, chief innovation officer with Point Predictive, an AI technology company in San Diego.

Digital arrest is a major problem in India (in September 2025, a retired doctor there died from a heart attack after enduring nearly 70 hours of harassment), and it’s spreading to the United States, McKenna reports.

HOW TO STAY SAFE

Hang up. “Law enforcement doesn’t call people and threaten to arrest them,” McKenna says.

Know how the system works. Court orders and arrest warrants are not delivered through phone calls, emails or social media.

"HELLO, PERVERT" SCAMS

In this insidious scam, criminals claim they’ve hacked your computer and recorded you visiting porn sites. If you don’t pay them, they’ll share evidence of your naughty behaviour with your email contact list. They might even spoof your email address so it appears that the blackmailer is contacting you through your own account.

The AARP Fraud Watch Network reports a spike in these scams; people can be very fearful of getting a bad reputation if someone believes they are watching porn or sending nude photos. Scammers exploit that fear. Pervert scams also tend to follow data breaches. Crooks use your info to create highly personalized messages, making the threat seem more legitimate.

HOW TO STAY SAFE

Never respond. If you reply, scammers will likely send more messages. Don’t open unsolicited attachments. Blackmail messages are frequently sent as PDFs to bypass phishing filters. Stay calm. Ignore deadlines to pay money. Urgency is a scam tactic to force rash decisions.



ROUTE 66 TURNS 100 THIS YEAR

In November 1926, one of the original numbered highways was established. It began in Chicago and went through six states before it ended in Santa Monica, California. Route 66 was 2,448 miles long and still exists in many parts of the country.

In the book *Route 66: The First 100 Years* by Jim Ross & Shellee Graham the reality of travel was described as: “Engines overheated and burned oil, tires went flat, and electrical systems failed. Fuel was gravity-fed, causing stalls on steep hills that could only be remedied using reverse gear. Travelers carried tools, patching kits, inner-tubes, water, oil, spare fuel, and a token of luck to reach destinations without serious delays. Many of those venturing beyond a day’s drive packed kettles and bedding and camped under starry skies at convenient pullouts or roadside camps.”

Nonetheless, it was called the mother Road and the emergence of the automobile change America and opened up areas to tourism. Even though it was decommissioned in 1985 You can still “*Get Your Kicks*” on 95% of route 66.

In Adrian Texas they say “When you’re here, you’re halfway there.” That’s because Adrian marks the halfway point between Illinois and California, an Old Route 66.

In Atkins, Texas is the **Cadillac Ranch** named after 10 Caddies buried nose first and covered in years of spray paint. You can make your contribution to yard art.

Gallup, New Mexico has the **El Rancho Hotel** on 66 which once hosted Hollywood movie stars including Spencer Tracy, Catherine Hepburn, John Wayne, and Rita Hayworth.

After crawling across the Mojave desert, Route 66 ends in Santa Monica, California, at the pier.

QUOTES OF THE MONTH

“I will end inflation on Day One.”
AUGUST 9, 2024
“I love the “inflation” (after it rose to 4.2%).
JUNE 10, 2026 — DONALD TRUMP

Growing More Than a Garden



Some of the most meaningful lessons are planted early – patience, stewardship, and planning for what’s ahead. The same principles guide smart financial planning. With thoughtful strategy and consistent care, today’s decisions can help create confidence, opportunity, and lasting impact for the next generation.

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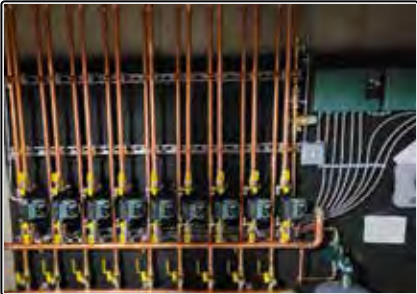
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SUMMER IN A BOTTLE

In the heart of the Hamptons, Wölffer Estate Vineyard stands out as one of Long Island’s most iconic wine destinations, known for its scenic vineyards, elegant tasting experiences, and world-famous Summer in a Bottle collection. Surrounded by rolling vines and coastal beauty, the estate captures the relaxed sophistication of summer on the East End.

The winery’s signature Rosé and Sauvignon Blanc have become favorites for warm-weather sipping, highlighting the best of Long Island alongside a broader lineup of reds, sparkling wines, hard ciders, non-alcoholic options, and a refreshing gin made with estate-grown juniper berries. The collection includes the original Summer in a Bottle Long Island Rosé, crafted from a blend of local grape varieties, as well as a Loire Valley Sauvignon Blanc and a Provence-inspired Rosé. With vibrant fruit, refreshing acidity, and distinctive artistic labels, these wines capture the spirit of sunny days, sea-side gatherings, and unforgettable summertime memories.

Guests can reserve guided tastings in the estate’s tasting room, where wines are served alongside vineyard views, seasonal small bites, artisanal cheeses, and charcuterie. The property also offers the popular Wine Stand, a relaxed outdoor spot known for sunset views, live music, summer events such as Après beach parties, from food trucks serving favorites like Maine lobster rolls to upscale caviar tastings.

Whether you’re a wine enthusiast, planning a romantic outing or girls’ get-away, or simply seeking a classic Hamptons experience, Wölffer Estate delivers exceptional wines, beautiful scenery, and warm hospitality—making it a must-visit destination on Long Island, NY. German winemaker Roman Roth brings decades of expertise to the estate, which released its first New York vintage in 2013. The Long Island wines are sold in the winery only or sold at certain restaurants throughout the United States, the French options below are sold here in NH. These wines are perfect for sharing with friends, so bring a taste of summer to your next gathering or home patio and enlighten any mood or experience.

Summer in a Bottle, Rosé – Côtes de Provence, France

A blend of Grenache, Syrah, Cinsault, and a touch of Vermentino, offering bright aromas of citrus, peach, rose, and delicate florals, with vibrant fruit and a refreshing hint of salinity. \$24 Bottle.

Summer in a Bottle, Sauvignon Blanc – Loire Valley, France

Sourced from the heart of Touraine, this Sauvignon Blanc offers lively citrus, tropical fruit, and mandarin orange aromas, with refreshing acidity that keeps you coming back for another sip. \$24 Bottle.

Cheers to Summertime ~ Annie



Annie Kenney is a General Sales Manager for MS Walker Wines & Spirits in Bow, NH where she has been passionate about her career for the last 23 years.

Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association. Annie is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.

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JULY IS THE PERFECT MONTH TO RESTART YOUR HELATH & FITNESS GOALS

by Jim Olson

YES! July Is the Perfect Month to Restart Your Health and Fitness Goals!

The year isn't over. Not even close.

Half of the year is gone. I get it. You made those promises back in January — the gym, the food, the whole new you. And then, sometime around February, life happened. It always does. You slipped. You stopped. Maybe you told yourself you'd start again “next month,” and then next month kept moving further away.

I've been there. Standing in July, staring at goals I hadn't touched, feeling like I'd already lost the whole year. But here's what I finally figured out. You didn't lose the year. You've still got six full months. Six. And six months is enough to change everything.



Jim Olson

carry you forward. And when fall comes and the days get shorter, you won't be starting — you'll already be moving. That's the whole difference.

Momentum in July becomes discipline in October. Discipline in October becomes results in December. And that's what it's about.

The Deadline Is Already Set

December 31. That's your line. It's not made up. It's coming whether you move or not.

Six months from now, a version of you is going to look back at this exact moment. One version wishes you'd started today. The other one? Grateful you did. You get to decide right now which one you become.

And here's the thing about waiting for January — it's a lie you tell yourself to feel okay about doing nothing today. January isn't magic. January is just another Monday you'll talk yourself out of. The clock you're waiting for is already ticking. It's ticking right now.

Start Today. Not Tomorrow. Today.

You don't need a perfect plan. You don't need Monday. You don't need the first of the month.

You need one rep. One walk. One good meal. One decision that you are done waiting.

So, go. Right now, before you are done reading this. Do one thing that moves you forward — small counts, small always counts. Because six months from now, you'll thank the version of you that started now today!

Start today. Keep going. Finish this year as the healthier and fitter you meant to be!



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Rocky, the Aussie shepherd

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It is important to have someone local who specializes in Medicare options who can answer your questions about penalties, and questions like:

- Is a MediGap or Medicare Advantage plan right for my needs?
- When is the right time to leave my work plan and join Medicare?
- What about my spouse—how will they be covered?
- What about drug coverage?
- What are my stand-alone dental and vision plan options?
- How do I avoid penalties and enroll on time?



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WHY IS IT SO HARD TO CALL YOUR DOCTOR — *AND HOW TO GET A RESPONSE!*



Earlier this year, Jo Olivia Mannion had one thing on her to-do list: schedule a six-month follow-up scan. She’s been in remission from Stage IV Hodgkin lymphoma for nearly four years, and while MRIs are always nerve-racking, booking one was supposed to be the easy part.

What followed instead was 12 phone calls, 16 portal messages, a day off from work, and a call to her therapist. At one point, she sent a message through the patient portal apologizing for being a pest.

“All I was trying to do was advocate for myself,” says Mannion, 29.

“And I truly felt like I was being an inconvenience to the system.”

Not long ago, calling your doctor meant actually **talking** to your doctor. Someone answered the phone, and if you needed a callback, you usually got one that day. While that scenario hasn’t entirely disappeared, it’s become unrecognizable for many patients. They call and reach an automated system that can’t understand them, or they send messages that go unanswered for days.

So what can you do? Experts suggest five things.

