

# The Bow Times

"Of the People, By the People, For the People"

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THE BOW TIMES

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April/May 2020

www.thebowtimes.com

**FREE** 

# WE'RE BACK

Due to cancellation of meetings and stay-at-home orders we did not publish last month. As we open up slowly we are back to our monthly schedule barring unforeseen circumstances.

Stay safe and wear a mask.

# BOW EMERGENCY MANAGEMENT UPDATE ON 2019 NOVEL CORONAVIRUS (COVID-19)

The Town of Bow Emergency Management Team as of April 15 continues to monitor this extremely fluid situation and is in regular communications with our fire and ems, police, elected officials, SAU, and state counterparts and will continue to monitor the situation and respond accordingly.

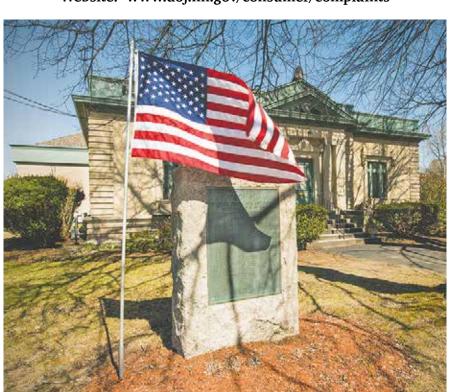
We encourage you to visit the Town's informational website titled COVID-19 and can be accessed from the alert banner at the top of the home page (bownh.gov). Information as to closings, cancellations, operational status, press releases and COVID-19 information may be found at that site.

The Town Memorial Day Celebration festivities have been cancelled due to the ongoing COVID pandemic.

Attorney General Gordon J. MacDonald urges all of New Hampshire's aging adults to be aware of and to take steps to protect themselves from scams related to the COVID-19 pandemic. Types of scams include: Social Security Scam, Medical Scams, Stimulus Scams, and Fake Charity Scams.

Anyone receiving scam communications related to COVID-19 or otherwise, is encouraged to make a report to the New Hampshire Consumer Protection Hotline:

Phone: 1-888-468-4454, Email: DOJ-CPB@doj.nh.gov Website: www.doj.nh.gov/consumer/complaints



This flag waves proudly at the Baker Free Library Honor Roll Monument honoring the men and women from the town of Bow who served our country in World War II. Photo by Eric Anderson.

#### HOPKINTON - CONTOOCOOK NEWS ON PAGES 15-16

# 679 VOTERS TURN OUT FOR DRIVE BY VOTING

Here are the official results of the April 25 Bow School District Annual Meeting voting. The 679 votes were counted by the moderator, district clerk and two supervisors of the checklist.

Question	#1	Procedures of the Meeting	YES	583	NO	70	
Article	#2	School District Budget	YES	499	NO	180	
Article	#3	Design Fees (Amended to \$1)	YES	546	NO	102	
Article	#4	CRF Deposit (Amended to \$1)	YES	558	NO	91	
Article	#5	Dunbarton CIP Fees	YES	577	NO	72	
Article	#6	Athletic Fees CRF Deposit	YES	571	NO	80	
Article	#7	Athletic Equipment CRF Withdrawal	YES	532	NO	123	



Jim Hatem and John Rich maintain coronavirus guidelines for Bow voters during the morning session at BHS.

Photos courtesy of Eric Anderson.

#### **BOW HOLIDAY FOOD BASKET PROJECT**

On Sunday, March 24, the Holiday Food Basket Project collected food items for the Bow Food Closet. In conjunction with the Capital Region Food Program, the Town of Bow Human Service Department provided holiday meals to 47 Bow families. The Bow High School Wrestling Team and other Bow resident's worked together to distribute the food.



Bow volunteers were overwhelmed by the generousity and support of community members who donated to provide for those suffering food insecurities. Photo: Eric Anderson.

#### WINNER OF 4 NH PRESS ASSOCIATION AWARDS

# LOW TAXES ARE THE RESULT OF LOW SPENDING

#### The Bow Times

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**DEADLINES:** 1st of the month; classifieds must be prepaid – cash, check or pay online at www.thebowtimes.com

#### ADVERTISEMENT ERRORS:

We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue using space equal to the items in error.

LETTERS POLICY: We will print letters to the editor on a space available basis. Letters should be no more than 200 words, typed or e-mailed. Letters must be signed with an address.

**PHOTO SUBMISSIONS:** We encourage individuals and groups to submit photos of their events or activities, by email or call the Technical Editor.

**CORRECTIONS POLICY:** We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

**Postal Information:** Bulk rate postage paid at Portsmouth, N.H. Postmaster. Send address changes to the Bow Times Permit #130.

A proud member of the New Hampshire Press Association

#### **EDITORIALS**

#### A CIVICS LESSON FOUND BY THE SIDE OF THE ROAD

By Dan Marcus

This year, I will stand before my civics students and talk about garbage and how my wife, Sharon, is an amazing person. Don't worry, it will fit in with the civics curriculum. Allow me to explain.

Sharon and I love to take walks in our neighborhood with our trusty pal Leo (our dog). We live in a pretty rural area, but there are some roads that get a fair amount of traffic.

Recently, as we walked happily along these beautiful streets we began to notice a lot of garbage on the side of the road. We were both appalled, but here is where Sharon outshines me and earns one of her many reasons for being amazing. She did something about it. She grabbed a bag and started to pick up the garbage. At first she just brought small bags, but those filled up so quickly that on subsequent walks, the small bags turned into multiple full-sized bags and even a wheelbarrow at times. Our kids and I sometimes helped her, but I give Sharon the credit. She inspired us, and to this day she cleans up the roadside on her own and more often than all of us.

So how does this relate to civics? During the time of the Roman Republic (when they still elected leaders and had no emperors), their system of government was based on classical republicanism. One of the key ideas of classical republicanism was "civic virtue," which is a willingness to set aside your own person interest in favor of promoting the common good. Sharon's act of picking up the garbage is quintessential civic virtue. She is giving up her time, energy (and the cost of the bags) to better our community.

One of the key debates at the Constitutional Convention and in the Federalist/Anti-Federalist debates that followed was about the best way to promote civic virtue. The Anti-Federalists believed that civic virtue would occur naturally if power was kept at the local level. In essence, small uniform communities would have shared interests and so they would tend to agree on what should be done and they would act for the common good.

The Federalists believed it was naïve to expect that people would set aside their personal interests on their own and act for the common good. Instead, they felt that local, uniform communities would act as self-interested factions and not for the larger good of the community or the nation. So the Federalists favored empowering the government to promote civic virtue.

Today's libertarians (and others who generally prefer limiting government involvement in the lives of the people) would likely agree with the founding-era Anti-Federalists. They would point out that Sharon did not need to be told by the government to do what was right for her community. Her work is a great example of locally inspired civic virtue.

Today's progressives (and others who generally feel that government intervention can better the lives of people) would likely maintain the point of view of the founding-era Federalists. They would point out that there are tens and maybe even hundreds of people who drive through our neighborhood and throw trash out of their car windows (which is an act that is just about the polar opposite of civic virtue).

