

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.