1. Ask a crucial question at your first appointment – The single most useful thing you can do happens at your very first appointment with a new doctor: ask how to reach them in an urgent situation. But choosing the

right words is critical. “Don’t ask what the best way is to reach them,” says Catherine Hicks, 50, who’s lived with chronic diseases since childhood. “Ask what the most expedited way is.” Some doctors, when asked this way, have given Hicks their cell-phone number. Others have told her which staff member to ask for, or which hours the portal is most reliably checked.

2. Leave a message that grabs their attention – A surprising number of patient frustration is self-inflicted, says registered nurse Juliana Parker. Calling to say “Hi, it’s Mary, can you call me back?” creates too much work for office staff. Instead, provide your full name, date of birth, and callback number. Then, state your symptoms – not your self-diagnosis. Those details determine how urgently your message gets escalated.

3. Use the portal strategically – The patient portal is best suited for questions that can wait 24 to 48 hours, says Dr. Titus Abraham, an internal-medicine physician in Annapolis, Md. For anything you’d describe as urgent, a phone call to the office is still the more reliable channel because calls can be triaged in real time in a way that portal messages often can’t.

4. Be willing to work with the whole team – Some patients insist on speaking only to the physician when a nurse practitioner, physician assistant (PA), or triage nurse could answer the question just as well— and far more quickly. “The days of always expecting to talk to your physician for answers unfortunately don’t exist as much anymore,” says Stephanie Broussard, an oncology social worker. “We’re moving to an interdisciplinary approach, and that may mean the person giving you your answers is a PA, or a triage nurse relaying guidance from the doctor.”

5. Don’t stress about being a bother – Perhaps the most important thing, Broussard says, is to remind yourself that you’re not being a burden by calling. The triage lines, portal, and patient navigators exist because practices want to hear from you before symptoms become serious. “You matter,” she says, “and it’s important that you advocate for yourself and see that you’re worthy of the time and attention.”

Written by ANGELA HAUPT | TIME Magazine | May 25, 2026
Angela Haupt is a health and wellness editor at TIME.



VACCINATION CLINIC

Saturday | August 1 | 8:00 -9:00 AM

We host monthly low cost vaccination clinics for cats, dogs and ferrets to help them stay current on vaccinations and ensure the health and safety of our community.

To register, go to www.pmspca.org/pet-clinics for the next available clinic, select a specific time for your appointment, the various vaccination(s) needed and pay online prior to attending.

If your pet is getting a rabies vaccine, you MUST bring the most current rabies certificate to determine if they will receive a 1 yr or 3 yr vaccine. Only a veterinarian signed rabies certificate is valid. If the certificate is expired or you do not have one, your pet will receive a 1 yr vaccine.

All appointments are pre-paid and we do not accept walk-ins.

Pope Memorial SPCA, (603) 856-8756, www.pmspca.org



THE *Music* LADY
FOR THE LOVE OF MUSIC

Let’s have some fun with a few surprising, random musical trivia facts.

If you want to be happier, sing in a group. Studies show that blending our voices together produces mood-boosting hormones, like oxytocin, that lift our spirits and make us happier.

Mozart became a best seller of recorded music in 2016 when Universal Music Group released a box set of collections of his compositions, with each set containing 200 discs. Because of this massive musical “dump,” Mozart recordings outsold Beyonce in 2016.

Turn on some music if you want to enhance your physical performance. Up tempo music with a strong beat can help you get through a workout.

Do you feel an urge to tap your toes or move your body when you hear lively music? Well, not everyone “feels” the spirit of music. University of Barcelona determined that some people just aren’t moved by music at all. No tappy toes, no body moves, no emotion whatsoever.

Stevie Wonder said “I can’t actually read music. I mean, I can when it’s in Braille.”

Students who take music lessons tend to do better on their SAT exams. Music can also help them develop more confidence, creativity and coordination.

The London Symphony Orchestra was supposed to sail on the Titanic, but they changed their schedule at the last minute and booked a different ship.

In 2008, some French researchers got permission to test various sound levels at some bars and found that the louder the music, the more the drinking increased.

Research shows that cows produce more milk if farmers play music in the barn.

Prince was a very talented musician who played 27 instruments.

It is believed that babies can hear music from the womb and respond to it.

Is the piano a string instrument or a percussion instrument? It is considered to be BOTH.

Freddie Mercury had 4 extra teeth. He believed it made him sing better.

Elvis Presley had a twin who died at a very young age.

The melody for Paul McCartney’s composition “Yesterday” came to him in his sleep. Since Paul can’t read or transcribe music, he gave the tune some temporary lyrics to help him remember the melody. “Scrambled eggs, oh my baby, how I love legs, scrambled eggs.”

Victor Borge said “I only know 2 pieces of music. One is ‘Clair de Lune’ and the other one isn’t.”



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NURSING-HOME STAYS OFTEN DENIED BY BIG MEDICARE INSURERS

If you’re a senior, the Medicare plan you choose may have a major impact on whether you can get nursing-home care when you need it — and a new federal investigation shows the largest insurers had some of the highest denial rates.

Medicare insurers had widely varying rejection rates for patients seeking nursing-home stays, as well as for long-term care hospitals and inpatient rehabilitation facilities, according to two new reports from the Office of Inspector General for the Department of Health and Human Services.

The Medicare insurers with the biggest enrollments, UnitedHealth Group, CVS Health’s Aetna and Humana, were among the most likely to initially refuse access to the costly facilities.

For these companies, denial rates hovered around 13% for nursing-home care, but they were far higher for patients trying to get into the other types of facilities. For long-term-care hospitals, initial rejection rates were as high as 80%.

For seniors enrolled in traditional Medicare, instead of private Medicare Advantage plans, there is generally no need to get the same kind of preapproval.

The investigators found that most people didn’t appeal when insurers denied their doctors’ request for access to a nursing home — specifically, a skilled nursing facility, the type of nursing-home care covered by Medicare. Bartholomew said that those who didn’t appeal may have gotten a different, lower-cost type of care, like home health, but the investigation didn’t focus on that.

Appealing does appear to pay off: Of the 18% of patients who did appeal, nearly all were able to overturn the initial denial of skilled nursing care.

Anna Wilde Mathews | Wall St. Journal | June 12, 2026



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REAL ESTATE SALES IN BOW — MAY 2026

Serving the areas in and around Merrimack County.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
8 Rosewood Drive	3 Bedrooms 1 Baths	1638 Square Feet	2.39 Acres	\$475,000
8 Logging Hill Road	3 Bedrooms 2 Baths	2372 Square Feet	1.11 Acres	\$485,000
184 Bow Bog Road	3 Bedrooms 1 Baths	1080 Square Feet	2.46 Acre	\$511,000
68 White Rock Hill Road	3 Bedrooms 2 Baths	1768 Square Feet	1.84 Acres	\$564,900
914 Route 3A	3 Bedrooms 3 Baths	2192 Square Feet	.90 Acres	\$580,000
4 Cedar Lane	3 Bedrooms 3 Baths	2476 Square Feet	2.85 Acres	\$650,000
59 Page Road	4 Bedrooms 4 Baths	2005 Square Feet	1 Acre	\$650,000
16 Timmins Road	4 Bedrooms 3 Baths	2448 Square Feet	3.55 Acres	\$755,000
37 Allen Road	3 Bedrooms 3 Baths	3927 Square Feet	2.10 Acres	\$851,000
43 Hampshire Hills Drive	6 Bedrooms 4 Baths	3550 Square Feet	2.87 Acres	\$910,000
15 Wheeler Road	6 Bedrooms 4 Baths	4996 Square Feet	3.10 Acres	\$1,100,000
1 Merrill Crossing	5 Bedrooms 6 Baths	4336 Square Feet	2.07 Acres	\$1,170,000
15 Heidi Lane	6 Bedrooms 4 Baths	4410 Square Feet	3.46 Acres	\$1,300,000

REAL ESTATE SALES IN DUNBARTON — MAY 2026

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
110 Everett Dam Road	2 Bedrooms 1 Baths	1350 Square Feet	4 Acres	\$433,500
213 Twist Hill Road	3 Bedrooms 3 Baths	2376 Square Feet	3.01 Acres	\$565,000
1071 Montana Road	3 Bedrooms 2 Baths	1836 Square Feet	5.19 Acres	\$569,000
89 Everett Dam Road	5 Bedrooms 6 Baths	4001 Square Feet	11.74 Acres	\$1,090,000



Download our Strategic Pricing Guide and learn how smart sellers price to maximize value.

Leadership New Hampshire Announces Class of 2027

This 35th Leadership New Hampshire cohort includes six local, accomplished associates selected through one of the most competitive application cycles in the program’s history. Starting in September and continuing for nine months, these associates will engage in an immersive experience that deepens their knowledge of New Hampshire, builds lasting cross-sector relationships, and inspires greater civic leadership across the state.

The Class of 2027, representing a wide range of sectors and regions, will begin their journey with an opening retreat in Greenfield. Throughout the year, they will criss-cross the state as they explore the issues and institutions shaping New Hampshire and form connections that last far beyond graduation.

“The Class of 2027 represents the best of New Hampshire. They are diverse in geography, background, and perspective, but united in their commitment to

making a positive impact,” said Leadership New Hampshire Executive Director Will Steart. “We’re thrilled to welcome these 44 exceptional leaders into the LNH community, and we look forward to seeing how they grow, connect, and contribute to our state in the years ahead.”

Leadership New Hampshire is a nonprofit with a mission to “build a community of informed and engaged leaders.” Founded in 1992, LNH has more than 1,100 alumni, individuals who are working to strengthen New Hampshire communities and increase civic engagement. Graduates hold leadership positions across the Granite State in the private, nonprofit, academic, and public sectors. Learn more at leadershipnh.org.

Full bios of each associate can be found at leadershipnh.org/classof2027.