Regardless of who is correct, it does seem clear that the more people act on their own to do the right thing for their communities, the less we need to rely on the government to mandate policies to promote civic virtue

So many of our problems can seem overwhelming, but if just one person who throws garbage out of their car window and instead becomes someone who picks up garbage from the side of the road, our society will be a better one.

Dan Marcus, teaches civics at John Stark Regional HS in Weare.

#### LETTER TO THE EDITOR

#### DEMOCRACY AND THE SCHOOL VOTE

I am writing to remind readers that knowing what you are voting against or for matters. Voting is a serious responsibility for citizens who have the privilege of living in a democracy. I am bringing this to all of our attention at this time because of the results of the recent Bow School District Annual Meeting voting of April 25. I noticed in reviewing the results that 72 votes were "NO" on Article #5. This is puzzling to me. A vote of "NO" means that \$58,729, which is the tuition payment from Dunbarton to the Town of Bow, could not be received and instead must be returned to the Town of Dunbarton; a loss of nearly \$60,000 to the Town of Bow. Why would 72 Bow voters not want the money from Dunbarton to be accepted?

My first thought, and I may be wrong, is that many of these 72 voters simply checked the "NO" circle without realizing their vote would mean a loss of \$58,729 to the Town of Bow. They may have thought every article was an expense to the Town of Bow and simply voted "NO" on everything on the principle that no money should be spent. Period. Voting automatically is not a responsible decision in a democracy. Having the privilege of voting means understanding the consequences of your vote. In this case, more "NO" votes would have cost the Town of Bow not only nearly \$60,000 but unimaginable confusion about the tuition situation for Dunbarton students who attend the Bow schools.

I worry that the privilege of voting, when exercised carelessly, undermines the great responsibility democracy requires of those citizens who are fortunate enough to live in a free society; a country like our "Of the People, By the People, and For the People," as every edition of your paper proudly says.

Paul B. Shagoury, Bow

#### **OUOTE FOR THE DAY**

"They asked our parents to go to war.
They are asking us to stay home.
We can do this!"

**Anonymous** 



#### NATASHA KOLEHMAINEN OF BOW NAMED ASSISTANT SUPERINTENDENT OF SAU 24



3

Natasha Kolehmainen

On May 12, SAU 24 Superintendent of Schools Jacqueline Coe announced that Natasha Kolehmainen has been named Assistant Superintendent for SAU 24 effective July 1, 2020.

Mrs. Kolehmainen comes to SAU 24 with an extensive career in public education in New Hampshire. She is currently the Curriculum Administrator with SAU 39 in Amherst which includes three school districts and more than 2,000 students and 200 staff members. She is also the Chief Innovation Officer of Paradigm Consulting,

which provides professional development and project management services to school districts across New Hampshire and the Department of Education.

Natasha Kolehmainen brings some personal knowledge of the schools in SAU 24 as well. Her step-children graduated from schools within SAU 24 and her husband, Denis Kolehmainen, is the current hockey coach at John Stark Regional High School. She and her family reside in Bow.



**OCTOBER 3, 2020** 

#### Bank of New Hampshire Stage

16 South Main Street, Concord

Auditions will be held at:

Area 23 & Litherman's Limited Brewery

Given the current stay-at-home order, contestants and fans can stay tuned to CCEH's website and Facebook page for updates regarding dates and locations for auditions.

Those interested in auditioning should visit https://concordhomeless.org/talent-show-about/

Deadline for Talent Applications is June 15th.

For information call 603-856-5730 or email greg@concordfoodcoop.coop





An unprecedented broadening of how you can vote by absentee ballot was announced by Attorney General Gordon MacDonald and Secretary of State Bill Gardner on April 10. Due to the coronavirus pandemic both public safety and the constitutional right to vote have led to a change in practice.

Under current RSA 657:1 a voter can vote by absentee ballot if they are going to be absent, have an employment obligation, are observing a religious commitment, or have a disability.

Looking at the provisions about disability, the Memorandum Regarding Elections Operations During the State of Emergency concluded: "In light of the current public health advisories related to COVID-19, any voter who in the voter's judgment is being advised by medical authorities to avoid going out in public, or to self-quarantine, would qualify to vote by absentee ballot. This applies equally to voters who are experiencing symptoms of COVID-19 or any other severe communicable flu, and those who are self-quarantining as a preventative measure. As the law does not define the term disability for the purpose of absentee voting, particularly in light of this guidance, any voter's reasonable determination that he or she qualifies satisfies the law."

Therefore, in the September 8, 2020, Primary and the November 3, General Election, any person who fears that voting "may expose himself/herself or others to COVID-19 will be deemed to come within the definition of "disability" for purposes of obtaining an absentee ballot."

# TYLER SHAW'S BOW DEATH MAY RESULT IN LAW CHANGE

The tragic death of 20 year old Tyler Shaw at Exit 1 of I-89 in 2018 has prompted a law change in the State Senate. SB 743 is being lobbied by Tyler's mother Beth Shaw of Concord. The driver who killed Shaw got a 6 to 12 year sentence last year. Tyler Shaw's Law would allow a judge to take into account prior convictions and go up to 15 to 30 years in prison. Joseph Leonard, who ran the stop sign on Logging Hill Road, had two prior DWI convictions.

<b>COVID-19 SURVEY</b>
Are you following the health recommendations concerning COVID-19 such as staying at home, washing hands, social distancing, etc?
YES NO
Yes, all of them.
Most all the time, but social distancing isn't always easy.
I wear a mask going into businesses.
No, I don't believe there is a real threat to most of us.
Please go to <b>www.thebowtimes.com</b> to fill out your survey. Results are calculated by Survey Monkey not this paper.



#### The BIGGEST DEVASTATOR to YOUR RETIREMENT PLAN

by Matthew J. Knee, a specialist at New Hampshire Financial Services, LLC

Most people believe that the most expensive time in their retirement will be in their first 10 year. This is the time where they're active, traveling, vacationing, going on cruises, and doting on the grandkids.

Most believe that their expenses will taper down as their energy levels follow suit.

Quite the opposite is true. Generally, there is a lull as people settle into their retirement lifestyle, but the most expensive part of retirement is taking care of long-term care needs.

No one likes talking or even thinking about the prospect of becoming older and needing to address long- term care needs. Yet the reality is that most people who make it to retirement will have a long-term care need at some point in their life.

If there where three of us standing in a group, two of us are going to have a long-term care need. My vote wouldn't be for me, but we don't get a say in the matter. The statistics, according to the U. S. Health and Human Services Department show that north of 60% of those who have made it to age 65 will have a long-term care issue. This may include a nursing home, assisted living, or in-home care.

These issues are expensive! Think of your parents and the situations that they find themselves in. I think of my grandmother, Denise. She's currently at the Merrimack County Nursing Home in Boscawen, where we spend approximately \$10,000 each month just on living and housing expenses. This doesn't include additional medical care or the like.