Ryan Warren
Principal, Partner
BerryDunn
Hometown: Bow



Cheryl Monroe
Director of Finance at
Northeast Delta Denta;
Hometown: Bow



Clay Callaway Hayles
Project Architect, Principal
Samyn-D’Elia Architects
Hometown: Dunbarton



Margaret Byrnes
Executive Director
NH Municipal Assoc
Hometown: Bow



Gregory Stout
Founder/CEO
Launch Theory
Hometown: Hopkinton



Anna Wells
Program Coordinator
Plan NH
Hometown: Hopkinton



BOW HIGH SCHOOL SPORTS SPOT

by Matthew Mampuzha, Bow Times Sports Editor ➡ Photos | Chip Griffin



Senior Leah Gallier against St. Thomas Aquinas.

GIRLS LACROSSE

The Bow Falcons of girls lacrosse, coached by coach Chris Raabe, reached the No. 1 seed in the playoff tournament. After winning their quarter-final match against No. 8 Gilford and their semi-final against No. 4 John Stark, the team unfortunately lost the championship game 8-18 against No. 3 Saint Thomas Aquinas. Despite the loss, this strong showing from the team demonstrates its capability to succeed. The team will be moving up from Division III to Division II next year, providing an even bigger challenge for the Falcons, but it's nothing these athletes can't handle!



Goalie Brad Ekstrom (#35, center) makes a save against Coe-Brown.

BOYS LACROSSE

The boys' lacrosse team, just like the girls' lacrosse team, reached the tournament. Although ranked as the 2nd seed, rather than the 1st seed, the Falcons of boys lacrosse went through the tournament with minimal difficulty. They defeated No. 7 ConVal 14-3 in the quarter-finals. Then, in the semi-finals, they followed it up with an 8-5 win over No. 3 Plymouth. However, in the finals, the team fell to No. 1 Coe-Brown Northwood by a score of 15-8. Additionally, the boys lacrosse team is also receiving the challenge of moving up from Division III to Division II!



Senior Reis Domini.

GIRLS SOFTBALL

The girls softball team, with the No. 7 seed, won its first round game against No. 10 Pelham by a convincing score of 12-0. However, the Falcons of girls softball lost 7-5 in the quarter-finals against No. 2 Coe-Brown Northwood, similar to the boys lacrosse team.



Sophomore Alex Perry against John Stark.

BOYS BASEBALL

Although the boys baseball team had a record of 6-11, the team managed to qualify for the playoffs as the twelfth seed out of 13 teams making it to the playoffs. In the first round, the team sadly lost to No. 5 ranked Oyster River 7-4. Oyster River went on to lose in the next round, the quarter-finals. St. Thomas Aquinas, the No. 4 ranked team that Bow had managed to beat in the regular season, ended up making the finals, where it lost to No. 2 Kingswood.

BOW HIGH SCHOOL SPRING SPORTS AWARDS — JUNE 10, 2026

The prestigious Falcon Award was presented to one student-athlete from each Bow High School sports team for outstanding contributions and character during the 2026 spring season.

The NHIAA 3-Sport Athlete Award was presented to seven graduating seniors for participation in a sport every season since the beginning of their freshman year, and the Family Award was presented to the Larrabee family for its long-standing support of the athletic program.



The Falcon Award from left: Jacob Gancarz, Sam Bennett, Wyatt Worcester, Evan Baier, Julia Hou, Audrey Glennon, Sierra Scull, and Cadence Malone.



NHIAA 3-Sports Award from left: David Owen, Charlotte Larochele, Julia Hou, Maya Owen, Reis Domini, and Mae and Cami Morrow.

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GRISTMILL STONE

Article by Cheryl Mortimer | Photos Eric Anderson

America experienced rapid growth in the 1800s and 1900s due to improving systems of travel and industrialization. Bow has preserved artifacts from this time, and some can be found using the “*Self-Guided Tour of Bow’s Historic Buildings and Places*” map, available on the town website, the Baker Free Library and the Bow Municipal building.

Here are a couple of sites you can visit.

Historic Londonderry Turnpike “Mile Marker”—1516 Route 3A
Originally, turnpikes were privately owned by their builders who charged travelers tolls. The Londonderry Turnpike, completed in 1813, allowed for engagement in commerce as it was part of the road system connecting Concord, NH to Boston. With an increasing number of travelers, Bow residents also provided hospitality services, like opening taverns in their homes. In fact, dozens of townspeople became profitable purveyors of liquor. In response to growing social outcry, in 1892 an outpost of the Women’s Christian Temperance Union was built at Bow Mills.

Mid-1800s Gristmill Stone—2 Woodhill Road
Community members depended on millers to grind their wheat, corn, and rye into meal and flour. The historic grinding stone on display next to the One-Room Schoolhouse may have come from the mill on Turkey River where the Chen Yang Li restaurant now sits. Just beyond their outdoor seating area, onlookers can still see part of the stone dam.

Noyes Ferry Crossing—593 River Road
A ferry began operating here in the late 1700s, allowing easier passage of the Merrimack River and access to Allenstown and Pembroke. Though it can’t be confirmed, it was probably a rope ferry using a pulley system. The site is marked by a wooden historic sign saying, “Noye’s Ferry Landing 1764.” Not far from this location, at Garvins Falls, the Bow Canal provided a way to transport freight to and from Boston beginning in 1812.

These relics are especially valuable considering the number of sites that were destroyed when the junction of Interstate 89 and 93 was built at Bow Mills. Prior to that, in this area was a school, volunteer fire department, grange, blacksmith shop, post office, and two stores. With plans in progress to expand the junction, we are working alongside the state to protect or mark important monuments.

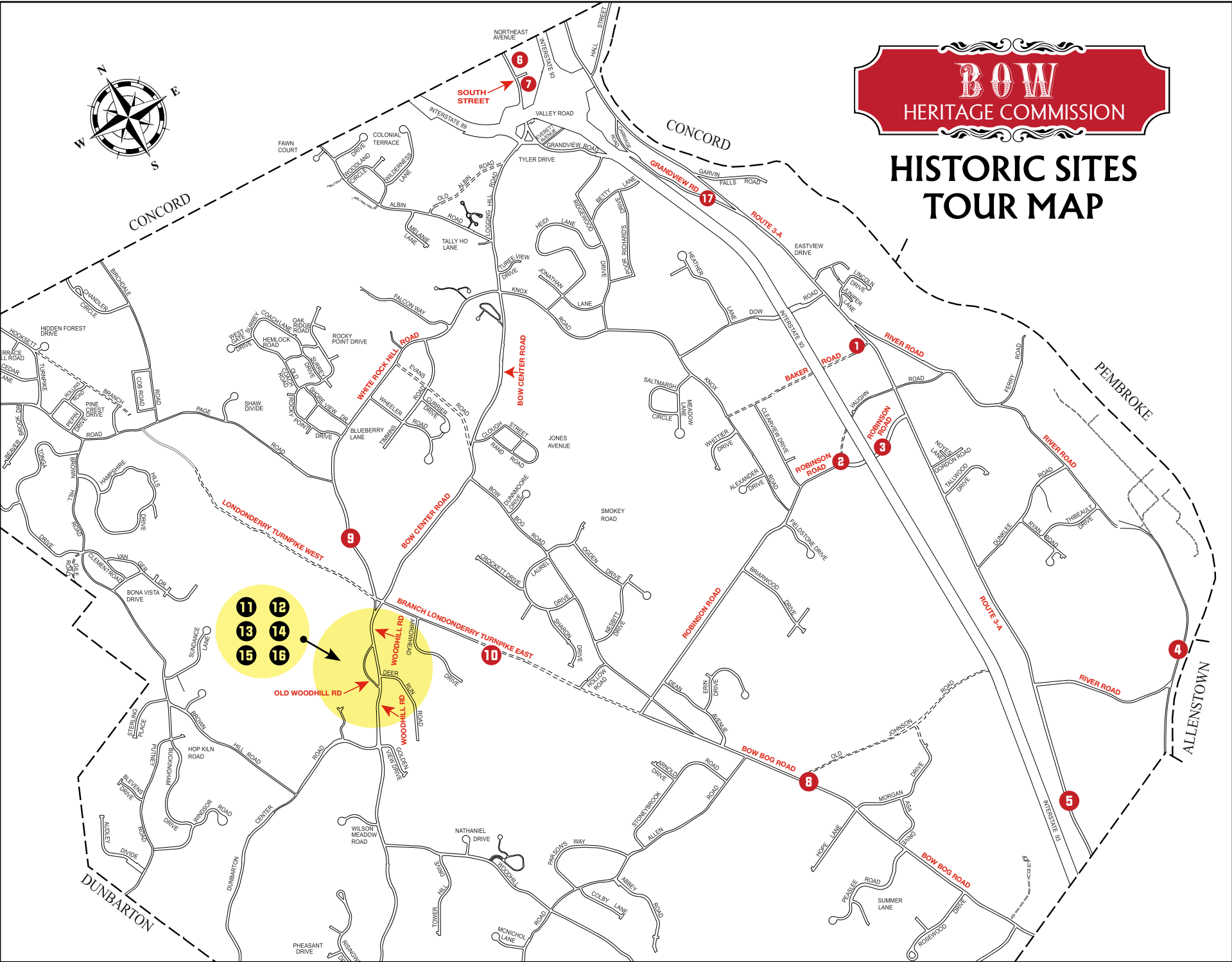
Several mills operated in the Bow Mills area. Pictured here is a gristmill and pond on a site now owned by Chen Yang Li restaurant. The "upper pond" formed by the "lower dam" was a popular swimming hole.

Photo | Eric Anderson

Bow Heritage Commission’s exhibit space on the lower level of the Municipal Building at 10 Grandview Rd. in Bow. The exhibit area will continue to be a work in progress as residents continue to donate important historic items.

Photo | Eric Anderson

17



Rendering of Mary Baker Eddy's Birthplace 1821– End of Baker Road



Early 1900's Granite Wheel Jig Stone
12 Robinson Road



Late 1800's Road Grader
12 Robinson Road



Noyes Ferry Crossing 1921
593 River Road



Londonderry Tpke "Mile Marker"
1516 Route 3A



1914 Baker Free Library
509 South Street



Baker Heritage Room at BFL
509 South Street



1835 Bow Big Meeting House
111 Bow Bog Road



1801 Old Bow Meeting House
White Rock Hill Road



1821 Town Pound
18 Branch , Londonderry Tpke E



Early 1900's Bow Snow Roller
2 Woodhill Road



1894 One-Room Schoolhouse
2 Woodhill Road



Mid-1800's Gristmill Stone
2 Woodhill Road



Historic Bow Center
2 Branch Londonderry Tpke E



1847 Bow Town Hall
91 Bow Center Road



1832 Bow Baptist Church
6 Branch Londonderry Tpke E

Nora LeDuc's DUNBARTON News



SECOND ANNUAL DUNBARTON FARMERS' MARKET
at Stark Farm Organic Blueberries, 30 Stark Lane, Dunbarton will take place every Friday from 3 – 7:00 PM, July 10 through August 28.
Participating Vendor List:

- Clapp Family Farm, Jacqui's Glassicles, Log Home Herbs & Crafts,
Maeve & Enya Crocheted Items & Bracelets, Bela Brook Farm,
Brandi Noyes children's author, Matt Esenwine children's author,
Natures Dreamscape, Blakeney's Bread, Four Legged World,
Clayton's Soaps, Southern Charm Cheese, Niamb's Lemonade,
Bunny Bee Cotton Candy, Generation Farm, Trusted Essential Services,
and Stark Farm Organic Blueberries.

There will also be live music nightly. Please come out and support your local farms and vendors.

chair
YOGA
with Sherry

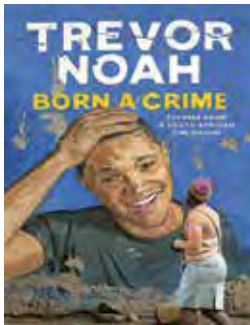


CHAIR YOGA WITH SHERRY continues on Thursdays at 11 am. Currently scheduled for Thursday, July 16, July 23 and Thursday, August 13. Dress comfortably and bring water. Please check for updates on the library's FB Page or website. Call the library if you have questions.



READ TO HARRY THE DOG during his summer visits at the library on Tuesday, July 21 and 28, at 1pm to 2:30pm Please call the library to schedule your 15-minutes session, 774-3546.

LEGO FREE BUILDS with the library's awesome collection of LEGOs. Bring your creativity. The library provides the blocks on Thursday, July 23 and August 6 at 1pm. Please check the library's FB Page or website for updates on times and days.



BEYOND THE BOOK: Hosted by the Dunbarton Congregational Church, will be reading *Born a Crime* by Trevor Noah. This book is the Winner of the Thurber Prize for American Humor, and an NAACP Image Award. Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist.

Discussion is scheduled for Google Meet on Thursda6, August 6. Contact Barb for details: bbennett98@comcat.net for more information. An invitation to the group for the Google Meet is sent the week of the gathering. Everyone is welcome.

SAVE THE DATE: Dunbarton *Old Home Day* is Saturday, August 15, 2026. Volunteers, Vendors, and Sponsors are needed. Please email: DunbartonOHD@gmail.com.

WEDNESDAY FAMILY STORY TIMES are to be held outside through August 12, 2026.
The library will do one big Story Time. Start time is 10:30 am for all ages. Meet on the north side of the common, under the shade trees. Please bring something to sit on, bug spray, sunblock and water.

Check the library's Facebook page or website for updates. (Summer Story Times at 10:30 am and 11:00 am will return inside on September, 9. 2026 after a short break.)

MEN'S COFFEE continues every Friday at 9 am at the Dunbarton Congregational Church Vestry. Bring your own Coffee. Women's Coffee Chat is EVERY Tuesday at 10 am. Met your neighbors and make new friends at the library. Bring your own coffee or beverage. Check the library's FB Page or website for date/times updates.

REMEMBER No Library Book Discussions in July or August, but they will be back in September!

Discussion is scheduled for Wednesday, September 16, at noon. The group will discuss *Psalm of the Wild-Built* by Becky Chambers. Winner of the Hugo Award!

In *A Psalm for the Wild-Built*, bestselling Becky Chambers's delightful new Monk and Robot series, gives us hope for the future. Books available mid-August at the library. Check the Library's Facebook page or website for updates on times/ dates/books.

GET YOUR RODEO ON!

Mark Your Calendars!

DUNBARTON ANNUAL

bicycle rodeo

FREE EVENT at DUNBARTON Elementary School includes:

- Bicycle helmets & bicycle safety equipment on a first-served basis, through a grant from the Children's Hospital at Dartmouth (CHaD)
- Bicycle safety inspections from S&W Sports.
- Treats from Creative Kones
- Music from DJ Jiggy

Saturday August 8 10am to 12pm

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DUNBARTON POLICE

JUNE 2026 ARREST/CHARGE LOG

06/01: Brycen Kushner, 18, Wilton, was taken into custody for transporting alcoholic beverages by a minor, open container of alcohol, open container of marijuana, and stop sign.

06/04: Michael Guiney, 70, Dunbarton, was charged with disorderly conduct - obstruct vehicular traffic.

06/18: Jason Wing, 42, Manchester, was charged with suspended registrations and allowing an improper person to operate from a Dunbarton PD warrant.

06/21: Jaleel Smith, 31, Westville, IN, was taken into custody as a fugitive from justice related to a warrant out of the State of Indiana for a probation violation tied to an original offense of battery resulting in serious bodily injury. He was also charged with driving after revocation/suspension and a yellow line violation.

06/22: Charlene Olson, 42, Weare, was taken into custody on a Merrimack PD warrant for default or breach of bail conditions.

06/25: Joseph Delisle, 58, Windsor, VT, was taken into custody for operating while a habitual offender (felony).

06/26: David Schaufus, 42, Goffstown, was charged with negligent operation.

06/27: Rian Fleury, 27, Concord, was taken into custody for operating while a habitual offender (felony), driving after revocation/suspension - subsequent offense, driving after revocation/suspension - DUI conviction, driving without giving proof, operating without a valid license, alcohol ignition interlock circumvention, and negligent operation. He was also processed and held on an electronic bench warrant for non-payment of fines on the original offenses of driving after revocation/suspension, reckless operation, and conduct after an accident.

6/29: Angelica Basile, 35, Dunbarton, was processed on an electronic bench warrant for non-appearance in court on the original offenses of suspended registrations and driving after revocation/suspension.

Police also issued 1 vicious dog summons related to a dog bite that required medical attention, 17 traffic citations for various offenses including, but not limited to speeding, stop sign, unlawful passing, unregistered vehicle, and misuse of plates, and 1 possession of marijuana (less than 3/4 ounce) citation. Please note that some citations may have been issued in conjunction with an arrest.

Some of our activity as reported during the month of June includes, but is not limited to:

911 Hang Up: 6	Motor Vehicle Collision: 3
Animal Complaint: 7	Motor Vehicle Complaint: 9
Assist Dunbarton Fire/EMS: 11	Motor Vehicle Stop: 128
Assist Other Agency: 9	OHRV: 1
Burglar Alarm: 3	Paperwork Service: 5
Business Check: 18	Police Courtesy/Assist Citizen: 8
Civil Matter: 2	School Zone/Patrol: 12
Court: 3	Suspicious Activity/Person/Vehicle: 5
Criminal Trespassing: 1	Theft/Fraud/Scam: 5
Disorderly Conduct: 2	Traffic Hazard: 4
Firearms Related Complaint: 2	Unattended/Untimely Death: 1
Follow Up: 8	Vacant Property Check: 5
Hit and Run: 1	VIN Verification: 3
Illegal Dumping: 1	Wires/Trees Down: 4
Lost/Missing Person: 1	Welfare Check: 4
Motorist Assist/Disabled: 4	



3 OFFICERS RECOGNIZED FOR YEARS OF SERVICE AND COMMITMENT



L-R: Officer Milioto, 35 Years; Sgt. Tyler, 10 Years; Officer Tompkins - 5 Years.

The Dunbarton Board of Selectmen recognized Sergeant Brian Tyler, Officer Joseph Milioto, and Officer Thomas “Cody” Tompkins for achieving noteworthy years of service milestones in 2026.

Each officer was presented with a plaque to commemorate their years of service, as well as their uniform hash marks, representing 5 years. This significant uniform addition represents a true commitment and dedication to the Town of Dunbarton and the Dunbarton Police Department.

OFFICER ALYSSA SOUCY SWORN IN AS FULL-TIME POLICE OFFICER

Please join us in welcoming Alyssa Soucy as our newest full-time police officer! Officer Soucy was sworn-in by Dunbarton Town Clerk Jennifer Cormier at the last Board of Selectmen meeting.



Officer Soucy comes to us as a certified police officer and immediately began our Field Training and Evaluation Program (FTEP). Alyssa has prior experience as a dispatcher and has a Bachelors Degree in Criminal Justice from New England College.

CONTACT PERSON NOTIFICATION

Contact Person Notification Program, can assist our officers in communicating with persons with cognitive impairment or other disabilities. Voluntarily submitting your loved one’s information will give responders knowledge on how to best interact with them and allow you, the caregiver to be contacted directly and in a timely manner. Visit nhsp.dos.nh.gov for more information.