It's important not to wait to get your coverage once you have identified a need. Not only are life insurance premiums determined by your health and age and go up each year – but long-term care specifically is looking at a premium hike industry wide. For example, Genworth Financial received approval to increase premiums on its LTS insurance business. The weighted average rate increase was 45%.

Because of the rising premiums, some may opt for self-insurance, which means saving a pool of money that is designated solely for future long-term care needs. There are government programs available through Medicaid, which is a means-based program, meaning that

there are stringent eligibility requirements. Essentially, you need to spend down your assets before getting benefits from these programs.

The giant unknown when it comes to retirement planning, is health. The chances of being able to qualify for coverage at age 60 is dramatically different than someone applying for coverage at age 40 or 50. The general rule of thumb when looking to buy long-term care is to purchase it by age 55. However, it will always depend on your own personal situation.

The core question you want to ask yourself is how you want to pay for the likely event of a long-term care need. Do you want to pay for the care with your nest-egg or do you want to pay the premiums on the policy?

When buying any insurance product, there are two types of people who provide insurance solutions. There are agents and there are brokers. Agents are aligned with a specific company such as New York Life, Northwestern Mutual, Mass Mutual, or Guardian to name a few. They are employees of these companies. They are incentivized to sell products in the company's product line.

Agents come in many forms, whether they are transparent about their alignment or not. An agent could even be your financial advisor. Many advisors in fact align themselves with a specific insurance or investment company and are then agents of that company.

For example, we look at Joe Schmo's Financial Advisors and Associates. Their name and marketing materials give no indication of their back-office alignments and affiliation. Yet, when asked, they are legally required to disclose that they have a relationship with a specific investment or insurance. These companies can be Ameriprise, Voya, Northwestern Mutual, Guardian, Mass Mutual, or any other large institution that has a footprint in the industry. These advisors and companies aren't independent as they receive back-office support and financial incentives from the respective relationship.

Sure, they may do good work. But whose interests do they represent?

Brokers, on the other hand, are completely independent and represent you through the marketplace and the planning process. They can work with any company in the marketplace but aren't financially incentivized or otherwise to recommend a certain product over another. At a fundamental level, a broker's allegiance is to their client. Their focus is always on planning with the best available tools from a variety of sources, never to sell.

It's important to inform yourself about the alignments of who you work with.

As always, I hope you find my words informative and educational. If you are looking for more information, feel free to go to our website and browse our resources section. If you are looking for a more direct source of guidance, we also offer free no obligation consultations.



PRAYER FOR A PANDEMIC by Dr. Cameron Wiggins Bellm of Seattle, Washington

May we who are merely inconvenienced Remember those whose lives are at stake.

May we who have no risk factors Remember those most vulnerable.

May we who have the luxury of working from home Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close Remember those who have no options.

May we who have had to cancel our trips Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market Remember those who have no margin at all.

May we who settle in for a quarantine at home Remember those who have no home.

As fear grips our country, Let us choose love.

During this time when we cannot physically wrap our arms around each other Let us yet find ways to be the loving embrace of God to our neighbors. Amen.

#### **SELLAR CHIROPRACTIC CLINIC**

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# We are open but by appointment to keep social distancing.

Monday	2:00 PM -	6:00 PM
Tuesday	9:00 AM -	12:00 PM
Wednesday	2:00 PM -	6:00 PM
Friday	9:00 AM -	12:00 PM

#### Pre-Approved Mortgages START HERE.

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#### WHAT ARE MONEY MULE SCAMS?

Scammers may try to get you to move stolen money. If you help them, you could be what law enforcement calls a Money Mule.

Money mule scams happen several ways. The story often involves scams related to online dating, work-at-home jobs, or prizes. Scammers send money to you, sometimes by check, then ask you to send (some of) it to someone else. They often want you to use gift cards or wire transfers. They don't tell you the money is stolen and they're lying about the reason to send it. This results in a scam and nothing more. There never was a relationship, job, or prize.

If you deposit the scammer's check, it may clear but then later turn out to be a fake check. The bank will want you to repay it. If you give the scammer your account information, they may misuse it. You could even get into legal trouble for helping a scammer move stolen money.

#### **HOW CAN YOU AVOID MONEY MULE SCAMS?**

- Don't accept a job that asks you to transfer money. They may tell you to send money to a "client" or "supplier." Say no. You may be helping a scammer move stolenmoney.
- Never send money to collect a prize. That's always a scam, and they might be trying to get you to move stolenmoney.
- Don't send money back to an online love interest who's sent you money. Also always ascam — and another a way to get you to move stolen money.

Criminals are good at making up reasons to help them move money. Don't do it. The money may be from other people they scammed. You may unknowingly be helping criminals hurt people just like you.

If you think you might be involved in a Money Mule or Money Transfer scam, stop transferring money. Notify your bank, the wire transfer service, or any gift card companies involved. Then, report it to the FTC at ftc.gov/ complaint.

For a comprehensive infographic from the FTC, developed in conjunction with the American Bankers Association Foundation, please go to: https:// www.aba.com/news-research/research-analysis/money-mule-scams

If you see something suspicious, create awareness by sharing it with your family and friends. You may be saving someone you know from a scam and financial hardship.

Content from: Lisa Weintraub Schifferle, Attorney, FTC, Division of Consumer & Business Education and American Bankers Association Foundation.

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**READ ALL EDITIONS OF THE BOW TIMES ONLINE!** www.thebowtimes.com



#### **CHANGE OF PARTY DEADLINE BEFORE THE PRESIDENTIAL PRIMARY IS TUESDAY JUNE 2ND, 2020**

Criminals are good at conning people into helping them move money.

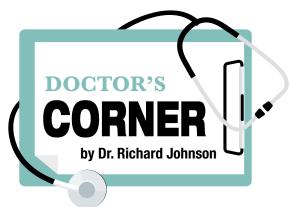
Don't do it. You could lose money and get in trouble with the law.

Emergency Order #43 issued by the Governor on 5/14/2020

It waives the requirement that a voter who wants to change party affiliation appear in person and make an oath to the clerk or the supervisors. The order establishes a new paper form for changing party affiliation. The form is on the Elections page on the Town of Bow web page at www.bownh.gov.

It is a fillable PDF. A voter can fill it in on-line and then print. A voter may also print it and then fill it in with a pen. The form requires the voter to complete the form, print it, sign it, obtain a witness signature, and return it to the Town Clerk's office no later than 5:00 PM on June 2, 2020.







#### THE NURSE

In an attempt to give you a snapshot of what we were in for, I wrote about the coronavirus in the February issue of the Bow Times. Since then there has been non-stop information appearing in print, on the TV and all over social media. If you are awake, you know more about the coronavirus than you ever dreamed necessary. I trust you are following CDC guidelines for preventing the spread of this virus. I thought it appropriate to look at the heroes in our health care system who are truly on the front lines of this war.

Since the World Health Assembly has designated 2020 the "International Year of the Nurse" I thought that would be the best place to start. There is no question that nurses are a vital part of the health care team, be it a hospital, a clinic, a third world mission, or in our case, a first world disaster mission.

I should start with a disclaimer. For the following reasons I am biased. The woman I married is a nurse, and not only was that a great help in our family, but she was and continues to be a help to many. She even agreed to be my surgical scrub nurse on mission projects as long as I agreed to her "just use what I give you" line. My sister and two cousins are in the nursing profession. Three aunts were nurses.

Let me highlight my Aunt Sal. She spent over thirty years dedicating her life to the people in the hills of Kentucky. She was the only source of medical help for the people who lived in Lucky Fork, Mistletoe, and Bee Branch. When I was a college student I visited her and made "rounds" with her on horse and mule following the little creek beds to local homes. She, like many nurses, epitomized self-sacrificing dedication to help those in need.

Today in the war on coronavirus there are untold thousands of nurses answering the call, putting themselves on the front lines, to care for the sick. Yes, there are doctors, lab techs, scientists, volunteers and many others who are making the same sacrifice. But in this short article lets honor the nurses.

The profession probably began before recorded history. It was during the Roman Empire in the 1st Century AD that the profession of both female and male nurses was incorporated into hospitals. Nursing in Europe during the Middle Ages was most often practiced by nuns of the Roman Catholic Church. Working in hospitals attached to churches or monasteries, they were instructed to care for the sick no matter the patient's religion or nationality or disease.

Wars and plagues are devastating. Yet out of the suffering can come monumental changes in medicine, triage, surgery and yes, nursing. Florence Nightingale appeared on the scene during the Crimean War (1853-1856). She brought about major changes of better hygiene and wound care lowering the death rate from battle injuries. In 1860 Nightingale opened the first nursing school in London.

Following the Civil War in the US, nurse Clarissa Barton founded the American Red Cross. During both WWI and WWII many volunteered to be in the nurse corps, and the experience gained led to improved medical/surgical care and to formal advancement for nurses in the officer ranks.

Today, for those who seek to pursue a career in nursing, the opportunities for specialization and academic advancement, as well as community service are quite amazing. One can build on the basic RN degree with a master's or doctorate degree. A graduate nurse can specialize as a nurse anesthetist (CRNA), a nurse midwife (CNM), or nurse practitioner (NP) to name a few.

Let us acknowledge the amazing dedication and sacrifice that so many in the nursing profession have made, being on the front lines from the battle field of national and international wars to the current front line battling the coronavirus. We thank them all.









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#### MARCH & APRIL REAL ESTATE SALES IN BOW

27 Grandview Drive	3 BR   2 BA	.58 acres	1562 sq ft	\$235,000
1 Woodhill Hooksett Rd.	3 BR   3 BA	4.02 acres	1296 sq ft	\$304,000
72 Allen Road	3 BR   2 BA	6.83 acres	1474 sq ft	\$314,500
4 Hunter Drive	3 BR   2 BA	2.25 acres	1444 sq ft	\$325,000
15 Abbey Road	4 BR   2 BA	3.77 acres	3072 sq ft	\$332,000
95 Page Road	3 BR   3 BA	1.0 acres	2416 sq ft	\$350,000
7 Hope Lane	3 BR   3 BA	2.01 acre	2576 sq ft	\$377,500
51 Woodhill Hooksett Rd	. 3 BR   3 BA	2.95 acres	2132 sq ft	\$394,900
55 White Rock Hill Rd.	4 BR   3 BA	2.70 acres	2184 sq ft	\$430,000
78-C Fawn Court	4 BR   3 BA	1.01 acres	2202 sq ft	\$448,500
23 Longview Drive	3 BR   4 BA	2.79 acres	3038 sq ft	\$495,000
7 Heidi Lane	3 BR   4 BA	2.20 acres	2963 sq ft	\$520,000
13 Longview Driv	4 BR   4 BA	2.30 acres	4586 sq ft	\$523,000
88 Peaslee Road	4 BR   5 BA	1.11 acres	4421 sq ft	\$749,900

#### MARCH & APRIL REAL ESTATE SALES IN DUNBARTON

211 Stark Hwy South	3 BR   2 BA	.32 acres	1923 sq ft	\$288,000
72 Robert Rogers Road	4 BR   2 BA	5.36 acres	1680 sq ft	\$312,000

#### **WALKING AND STEPPING TO YOUR GOALS**

by Jim Olson

I another woman comes into our studio that wants be a size 2 because she really hopes to look like Reese Whitherspoon walking down the red carpet, I am going to have a meltdown. No, I'm not LOL because I understand exactly where this woman is coming from and what she is wanting to be.

When I was growing up in the early 80's, one of my favorite actors was Johnny Depp! Every new hairstyle he had I wanted...he was just totally cool to me and I wanted to be just like him.

I'm not saying that looking good shouldn't be a goal, but the next step is to be realistic about 1) your own body type and 2) what you are willing to do to get to your goal.

99% of people are not willing to do the work that it will take to get to a size 2 and that's unfortunate.

The team at Individual Fitness teach about achieving a



Jim Olson

healthy lifestyle and helping you take the next step in accomplishing your vision of it!

If you are a size 16 and want to get to a 6, we guarantee we can get you there. It is not overnight and will happen in steps. But when you do reach this goal, you will be able to maintain it as a healthy way of life.

The main reason is... you did the work!

What was the work? Besides meeting with us privately one-on-one and exercising safely and effectively, as well as eating a proper nutritional diet and following an exact cardio prescription created for you, you were dedicated and committed to the process of what it meant to go from a 16 to 6. YOU DID IT in a healthy way to make it your new lifestyle, rather than trying a quick fix, gimmick or fad.

You know the old adage... slow and steady wins the race? There is a lot of truth to that maxim, especially when it comes to a new lifestyle regime. Starting slow isn't a negative. When you learn to walk as a toddler it takes time... you learn your balance and you practice. Getting fit is a similar process and sticking with your vision and new strategy will take time and effort.

#### ITS ALL ABOUT STEPS...

You took the emotional steps necessary to make a change... and you are setting goals and establishing the IF strategy designed for you.

**FREE** 

So take the steps... and then some *physical steps* and watch your vision materialize.

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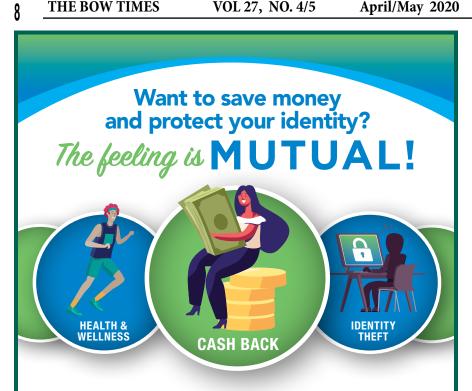
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#### **ALICE M. YARNOLD & SAMUEL YARNOLD SCHOLARSHIP DEADLINE EXTENDED**

The trustees of the Yarnold trust announce that the deadlines for submission of application materials for consideration of a Yarnold Scholarship has been extended in light of the Covid-19 coronavirus pandemic. The deadline for filing required applications documents has been extended to July 15, 2020.

Applicants can receive an application by writing to:

Alice M. Yarnold and Samuel Yarnold **Scholarship Trust** 127 Parrott Avenue Portsmouth, NH 03801

When writing for an application include your email address so that the application can be sent to you electronically.