LGS

GeoDrone

Photography From the Sky – For A New Perspective
FAA SUAS Remote Pilot #4013965

Email: nlegere@nicholasgeo.com nicholasgeo.com/geodrone





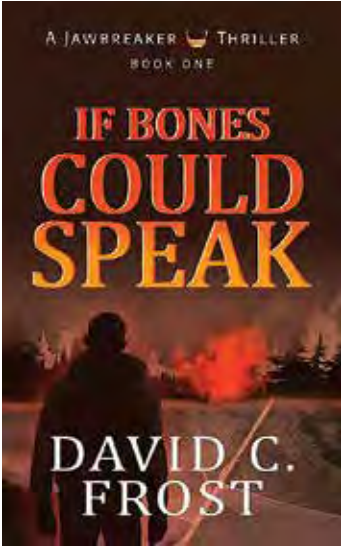
Baker Free Library
July/August News

509 South Street
Bow, NH 03304

See our online Calendar at
bowbakerfreelibrary.org
to sign up for upcoming
programs and events.



ADULT PROGRAMMING



***If Bones Could Speak* | Author Event**
Wednesday, July 15th | 6pm

If Bones Could Speak the chilling new thriller from local author David Frost!

“In 1930s Prohibition Boston, the Italian mob kills off the leaders of the Irish mob in a protracted gunfight. One of the bodies, that of Paddy O’Reilly, is dumped at a bootlegging site at a secluded New Hampshire lake. Flash forward to present day: while ice fishing Dr. Curtis Robinson is knocked flat by an enormous explosive blast from the shoreline. Working with the NH medical examiner and the Boston FBI, Robinson exposes evidence of current drug manufacturing, Prohibition-era bootlegging,

and Paddy O’Reilly’s remains at the blast site.”

David C. Frost is a debut author and retired Concord, New Hampshire dentist. When not writing or interacting with his five grandchildren, he enjoys golf, fishing and boating during the warm months while skiing and, of course, ice fishing take precedence during winter.

Bingo! With Lauren & Liesl | Wednesday, July 29th | 5:30pm

Stop in to play BINGO with Lauren and Liesl! You’ll have a chance to win some awesome prizes like gift cards to local shops, books, gift baskets, and more! We will be playing traditional BINGO, music BINGO, and a bonus surprise game! Registration is required. Ages 13+ please!

Three Men and a One-Shilling Knife:

A Genealogical Look at Local History

Thursday August 13th | 6pm

Presented by the New Hampshire Society of Genealogists (NHSOG), this engaging program uses a dramatic 1788 tavern killing in New Durham to show how genealogists uncover the stories from the past. Through newspapers, court records, military records, petitions, and other original sources, the lecture follows the intertwined lives of three Revolutionary War veterans and reveals how family history research can illuminate the people, events, and communities of New Hampshire’s past.

YOUTH PROGRAMMING



Movie Night: A Bug’s Life
Monday, July 20th | 5:30pm

To celebrate our Summer Reading theme, join us for a film screening of John Lasseter’s 1998 *A Bug’s Life*! Enjoy some popcorn and snacks,

and try some themed crafts like: beetle and lady bug magnets, watercolor butterflies, egg carton moths, ant hill art, and more!

This movie is rated G, with a runtime of 1 hour and 35 minutes. Registration not required but recommended.

Ready, Set, Grow: Magic Show! Thursday, July 23rd | 4pm

Using hilarious comedy, amazing magic tricks, music, sound effects and riveting storytelling, Magician Mike Bent’s Ready, Set, GROW is designed to showcase books alongside positive, inspirational messages. This all-ages show is perfect for the whole family. Come enjoy a night of fun, laughter and magic at the library!

Mike Bent was named “Best of Boston” by Boston Magazine and won the 2009 “Nickelodeon Parents’ Picks Award” for “Boston’s Best Children’s Entertainer.” Mike has made ten appearances at the White House Easter Egg Roll, and even opened for former President Obama and First Lady Michelle!

Money Skills for Teens: Financial Literacy Workshop
Monday, August 10th - Thursday, August 13th | 10:30am

Help your teen build the confidence and knowledge needed to make smart financial decisions before they enter adulthood.

Join Beth Mulleavey, Branch Manager, from Merrimack County Savings Bank, at Baker Free Library for a four-day financial literacy workshop based on Money Skills for Teens by Ferne Bowe. This engaging program is designed to help teens develop practical money management skills that will serve them well in high school, college, their first job, and beyond.

WEEKLY PROGRAMS

Wiggle Worms: Music & Movement

Every Monday, June 22nd – August 3rd | 10:30am

Get ready to wiggle, giggle and groove! Through music, instrument play, dancing and playful movement activities, this interactive storytime encourages children and their caregivers to move their bodies together. Each session ends with a family dance party, so bring your energy and your dancing shoes! Recommended for ages 3-6, in the company of a parent or caregiver. Grown-ups: please plan to participate!

One-time registration is required to reserve your child’s space, as group size is limited. Please register only if you can attend most or all of the offered sessions.

Children’s Theater Play Rehearsals

Every Tuesday, June 23rd – August 4th | 3pm

BFL’s Children’s Theater is back! Children and teens aged 8-14 are invited to participate in this year’s production of Winnie the Pooh, in celebration of the beloved book’s 100th anniversary. Roles are available to accommodate all comfort levels, as well as opportunities for prop and set design. Join us each week as we rehearse, design and create, all ahead of our performance at the library’s Summer Reading Finale!

Registration is required to reserve your child’s space. Please register only if your child can attend most or all of our rehearsal dates. Every Tuesday afternoon from 3:00 - 4:15pm. Ages 8 and up.

Green Thumbs: Children’s Craft

Every Wednesday, June 24th – August 5th | 3pm

Throughout the summer, join us for a children’s craft project every Wednesday afternoon at 3pm. Materials available while supplies last. Recommended for Ages 6-12. Younger children may need assistance from a caregiver and should be accompanied for the duration of the program.

Ruff Readers | Every Thursday, June 25th – August 6th | 3pm

Children can gain confidence and improve their literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 15-minute time slot to visit with (and read to) our canine volunteer, Harry the mini poodle, certified through Alliance of Therapy Dogs. Readers of all abilities are welcome. Children 8 years and under should be accompanied by an adult for the duration of their visit.

Registration is required to reserve your 15-minute time slot. Please call the library at (603) 224-7113 to sign up! Online registration is not available for this program



Whodunits | Tuesday, August 4th | 1pm

Love mysteries? Join the Whodunits to sleuth through a new one every month! This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

August Book Discussion: *Havoc* by Christopher Bollen

Adult Book Talk | BFL | Tuesday, August 11th | 12:30 & 6:30pm

Do you love to read? Are you willing to try books outside your comfort zone? DO you enjoy talking about books with others? Then our monthly Book Group is for you!

August Book Discussion: *Run for the Hills* by Kevin Wilson

White Rock Book Group | Tuesday, August 18th | 1pm

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you!

August Book Discussion: *Run for the Hills* by Kevin Wilson



QUOTE OF THE MONTH

*“Any book that helps a child to form
a habit of reading, to make reading one of his
deep and continuing needs, is good for him.”*

— MAYA ANGELOU





BOW FIRE DEPARTMENT

www.bow-nh.gov

Protecting lives, property, and the environment, with effective and safe responses to all emergencies and calls to service.



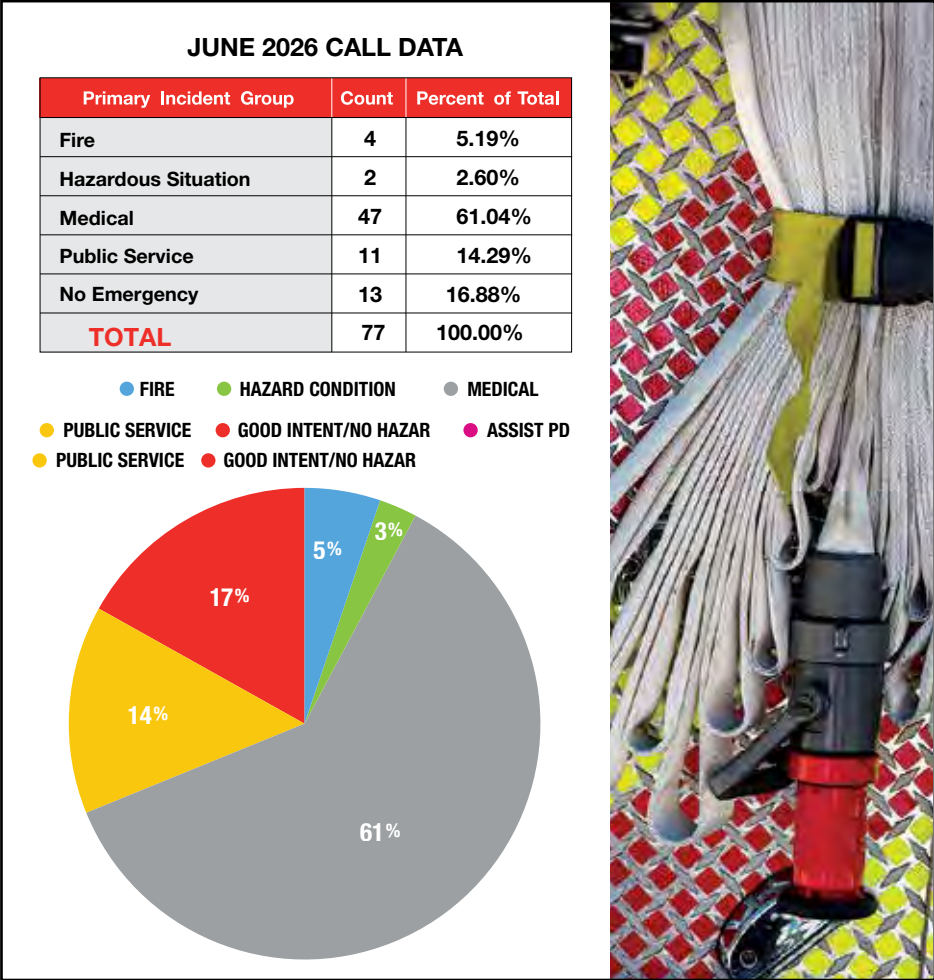
BOW POLICE DEPARTMENT

www.bow-nh.gov

One of the foremost professional, community-oriented policing agencies in the state of New Hampshire.