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#### **HOW WOMEN CAN PREPARE FOR RETIREMENT**

by Dominic Lucente

#### A practical financial checklist for the future.

When our parents retired, living to 75 amounted to a nice long life, and Social Security was often supplemented by a pension. The Social Security Administration estimates that today's average 65-year-old woman will live to age 86½. Given these projections, it appears that a retirement of 20 years or longer might be in your future.<sup>1,2</sup>

Are you prepared for a 20-year retirement? How about a 30-year or even 40-year retirement? Don't laugh; it could happen. The SSA projects that about 33% of today's 65-year-olds will live past 90, with approximately 14% living to be older than 95.<sup>2</sup>

**Start with good questions.** How can you draw retirement income from what you've saved? How might you create other income streams to complement Social Security? And what are some ways you can protect your retirement savings and other financial assets?

**Enlist a financial professional.** The right person can give you some good ideas, especially one who understands the challenges women face in saving for retirement. These may include income inequality or time out of the workforce due to childcare or eldercare. It could also mean helping you maintain financial equilibrium in the wake of divorce or death of a spouse.

**Invest strategically.** If you are in your fifties, you have less time to make back any big investment losses than you once did. So, protecting what you have may be a priority. At the same time, the possibility of a retirement lasting up to 30 or 40 years will likely require a growing retirement fund.

**Consider extended care coverage.** Women have longer average life expectancies than men and can require significant periods of eldercare. Medicare is no substitute for extended care insurance; it only covers a few weeks of nursing home care, and that may only apply under special circumstances. Extended care coverage can provide a huge financial relief if the need arises.<sup>1,3</sup>

Claim Social Security benefits carefully. If your career and health permit, delaying Social Security can be a wise move. If you wait until full retirement age to claim your benefits, you could receive larger Social Security payments as a result. For every year you wait to claim Social Security, your monthly payments get about 8% larger.<sup>4</sup>

**Retire with a strategy.** As you face retirement, a financial professional who understands your unique goals can help you design a wealth management approach that can serve you well for years to come.

# Dominic Lucente may be reached at 603.645.8131 or Dominic.Lucente@LPL.com DLucente.com

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- 1 cdc.gov/nchs/products/databriefs/db355.htm [1/20]
- 2 ssa.gov/planners/lifeexpectancy.htm [2/25/20]
- 3 medicare.gov/coverage/skilled-nursing-facility-care.html [2/25/20]
- 4 investopedia.com/retirement/when-take-social-security-complete-guide/ [11/24/19]

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# BOW GARDEN CLUB annual plant sale cancelled



The Bow Garden Club reluctantly decided not to hold their annual Memorial Day Weekend Plant Sale this year due to concerns about both our members' and the public's safety amid the corona virus pandemic. We later learned that our primary plant supplier would not be opening for business this spring, therefore supporting our decision.

Our club's annual plant sale is our major fundraiser, second only to our annual Poinsettia Pre-Sale that is held each winter. We will miss "opening our doors" to the residents of Bow on the 23rd of May as planned, offering them the quality and excellent selection of bedding plants, perennials, herbs and vegetable starters townspeople have come to expect and appreciate. We will also miss the friendly exchanges we always enjoy with our patrons.

Please know that we will do our very best to keep the Town of Bow looking as beautiful as ever as we proceed with our garden club year as best we can, and we look forward to resuming our normal gardening preparations and activities in the not-too-distant future.

We are hoping to have an interesting fundraiser to offer the Bow Community this summer, with an eye towards next spring and we are making plans for a better-than-ever plant sale in May 2021. In the meantime, please look for forthcoming announcements about our upcoming membership meetings and please plan on taking in one or more of the educational programs we will be sponsoring as we are able to offer them to the public. We are excited to "get back to business."

In the meantime, "Stay Home and Stay Gardening" (or at least planning for it).

#### **DUNBARTON NEWS**

VOL 27, NO. 4/5

By Nora LeDuc



TOWN OFFICES CLOSED Town offices still currently closed to walk-in business until further notice due to Covid-19. Check the website http://dunbartonnh.org/ for updates on openings and for permits, licenses etc.

TRANSFER STATION RECYCLING CENTER will be reopening on May 12 with restrictions. They will be accepting cardboard, aluminum cans, glass bottles and jars, and tin and steel cans. Other items will be added in the future. Residents will have to sort and dump their own material. It will be well marked. Please note--One car/one person dumping at a time. Social distancing will be in effect until further noticed. Thank you for your cooperation.

**DCC BOOK CLUB** In May, the DCC Book Club will read The First Call You Get from Heaven by Mitch Albom. Discussion will be Thurs. June 4, 7pm either on Zoom or at the Vestry. Stephanie Herlihy hosts.

**ADULT BOOK PROGRAMS** for a limited time, AncestryLibrary Edition is available from home. Log in to your account with your card # and PIN. Email library to see if still available. The Book Discussion group is scheduled to read Whatcha Reading? Online Book Chat, scheduled for Wed, May 20 at noon. Virtual Friday Men's 9:00 am Coffee will be held on Zoom or inperson. Please email the library if interested. dunlib@gsinet.net for Zoom ID & password and date confirmation.

KIDS VIRTUAL EVENTS at the Library on Zoom: Story Time for Toddlers is online. Watch the library's videos, or join via Zoom on your computer, laptop or smartphone, Wed. at 10:30am. If you would like to attend online, or check if restrictions have lifted-in person, email dunlib@gsinet.net.

#### FOR THE WELLNESS OF BUNBARTON POLICE

**STAFF** during the COVID-19 Pandemic they have implemented a temporary uniform change. Officers have also been wearing face masks and other Personal Protective Equipment (PPE) while responding to calls for service and interacting with the public. For everyone's safety, they kindly ask that you help them achieve social distancing measures when interacting with them. Permits are on their website: Pistol/Revolver License, Applications-Vacant Property Check Request Forms, Written Statement Forms, Report (91-A) Request Forms. All of the mentioned forms may be found on our website dunbartonpolice.weebly.com under the "Services & Forms" tab.

#### **DUNBARTON AUTHOR HAS NEW BOOK**

Dunbarton author Franklin Black has penned a new children's book. In Petey Porcupine Climbs Mount Washington, Petey has adventures and overcomes obstacles as he follows a school hiking club up the trail. This book is based on the true story of a porcupine he found near the top of Mount Washington.

Franklin previously wrote Petey Porcupine Rocks the Sox about Petey's journey from the White Mountains to Fenway Park, where he amazes the fans.

The books are available at Gibson's Bookstore and the Audubon Society Gift Shop in Concord, Main Street BookEnds in Warner, and Amazon.com.



#### **REAL ESTATE AND COVID-19**

Governor Sununu declared Realtors "essential" at the onset of the pandemic, which enabled Realtors to continue to practice with precautions. The following statement (or similar depending on brokerage) accompanies all new listings, and buyers & agents are required to wear PPE.

When showing property, we allow more time for each showing, limit showing windows, and ask that only decision makers be present. The agent turns on all lights and opens doors to eliminate contact with surfaces.

COVID-19: Due to nationwide concerns about COVID-19 and as a courtesy to home sellers, please do not schedule showings if the buyer's agent or buyers exhibit cold/flu-like symptoms or meets any of the criteria for self-quarantine mandated by the Centers for Disease Control and Prevention, or without having obtained a written pre-approval letter. By proceeding with scheduling a showing, you are acknowledging this requirement and agreeing you are not aware of any issues of this nature.

Sales stats: this data is taken from our local MLS and does not reflect private transfers and sales transacted outside the MLS.

Year to date we are down 20% from last year in home sales.

Between January 1 and April 30, 2019 we had 36 home sales in Bow & Dunbarton combined - 22 in Bow & 14 in Dunbarton.

For the same period this year we've had a total of 29 sales - 26 in Bow & 3 in Dunbarton.

**SALES PRICES ARE UP!** The average list price in 2019 (1/1-4/30) was \$348,805 / average sold price was \$345,965 (99.1% of list price). In 2020, the average list price for the same period was \$386,868 and the average sold price was \$388,591 (100.45% to list price). Low inventory, low interest rates and strong interest in the Bow/Dunbarton School District & location continue to drive demand.

As of May 1, 2020 we have 23 sales pending and another 17 active listings between the two towns, for a total of 40 more potential sales. Last year (2019), between May 1 and December 31 there were 157 real estate transfers - 116 in Bow and 41 in Dunbarton.

#### NOW IS A GOOD TIME TO SELL AND BUY!





Ann Dippold | Serving Bow and Behyond | 603-491-7753 Better Home & Gardens | Masiello Group 4 Park Street, Concord



#### BOW DRIVE-BY VOTING A SUCCESS



Voters show their ID through a closed window to be checked off by the ballot clerk. School Board Members Martin Osterloh and Eric Shulman with Supr of Checklist Member Jennifer McDaniel check voters off as they arrive.

The Bow Annual School District meeting was originally scheduled for Friday, March 13, but was postponed multiple times due to issues with the COVID pandemic and executive orders for physical distancing issued by Governor Chris Sununu.

During this emergency, executive orders were developed for how to run board meetings and respect open meeting principles and Right to Know tenets. The public must be able to access the meetings in real time, all votes must be taken and there need to be multiple platforms to broadcast the meetings. There also must be a way for the public to notify officials that access to the meeting is not working.

The plan was to be implemented starting Tuesday April 14 with a live streamed informational meeting that was also able to be accessed by phone, and recorded so that it could be posted for later viewing. There was a problem with the live video feed being able to cross internet domains so the meeting was called off at the last second, and the process was delayed to a week later.

A plan for alternative procedures was developed to include: a first meeting on April 21 to cover the information of the warrant, a time for the public to give input on issues and concerns, a meeting for the school board to consider the public's input on April 24 and then to have "drive through" voting on Saturday April 25 at the high school.

This was an unusual plan and had to be vetted by the district's attorney with state authorities, such as the Attorney General and Secretary of State. The board also consulted with town officials and the Budget Committee. Just like moving schools to Remote Instruction is difficult to adapt the annual meeting process to a time when people are practicing physical distancing to help slow the spread of a virus, and there were technical, legal, personal safety and logistical issues to address.

After the information school board meeting on April 21 at least 60 voters sent in emails largely supporting Article 4's \$1,000,000 price tag to be reduced to \$1.00. The second school board meeting was held Friday, April 24 at 5:00 to consider community comments and address amendments to articles. The board unanimously voted to reduce articles 3 and 4 down to \$1.00 each.

It was difficult to communicate with the non-school community members of Bow as this process unfolded. The superintendent used the Parent Square system to alert the school community and posted all of the communications in the SAU and School websites in the Parent Square update section for the public to view. They also were posted on the Bow Community Facebook page, sent to the town officials for distribution and submitted to community groups and clubs for distribution.

The procedures used were set forth as follows for the April 25 secret ballot:

Ballot – print at home option available Friday night after the School Board meeting; copies will also be available for voters at the ballot place.

The 2020 Annual Meeting will begin at 9:00 a.m. on Saturday 25, 2020, and will be conducted as follows:

- Voters with last names beginning with A-M are encouraged to arrive between 9am and 11am to avoid creating lines along Falcon Way
- Voters with last names beginning with N-Z are encouraged to arrive after 11:00 a.m. to avoid creating lines along Falcon Way.
- Voters will be required to remain in their vehicles. There will be no public access to Bow High School.
- At the first stop, voters will place their driver-s license(s) against their vehicle window to facilitate check-in. The Supervisor, Clerk or other person handling the checklist will announce how many voters are in the vehicle.
- The vehicle will then proceed to the next stop, which will have copies of the ballots for anyone who did not print one at home.
- The voter(s) will cast his or her marked ballot(s). One voter may exit
  the vehicle, demonstrate to the Moderator that a proper number of
  ballots are about to be cast, and deposit the marked ballot into the
  ballot box.
- The balloting will close no earlier than 1:00 p.m.



Registered voters David & Wendy Gazaway cast their votes abiding with the Coroavirus restrictions. School District Treasurer John Rich and School District Moderator Jim Hatem oversee the ballot box while maintaining 6-ft separation. Photo by Eric Anderson.

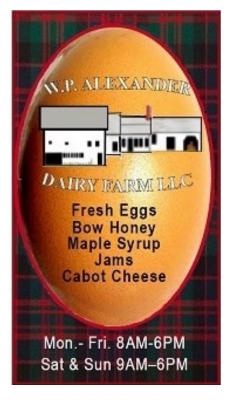


Your protection is our profession.

Stay Safe—Be Patient—We are in this Together



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#### TRAVEL TALK: A CANCELLATION STORY

by Chase Binder

Back in early March I wrote a mostly light-hearted column about the effect the corona virus might have on upcoming travel. I detailed some options for canceling or postponing land, air or sea portions of both international and domestic travel. I ended with an upbeat look forward to the trip we had booked to Tuscany in late May, a trip with several other couples to a lovely villa just north of Florence. The trip we should be packing for right at this moment.

Alas, the corona virus has evolved into a global event that has tragically taken many thousands of lives, shuttered world



**Chase Binder** 

economies and, of course, had an apocalyptic effect on the global travel industry.

At first, we maintained a bit of optimism. Surely Italy will get a firm grip on the problem early on, we thought. When that didn't happen, we started looking at villas in Portugal as a back-up plan. We were flying on TAP Air Portugal, via Lisbon. Perhaps we could just stop there? But within a few short weeks it became apparent that we wouldn't be going anywhere anytime soon—even to a local Italian restaurant, let alone stepping on a plane.

As travel came screeching to a halt all over the world in April, I emailed our travel pals and finally admitted it was time to pull the plug on our May trip to Tuscany. This meant putting into practice the advice I outlined in my March column but hoped I wouldn't need.