DEPARTMENT

JUNE 2026 CALL DATA



DEPARTMENT

JUNE 2026 ARREST LOG

MISDEMEANOR AND FELONIES

06/01 Arrest, Brian Bilodeau, Concord, Sex Offender Registration - Failure to Comply; Summons, Ciara Crowder, Goffstown, Suspension of Vehicle Registration

06/03 Arrest, Myles Teeple, Concord, Drive After Suspension; DUI Suspension of Vehicle Registration

06/07 Arrest, Benjamin Hatch, Rochester, Electronic Bench Warrant

06/14 Arrest, Bonnie Bethune, Brookline, Conduct After an Accident, Criminal Mischief

06/17 Arrest, Jose Gurley, Manchester, Electronic Bench Warrant

06/21 Arrest, George Georgopoulos, Concord, Simple Assault Resisting Arrest

06/30 Arrest, Lauriann Laflower, Somersworth, Arrest on a Warrant (Northwood PD); Arrest, Joseph Midolo, Salem, DUI - Impairment

Misdemeanor / Felony: 9 | Protective Custody: 3 | Marijuana Summons 0

Violation Level: 3 Involuntary Emergency Admission 1

TOTAL: JUNE 2026



BOW FIRE DEPARTMENT’S

NEW FORESTRY UNIT

The Bow Fire Department is proud to introduce our newest Forestry Unit, a project that demonstrates the dedication, ingenuity, and commitment of our members to serving the community.



Rather than purchasing a commercially built vehicle, members of the department designed, fabricated, and assembled this unit in-house. Through hundreds of hours of work, our personnel transformed a standard chassis into a fully capable wild land firefighting vehicle while saving Bow taxpayers more than \$100,000.

This project would not have been possible without the support of the outstanding businesses that provided materials, equipment, fabrication, graphics, and expertise along the way. This Forestry Unit represents more than just a new truck – it is a testament to the skill of our members, the generosity of local businesses, and what can be accomplished through collaboration and innovation.

Grappone Ford, Automotive Consultants
HEWS Truck Bodies and Equipment, Mainline Overland
Berube’s Truck Accessories & Graphics, Plastech, Concord Awning
Philbrook Metal ManufacturingW.D. Perkins Pump Specialists
Thank you to everyone who helped make this project a reality.

BOW POLICE DEPARTMENT

WELCOMES MATTHEW PELLETIER

The Bow Police Department is happy to announce the newest member of our team, Officer Matthew Pelletier, who will be our new School Resource Officer (SRO)!



Officer Pelletier brings an impressive law enforcement background to Bow, with 9 years of dedicated police experience in Goffstown, including 6 years of specialized service as an SRO within their school system.

His extensive experience in school safety, student mentorship, and community policing makes him an incredible asset to our department and our schools. Officer Pelletier will be hard at work completing his field training program throughout the summer. Our goal is to have him fully integrated and ready to greet students, staff, and parents on day one of the new school year!

Please join us in giving Officer Pelletier a warm welcome to Bow!



Foyer Mailbox: There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact fee, Pistol permit applications, Statements, and Vacant House Check (VHC) forms.

Rotary Club of Bow



BOW ROTARY ANNUAL AWARDS NIGHT

The 38th annual Recognition & Community Service Awards Night was held at the Baker Free Library on June 11. Seven recipients were recognized and received awards for their dedication and service to our community and the Rotary Club.

Recipients are as follows:

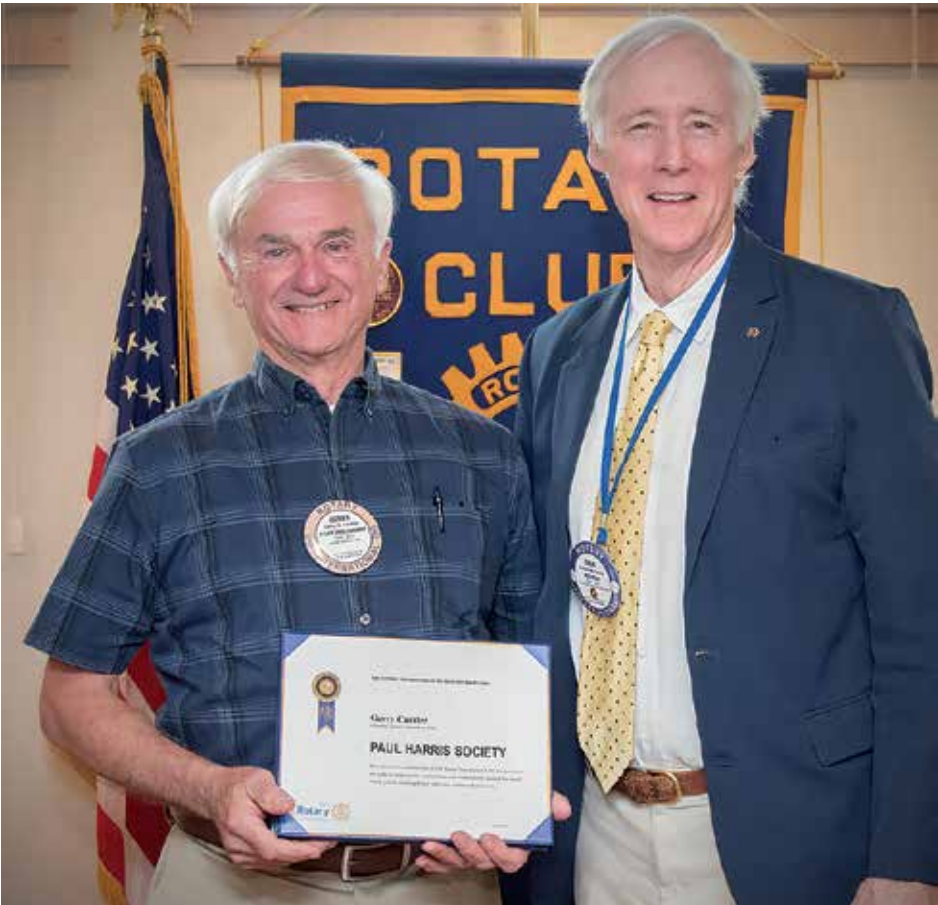
Community Service Award – Eric Anderson for always being present and selflessly serving the Bow community over a lifetime. He has held elective office including selectman and state representative. He is a very committed library trustee, and has given his time to countless other service organizations. He has single handedly maintained a pictorial history of the Town of Bow, including the Rotary Club.

Vocational Service Award - Duane Ford for serving a critical role in the Bow School District managing the finances in a responsible and efficient way and playing an important part in the creation of the annual school district budget. Ford also has been a “regular” serving on the Rotary Four-Way Speech Contest judging panel.

Club Service Award - Joya Dennehy has done an incredible job chairing the Club Property Committee and making sure breakfast is waiting for the weekly Rotary meetings, and she greets everyone with a smile. This year she stepped up in a major way at the annual car show food tent.

New Generations Service Award - Catherine Parker for fostering youth engagement in community service as an EarlyAct advisor. Parker has motivated students to engage with community in very positive ways.

International Service Award - Jill Pierson, who is a member of the Rotex Alum Rotaract Club, stepped up to take on the role of vice chair of Amigos de Honduras, as well as, the co-leader of the 2026 mission team. Bow has been a great supporter of Amigos de Honduras since the very beginning.



Paul Harris Fellow - Gerry Carrier has done an amazing job as a leader for Bow Rotary from mentoring new members, giving guidance on and leading projects, and providing club history to guide decisions. Carrier has been instrumental in projects such as the building of the town gazebo and the installation of a marker at Rotary Park, and the building of a pavilion at Richard Hanson Memorial Recreational Area.

DOCTOR'S CORNER

by Dr. Richard Johnson Dunbarton



Summertime in NH brings people to the lakes and our ocean’s shore. It is a great way to relax, spend time with friends, enjoy water sports and beach volleyball... or lie back and get a tan. Most of us think we look better with a tan and hence we feel better about ourselves. We might even get to read a good book while the sun changes our skin. Is there a downside to this practice?

In 2025 the Union Leader printed some sobering statistics. The paper reported that the CDC found that across the United States, there are more cases of basal and squamous cell cancer than all other forms of cancer combined. One in five Americans will develop a skin cancer in their lifetime. Utah, Vermont and Hawaii have the highest skin cancer rates, and NH is close behind. In addition, NH is seventh from the top for melanoma which has the potential to be fatal. In fact, NH’s melanoma rate is 39% higher than the national average. More than 90% of skin cancers are cause by the sun’s ultraviolet rays. Bottom line: there is no such thing as a ‘healthy tan’.

There are three main types of skin cancer:

Basal Cell Carcinoma (BCC): This is the most common and least aggressive skin cancer.

Squamous Cell Carcinoma (SCC): This affects the outer layers of skin, is more likely to spread than BCC, but has a 95% cure rate if caught early.

Melanoma: It develops in the skin’s pigment producing cells and can metastasize and appear anywhere on the body, even in areas unexposed to the sun.