I started with our villa, which I had booked through an Italian villa rental company not affiliated with VRBO, HomeAway or Airbnb. We had given them a 30% deposit last fall, charged to my JetBlue card, and the final payment was coming due soon. My email was returned promptly, offering me a month's extension on the final payment, and saying that they would work to make sure we were happy should things go on longer than expected. I made sure to save and print the email hard copy, just in case.

Next, I looked at the flights with TAP Air. They were offering no-fee rebooking but weren't including our travel dates—yet. As things got worse and worse, I expected they would extend the re-booking offer for flights through early June. In fact, though it took a couple of weeks of patience on my part, they did even better. They canceled our flights altogether and offered us vouchers which we could use for travel through June of 2022,

a full two years after our trip. I grabbed them. Again, I saved them on my laptop and printed out hard copies.

Then a friend caught an announcement by the US Department of Transportation that all foreign and domestic airlines would be required to offer monetary refunds for canceled flights, not just vouchers for future travel. TAP Air hadn't offered us cash, only the vouchers. I wrote them, attaching a copy of the US DOT notification and asked for the cash. Two weeks later, I got another offer—I could take vouchers for future travel, good for two years and with a new 20% added value bonus, or I could get cash for the value of the ticket only (about \$1110 pp), excluding the additional fees we paid for baggage and seating (another \$140 pp). I just had to call them.

We pondered the options as a group. The voucher was attractive, but suppose TAP Air goes under? Suppose Italy and Portugal are open for visitors, but suppose things get so bad here that American tourism is restricted? We decided to take the money, about \$2500 per couple, and run, though we were unhappy about the lost fees. It took me another week to get through to a person at TAP Air, during which time the airline decided to include all fees in the refund. OK! This made us happy and gave us many more options—including, of course re-booking with TAP Air.

Now that the flights were canceled, I went back to my villa contact, saying that extra time to make the final payment wouldn't work—our flights were canceled. I was told that we wouldn't get a deposit refund, but they would apply the amount (\$300 per couple) to a future booking of any of their villas if I could document the flights were canceled. No problem.

Lastly, I contacted the Lisbon overnight hotel we were using on the way home and canceled. We booked directly with the hotel and, per custom in much of the world, booking directly allows you to cancel with no penalty until the day of arrival.

The bottom line for us is that we were able to recoup the cost of the flights and hang on to the deposit—all without buying any travel insurance (which would not have covered the pandemic anyway). The keys—booking directly, reaching out personally and being patient.

Will this work in all situations? No. If you have booked through a third-party booking agent (Expedia, etc.), you add another entity and can get stuck between the agent and the airline or the agent and the hotel.

In truth, none of us are booking travel right now. The infrastructure just isn't operational. The world is a scary place. What will travel look like in the future? Who knows? But I will say this...we are not ready to give up on our villa in Tuscany. It may take a year or two, but we fully intend to enjoy some fine Italian wine under the pergola overlooking the city of Florence.



Nearly 200 of the state's top spellers gathered at the Silver Center for the Arts on Saturday, March 7, to compete in the 2020 Union Leader New Hampshire State Spelling Bee. Following the written round, 30 finalists were selected to compete in the oral round.

#### FINALISTS:

Luke Laflamme Bow Memorial School Cassidy Madigan Dunbarton Elementary School



We will get through this **together**.

Sincerely,
Amanda Grappone Osmer

To learn more about how we are here to help, visit grappone.com/together

# ELEMENTARY ENROLLMENT PROJECTIONS ARE QUESTIONED

by Donald Lowe

While the school meeting vote on Article 4 was a wise one, I'm still troubled by the apparent singular vision of a \$10+ million 6 classroom BES addition without serious consideration of the lower cost alternatives previously proposed that would be more in line with the demographic realities of NH's generally declining public school enrollment.

The report by the New England School Development Council (NESDEC) indicates that NH public school enrollment is expected to decrease 10.3% by 2027. In the same report, they also suggest an increase to BES enrollment of 57% by 2029. I find these two data points highly contradictory and inconsistent with common sense and trends that can easily be found by doing a Google search of "school enrollment projections for NH public schools."

The data provided by this Google search is consistent with the NESDEC opinion that NH public school enrollment will decrease over the next decade by around 10%.

The key drivers for this are:

A NH population with fewer young families

In the early 2000s, the number of young families moving into NH began to decline significantly. This trend is projected to continue.

An increasing number of families are migrating out of NH for job opportunities.

Many NH high school graduates attend out-of-state colleges and do not return to NH to live and work.

Lower birth rates: The Center for Disease Control and Prevention, which monitors state-level birth rates, reports that New Hampshire now has the nation's lowest birth rate.

Aging population in NH: New Hampshire is aging at a faster rate than many states.

(Sources: US Census Data, The Carsey Institute at the University of New Hampshire)

The suggestion that BES school enrollment will be atypical of these trends is at best a short-term interpretation of data skewed by the addition of all-day kindergarten. The argument that THE major driver for this increase is an increase in Bow births is also an interpretation of short-term data.

As far as I can tell, this is the first time that NESDEC has studied Bow and on page 7 the group concedes that their margin for error increases when the school district has not been doing annual enrollment projections. They also suggest a review this October to see if the 2020-2021 enrollment is consistent with their projections.

Further, in his memo to Parent Square dated March 6, 2020, our Superintendent, Dr. Cascadden, stated that both he and Duane Ford had "concerns with the validity of these projections." In spite of his misgivings about the validity of the projections, Dr. Cascadden goes on to say that "We do believe that SAU 67 and especially Bow Elementary School will continue to grow," but offers no other data to support that conclusion. I think we should all be very uncomfortable bonding \$10M with this level of uncertainty.

Additionally, the results of the 2020 US Census, when they are made available next year may significantly change these projections one way or another.

With all the uncertainty in the data and enrollment projections, along with local & national economic upheaval due to COVID-19, it doesn't seem prudent to take such a myopic view of what renovations are needed at BES while dismissing less expensive proposals that will bring the school up to current code and safety requirements.

While I agree that some renovation is required at BES, I do not believe that the current uncertain enrollment projections support the need for an additional 6 classrooms in the next decade.

I also wonder about the future of brick and mortar classrooms coming out of the COVID-19 pandemic. How will the education process change post COVID-19 with social distancing requirements likely to persist for the foreseeable future and the remote learning technology that has been rapidly developed to get through this crisis? Will home schooling become more popular as parents try to protect their children from events like this?

More questions than answers.

# READ ALL EDITIONS OF THE BOW TIMES ONLINE! www.thebowtimes.com

### **FOOD DRIVE**

FOR BOW WELFARE DEPARTMENT – MARCH 22



Morning Collection Crew (L to R) Tamar Roberts, Chris Andrews, Matt Poulin, Deb Bourbeau, Mike Fortier, Karen Andrews, Matt Gatzke, and Colleen Hunter.



Keeping at a social distance residents made food donations during the Town's Coronavirus Food Drive.



Melissa Valence begins the process of sorting the donated food.

All photo courtesy of Eric Anderson.