We are in an era of “influencers” and many shrug off the risks of tanning. Instead, they post their tan lines, their sunburns, their beautiful bodies. According to the American Academy of Dermatology only 25% of those ages 18 – 29 are concerned about developing skin cancer. Twenty percent of this age group believed that getting a tan was more important than preventing skin cancer! The ‘live free or die’ mentality comes into play when you see a TikTok post that says: “The sun gives you cancer. Sunscreen gives you cancer. We die either way, so you may as well be tanned.” Obviously, life is not that simple, and there are many more options to choose from, such as shade, hat and clothes. If you have no worries about the future, or indeed if you are pessimistic about the future, you may well have a reduced sense of the need to protect your skin. Remember, if you are tanning to look healthy and beautiful, the sun is damaging the cellular structure of your skin causing premature loss of elasticity leading to wrinkles. UVA rays constitute 95% of the sun’s ultraviolet radiation; they penetrate your skin and cause premature aging and tanning. The UVB rays affect the surface layer of your skin and cause sunburn and skin cancer.

What can you do to maintain good skin health. Limit sun exposure when the UV index is 3 or higher (10am – 4pm). Wear protective clothing and a hat. Use sunscreen with an SPF of 30 or higher; that will block 97% of UVB rays. See a dermatologist for any concerned skin lesion. Enjoy our wonderful NH summer!

Sources: New York Times 25 May 2026 | Union Leader 18 Nov 2025

NEW HAMPSHIRE
Nice
Dean B. Kaner

A fire destroyed 1,000 books in the college campus library.
The real tragedy was that 500 hadn’t been colored in yet.

Travel with The Bow Times



Bow residents, Glenn McCracken and his wife Linda, reading The Bow Times in Astoria, Oregon at the Astoria Column. During the July 4th weekend they cruised the Columbia River on the **American Song** cruise ship. The Astoria Column was dedicated in 1926 and depicts historical events that have occurred in Astoria.



Bow Young at Heart Club

JULY 22, 2026 | 11:30 AM – 1:30 PM

Mike Moran will give a talk about the history of the **Red Arrow Dinner**.

AUGUST 12, 2026 | 11:30 AM – 1:30 PM

The New Hampshire VNA will present “10 Ways to Love Your Brain,” focusing on learning about aging brains, increasing awareness of cognitive impairments, and offering tips to improve brain health.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, dessert is provided. The public is welcome! Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield_a@hotmail.com.

THE BOW TIMES TaleSpinner

FOUR YEARS IN NH

by Bow Resident Paul Pomeroy

While sitting here I realize, that we have just completed our fourth year as residents of New Hampshire. My how quickly time passes. Friends and family still ask if we “like it up there.”

I do. Although, I guess, I am still adapting. Quite different here than living in Delaware.

For example...

The Weather!!! Lots more snow. And the funny thing about this is that most people seem to be happy with the snow. I’ll never forget watching my first weather report on TV.

“Good news! Snow tomorrow! Only six to nine inches expected.

But it’s a start.”

Huh? It would have sounded a bit different in Delaware.

“Bad news. Snow tomorrow. Six inches expected. All schools will be closed. All doctor appointments will be canceled. Anyone traveling about tomorrow will be arrested. And the National Guard has been called out. So before it starts, run to the store and buy every loaf of bread and every quart of milk possible. Nothing else — just milk and bread. And pray.”

And the people here seem to be hardier. Fifty degrees outside? No problem. Shorts and teeshirts and put the top down on that convertible. How about a hike or a bike ride? And ski, ski, ski.

Even a simple walk is a challenge. Down in Delaware you could walk for miles thanks to the flat surroundings. In New Hampshire – I just completed a survey of the entire state. The longest stretch of flat land is about 11 yards. The rest is comprised of hills, mountains, and more hills.

But the landscape is so much more beautiful here in New England. If we could skip March it would be perfect. Nothing is more beautiful than watching the seasons change. Nothing can compare with autumn up here. Winter snow is beautiful on the trees and pathways. And after a tough winter, spring is most welcome and most beautiful.

More expensive up here also. Significantly so. Not only do I have to register my cars *every year*, I need to take out a loan to do so. And taxes? Four times more expensive than in Delaware. However, I will admit that the people who work at the Bow town hall are so pleasant and friendly when they take my money. They have little bits of chocolate available and smelling salts if needed.

Some things are the same. For example, political zealots aren’t any more intelligent here in New Hampshire than they are in Delaware. I have a “no politics zone” around me. But some individuals just can’t control themselves. The funniest, and most hypocritical, are those who are the most hateful and have one of those signs - NO HATE LIVES IN THIS HOUSE – on their front lawns.

And according to my wife, it appears that I am wrong as often here in New Hampshire as I was in Delaware.

But I was right the other day. I told her the days seem longer and therefore I run out of energy more quickly. She said I was crazy. But then I read an article that stated, in fact, our days are getting longer. Over the past two decades, day length grew by a rate of 1.33 milliseconds per century. Which also explains my weight gain. Day gets longer, earth rotation slows. The slower it rotates, the larger the reading on our scales.

Boy, nothing like a few Physics facts to lift a person’s spirits.

THE BOW TIMES TaleSpinner

The Bow Times Tale Spinner, is a forum for local authors to submit anecdotal short stories and poetry.

We invite writers to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannon1@comcast.net.



“Painted Poetry Exhibit”

Runs July 25 – August 29

Reception Saturday, July 25

A unique collaboration between visual artists and poets titled “Painted Poetry” will be on display from July 25 through August 29, 2026 at the Two Villages Art Society gallery in Contoocook, NH. The public is invited to attend the opening reception on Saturday, July 25, from Noon to 2:00 PM.

“Painted Poetry” is a bright, welcoming, and immersive exhibit that explores the intersection of visual arts and the written word. The exhibition features the work of artists Elizabeth Leone Holmes, Sara Rae, Heidi Lorenz, Carol Belliveau, and Chris Scott, alongside invited poets.

The featured works blend painting with poetic expression, investigating how color, texture, and verse can echo, amplify, and transform one another. Visitors will have the opportunity to see how specific images invited the creation of poems, and how those poems in turn bring fresh life to the visual palette.

There will be a special poetry reading scheduled at 4 pm on Saturday, August 15, at the gallery. Poets who were invited to respond to a chosen painting will present their works.



TVAS Gallery is open
Free of charge
Thursday – Sunday
from 12:00 – 4:00 PM
846 Main Street in the
village of Contoocook.
www.twovillagesart.org





902 Main St. Contoocook
www.indigobluesandco.com



HOPKINTON

Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

CALLING ALL READERS 9ISH-99ISH for a new book group at the Hopkinton Town Library this summer. We will meet at the library on July 22 at 5:00 to talk about Remember Us by Jacqueline Woodson. We have extra copies at the library that you can borrow. Looking ahead, we will discuss The Secret Garden, by Frances Hodgson Burnett, in August.

CONTOOCCOOK FARMERS MARKET is set up at Riverway Park around the gazebo, June-October. Join us every Saturday, 9-12, rain or shine. Live music. Updates on Facebook.

KINDERGARTEN REGISTRATION If your child is 5, or turning 5 before September 30th, it’s time to register! Screening appointments are being set up now! Contact Jean Eaton at jeaton@sau66.org

NH STATE PRIMARY will be held September 9, 2026 from 7am-7pm at the Hopkinton Middle High School.

WRITING CAMP August 3-7. Half days 9am-12noon \$225. Full days 9am – 3pm \$300. Before/after care available for \$5/hr per child. Contact Trish Walton at trishwalton65@gmail.com .

SHARED HARVEST OF HOPKINTON is dedicated to supporting the Hopkinton Food Bank with fresh local produce. We seek to inspire local gardeners and farmers to share their excess produce with our neighbors in need.

Fresh garden vegetable and fresh local egg donation dates for Summer 2026 are: July 15, August 5, August 19, September 2. Please drop-off your fresh local vegetable and egg donations between 3:30 pm and 5:30 pm outside

the Slusser Center lower level. Our table and coolers will be set up outside the door to accept your fresh donations. All food donations support the food pantry.

We are seeking volunteers. Can you help with one or more donation days? Please email sharedharvestnh@gmail.com if you’re interested in helping.



THE HOPKINTON TOWN BAND is playing on Wednesdays at 7pm at the Jane Lewellen Band Stand. Bring a blanket, bug spray, and friends. Free event. Dates: July 15, 22, 29, August 5. Updates on our Facebook page.

CONTRIBUTIONS FUND 5TH FALL FESTIVAL Thanks to an extremely generous anonymous donation from a Hopkinton resident, along with several other generous contributions, we now have the funding needed to make the 5th Annual Hopkinton Fall Festival happen.

We are committed to keeping this event free for everyone to enjoy, and we welcome additional donations to help make that possible.

We may need to consider a small admission fee in future years to ensure the festival’s long-term sustainability, our focus right now is making this year’s festival the best one yet.

The festival is scheduled for Saturday, September 19; Sunday, September 20 will serve as the rain date. More details will be released soon on Facebook Police Officers Association of Hopkinton page.

FIRST THURSDAY’S are back to Contoocook Village. Check out the Facebook page *Discover Contoocook* for the schedule each month.



HISTORICAL SOCIETY

homes and businesses, and a limited number of photographs of homes and businesses.

Most of the information is a transcript of the original document. The Society does not have all records pertaining to genealogy or property ownership in the town. Additional research may be conducted by contacting the Hopkinton, NH Town Clerk’s Office at 603-746-3180 or the State of NH Department of Records and Archives at 603-271-2236.

To conduct your own research: Visitors are welcome to conduct their own research during museum hours of operation. It is helpful to call ahead so that staff may get materials ready for you. A staff member will be available to assist you with research if an appointment has been previously scheduled. Appointments may be scheduled by contacting the Society at 603-746-3825 or administrator@hopkintonhistory.org.

To request the Hopkinton Historical Society to conduct research for you: Download and complete our research request form and send it to HHS along with a research fee of \$15 for HHS members; \$20 for non-members. This fee includes one hour of research plus copying and mailing costs. Additional hours if necessary will be charged at the same rate. Please make checks payable to Hopkinton Historical Society.



FIRST THURSDAY

Evenings in Contoocook Village

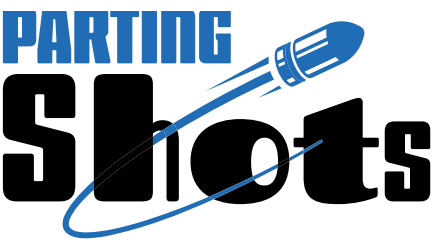
First Thursdays in Contoocook Village, are a beloved community event series where local shops extend their evening hours, offering promotions, live music, and family-friendly activities.

While the exact programming and participating businesses can shift by season, typical features for July include outdoor decks, extended boutique hours, and wellness events.

A typical First Thursday in the village includes:

- **Dining & Live Entertainment:** **Riverside Pizza** offers live music on their deck starting in the late afternoon. **Cedar and Main Tavern** typically extends its hours for dinner and drinks.
- **Community Events:** **The Everyday Cafe** usually hosts a themed evening, such as village BINGO, with prizes available.
- **Wellness & Retail:** **Ohana Wellness** offers special evening yoga classes, while local shops like **Union House Oddities and Indigo Blues & Co.** keep their doors open late for village shopping.
- **Arts & Crafts:** Specialized local merchants, such as **Contoocook QuiltWorks**, feature extended hours for shoppers.

For an update of participating businesses and featured musicians during the July date, check the **Discover Contoocook Facebook Page** as they share weekly updates.



Good luck in your future endeavors. Just remember, the grass isn’t always greener on the other side – it might just be astrourfed.

Now that you’re leaving, maybe some of us can finally get some work done around here!

Farewell. You will be missed by someone... It’s not me, but I’m sure the local liquor store will miss their most loyal customer.

Well, at least one of us is making it out of here alive. Congratulations!

We’ll never forget the way you always took the last donut in the break room.



WHY ARE SOME 2026 COLLEGE GRADS WORKING AT STARBUCKS?

They thought they did everything right: took on debt, sat through four years of lectures and labs, pulled all-nighters to write papers and cram for exams, and finally earned their college degrees. Now they’re left working jobs that high schoolers could land—ringing up customers at clothing stores, pulling espresso shots at coffee shops and nannying to cover their bills.

Meet today’s growing class of underemployed college graduates, the term economists use to describe young people stuck in a job that doesn’t require the degree they earned. They made up almost 43% of US graduates age 22 to 27 as of December 2025, up more than 3 percentage points for the year and the highest rate since the pandemic, according to the New York Federal Reserve Bank. That’s a significant increase over just 12 months, though the rate still tracks below those logged during the Great Recession.

While AI has had an effect the bigger culprit for the woes of recent grads is an imbalance in supply and demand that’s been quietly building for years: From 2004 to 2024, college completions in the US rose by 54%, according to Lightcast, a labor market analytics company, whereas entry-level jobs suitable for those graduates grew by just 42%.



Entry level jobs are very important because the availability of entry level jobs for young people plays a significant role in their career growth and in the long-term health of the economy. A scarcity of opportunity deprives future workers of important experience and the economy of consumers paid well enough to stimulate demand.

Till von Wachter, a professor of economics at the University of California at Los Angeles, studied the cohort of Americans who entered the labor market during the steep recession of the early 1980s and found those unlucky job seekers not only had lower earnings for at least the first 10 years of their career but also higher rates of divorce, fewer children, poorer health and higher mortality from lung, liver and heart disease.

CONTINUED ON Page 23



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE

ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com

Restaurant
Review

by Debra Barnes

ESTD 2025

CEDAR & MAIN

TAVERN

CONTOOCCOOK, NEW HAMPSHIRE

16 Cedar Street, Contoocook, NH

cedarandmainnh.com

603.746.0000

Cedar & Main Tavern: Riverside Pub Food Done Right



Blue Cheese Bacon Jam Burger with crispy fries



Tavern Style Mac Bowl - short rib, maple BBQ sauce and crispy shallots



Spinach Strawberry and Goat Cheese with balsamic dressing

Brian and Libby Cressy have given Contoocook Village something it was missing: a true-neighborhood pub, set right on the banks of the Contoocook River at 16 Cedar Street. The building, restored from the ground up, blends old New England character with a relaxed, easygoing energy — exposed wood, barrel accents, and low amber lighting set the tone the moment you walk in. It feels like the kind of place where regulars have “their” stool at the bar by week two.

That pub spirit carries through everything here. There’s nothing fussy about it — just good food, ice cold beer, and a room built for lingering. Twelve drafts including Contoocook Cider rotate behind the bar, and the crowd ranges from young families grabbing an early dinner to neighbors and friends catching up over a pint.

The kitchen leans hard into crowd-pleasing comfort food, and it shows. The crafted burgers are the clear standout — thick, juicy patties built with unexpected combinations like maple barbecue, pulled short rib, and crispy shallots, or classic cheddar-and-bacon builds for purists. Every burger comes paired with hot, crispy fries, the kind with a real crunch and a soft center, perfect for dragging through the house sauce. Appetizers swing from familiar to adventurous: loaded fries piled with cheese curds and gravy, wings in a long list of sauces from honey garlic to hot honey, and a few global twists like crispy pork belly bao buns that keep the menu from feeling predictable. Heartier plates — chicken parmesan, hand-cut sandwiches, a rotating bowl of beef stew — round things out for guests who want something more substantial. I anticipate a few additional creative salads will be welcome summer specials accessing local farm fresh vegetables for those looking for a light meal.

The real draw, though, is breathtaking outside views. A wide balcony and ample deck seating sit right along the water, putting diners within view of the river’s bends and the old covered bridge downstream. It’s an easy spot to settle in with cold beer, signature cocktail and a plate of apps. When temperatures drop, deck heaters keep the outdoor seats comfortable well into the cooler months. On Sundays from 3-6 p.m., live music fills the deck, turning dinner into more of an evening out than a quick bite. Tuesdays are saved for “open mic night” from 6-8 p.m. Be sure to call ahead and reserve a seat!

For larger gatherings, Cedar & Main offers a private event room that holds up to 40 guests — a convenient option for birthday parties, rehearsal dinners, or wedding and receptions looking for a scenic, low-key setting. Recently one of the staff members got married right on the deck overlooking the river! A stunning setting for a beautiful occasion.

Service throughout has been friendly and unhurried, matching the overall vibe: nobody’s trying to rush you out the door here. Given how busy the tavern gets, especially on weekend evenings, calling ahead for a reservation is a smart move if you want to guarantee a table — particularly one with a river view. If you forgot to make a reservation, you can still call while you are on your way and your name will be put on the list.

Cedar & Main Tavern delivers exactly what a village like Contoocook needed: a genuine, unpretentious gathering spot where the food is hearty, the beer is cold, and the river view does half the work of making the night feel special.



COLLEGE GRADS WORKING AT STARBUCKS | Continued from page 21



"First jobs are a steppingstone for people as they climb into better jobs over the course of their careers," von Wachter says. "There's growing evidence that if people aren't able to get their foot on the ladder, because there aren't many jobs available when they graduate, their economic conditions are altered for a long period of time."

Unfortunately, the unemployment rate for college graduates age 22 to 27 rose to 5.6% at the end of last year; it was 4.1% at the end of 2022. "The labor market is generally softening, and new entrants are always the first place you see it," says Jesse Rothstein, a professor of public policy and economics at the University of California at Berkeley.

Colleges are slowly responding to this new reality. For years, schools didn't tailor curriculums and class sizes to correspond to the skills in demand from employers, and students picked majors that didn't align with the fields creating the most jobs. Take health care, a bright spot with nearly 1.9 million entry-level job openings in 2024. College completions for health-related programs grew just 5% from 2014 to 2024, while other fields saw double-or even triple-digit increases, according to Lightcast data.

On the flip side, perhaps no field has collapsed more dramatically than computer and information sciences: From 2014 to 2024, entry-level openings grew by 6% while the number of graduates soared by 110%.

Bloomberg Businessweek | May 2026



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JACK BURTON is an exemplary employee whose dedication, expertise, and proactive attitude make him a valuable asset to the Department of Public Works team. His confidence and sound judgment as a heavy equipment operator, combined with his conscientious approach and genuine sense of responsibility, ensure that tasks are completed efficiently and safely. His habit of regularly checking in and offering assistance demonstrates his thoughtfulness and dependability, fostering a collaborative and positive work environment. Additionally, Jack's pleasant, respectful demeanor enhances team dynamics and contributes to a constructive workplace culture every day.

MARK YOUR CALENDAR!

The 2026 Bow Rotary Summer Concert Series got off to a good start with Mr. Aaron on July 16th. The concerts are free and are held on Thursday nights from 6:30-8 p.m. at the town gazebo, across from the Community Center. If it rains, the concerts are held inside the Community Center.

The summer concert series raises money through 50/50 raffles and snack sales. Proceeds go to support projects in the Bow community.

Mark your calendars for the best in Thursday night entertainment.

- | | |
|-----------|-----------------------------|
| July 23 | Freese Brothers Big Band |
| July 30 | Jordan Tirrell-Wysocki Trio |
| August 6 | Knock on Wood |
| August 13 | No Copay |



Visit www.BowRotary.org for more information.

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