#### APRIL FOOL'S OVERLOOKED

If Trump were Captain of Titanic he would say:

"There isn't any iceberg. There was an iceberg but it's in a totally different ocean. The iceberg is in this ocean but it will melt very soon. There is an iceberg but we didn't hit the iceberg. We hit the iceberg,

but the damage will be repaired very shortly. The iceberg is a Chinese iceberg. We are taking on water but every passenger who wants a lifeboat can get a lifeboat, and they are beautiful lifeboats. Look, passengers need to ask nicely for the lifeboats if they want them. We don't have any lifeboats, we're not lifeboat distributors. Passengers should have planned for icebergs and brought their own lifeboats. I really don't think we need that many lifeboats. We have lifeboats and they're supposed to be our lifeboats, not the passengers' lifeboats. The lifeboats were left on shore by the last captain of this ship. Nobody could have foreseen the iceberg."

Courtesy of Bob Stocki

#### **OBITUARIES**

#### MARY F. ALLQUIST

VOL 27, NO. 4/5

**Boston Post Cane Holder Service May 30** 



Mary F. Allquist, 97, of Bow, passed away on January 1, 2020, at Merrimack County Nursing Home in Boscawen.

A graveside service will be held at Evans Cemetery, White Rock Hill Road in Bow, on Saturday, May 30, 2020 at 1:00 p.m. officiated by Rev. Virginia Fryer, of the Bow United Methodist Church.

In honor of Mary, please feel free to wear your kilt, favorite tartan or anything Scottish, or if you would like, bring a yellow rose or carnation, which were two of her favorite flowers.

#### WILLIAM HOWARD CARPENTER

William Howard Carpenter, (Bill) 86 of Bow, passed away on April 24, 2020, following a period of failing health. He was born November 26, 1933, son to the late Harry P. and Martha Gale Carpenter. He was raised in Franconia, NH where he attended high school at Dow Academy, graduating in 1951. He went on to the University of New Hampshire and graduated with the class of 1955 with a Bachelor of Science. Bill was in the Army on active duty from 1955-1957, stationed in Japan. He later returned to the University of New Hampshire and completed

Bill worked for the State of New Hampshire for 36 years where he held various roles including Supervisor of State Parks, retiring as Director of Railroads. Upon retirement Bill enjoyed traveling across the country, wintering in Florida and summering in New Hampshire. In his free time Bill enjoyed outdoor activities such as skiing, camping, hunting and fishing. He was a member of the NH Grand Lodge of Masons. Living in Bow for many years he volunteered for several positions in the town government.

Bill was predeceased by Susan Beattie Carpenter, his wife of 42 years, brother in law Michael W. Beattie, his daughter Kristen Carpenter Evans, and his son in law Ronald Cormier, Jr. He is survived by his daughter Karen Elizabeth Cormier, He is also survived by his brother Stephen, sister in law Sally Beattie and many cousins, nieces and nephews.

Adhering to the directives of the State of New Hampshire and the CDC, services and burial for Bill will be privately held graveside at the Calvary Catholic Cemetery in Lancaster with family.

Please go to www.baileyfh.net for more information or to send an online condolence.



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#### **ELIZABETH A. GRAPPONE**



Elizabeth A. Grappone, age 94, of Betty's Lane passed away peacefully on April 8, 2020 at CRVNA Hospice House.

She was born in Brookline, MA the daughter of the late Samuel and Adena (Morgan) Wilkins. She was a graduate of Concord High School class of 1944. She was a member of the Bow Young at Heart Club, and a parishioner of St. Peter's Church (Christ the King Parish) since 1946.

She was predeceased by her husband, Robert M. Grappone in 1995; and her 4 sisters, Margaret Drown, Dorothy Ineson, Mary Malovich, and Pearl Boyd.

Elizabeth is survived by her 4 children, David Grappone and his wife Marguerite, James Grappone and his wife Catherine, Mary Ann Hall and her husband Allen and Thomas Grappone and his wife Kathy; 8 grandchildren, Mark, Anthony, Jeffrey, Stephen, and Jason Grappone and Ethan and Emily Hall: several Great Grandchildren.

Due to the current COVID-19 pandemic visiting hours will not be held. A Memorial Mass will be celebrated at a later date. Burial will be in the Blossom Hill Cemetery in Concord.

In lieu of flowers donations may be made in her memory to the CRVNA Hospice House, 30 Pillsbury Street, Concord, NH 03301 or to Concord Meals on Wheels 2 Industrial Park Drive, Concord, NH 0330.

#### BARBARA ELLEN MACAULY

Barbara Ellen Macauley, 89, of Bow, passed away on Saturday, March 21, 2020, after a long illness.

She was born Sept. 21, 1930, in Concord, N.H., to parents Charles and Ellen Ladd. She was the widow of the late Charles Macauley.

Barbara ("Barbie") graduated from Concord High School, class of 1949. She then went on to work for BCBS of N.H. as a clerk for over 25 years. In her free time, she loved bowling, gardening, camping, swimming at the beach, Bingo, puzzles and playing cards. She especially loved her grandchildren and great-grandchildren who all called her "Nana." Barbara was a member of the Red Hat Society for many years and was well-known for driving around in her red-hot convertible. She was full of life and everyone looked forward to the time they got to share together.

Barbara was one of eight children. She is survived by her sister, Alberta Sweeney, of Concord, N.H.; her daughter, Deborah Lear and her husband, David, of Harwich, Mass.; her son, Harvey Macauley and his wife, Caryn (Dufour); her grandchildren, Tricia (Macauley) King and her husband, Ethan, of Concord, N.H., Andrew Richardson and his wife, Brandi (Hurd), of Concord, N.H., Patrick Richardson and his wife, Erin (Chesebro), of Bow.

In lieu of flowers, memorial donations can be made to the charity of your choice or to NHSCOT, 25 Triangle Park Drive, Suite 4, Concord NH 03301, or at NHSCOT.org.



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#### Hopkinton Real Estate Sales – MARCH & APRIL 2020

ADDRESS	<b>BEDROOMS / BATHS</b>	<b>SQUARE FOOTAGE</b>	ACREAGE	PRICE
93 Meadows Drive	2 Bedrooms / 2 Baths	1,152 Square Feet	0 Acres	\$70,000
34 Well House Road	2 Bedrooms / 2 Baths	1,456 Square Feet	0 Acres	\$85,000
635 Park Avenue	2 Bedrooms / 1 Baths	960 Square Feet	.42 Acres	\$178,000
21 Penacook Road	3 Bedrooms / 1 Baths	1,636 Square Feet	1.74 Acres	\$217,000
8 Pinewood Drive	2 Bedrooms / 2 Baths	2,498 Square Feet	.46 Acres	\$275,000
555 Currier Road	3 Bedrooms / 3 BathS	4,848 Square Feet	10.6 Acres	\$399,900
783 Rollins Road	4 Bedrooms / 4 Baths	2,631 Square Feet	6.79 Acres	\$435,000

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# Welcome to the Hopkinton - Contoocook TOWN CRIER!

by Kathleen Butcher 724-3452, kathb123@comcast.net

### ► NHADA SCHOLARSHIP ATHLETES – Congratulations hopkinton high school nhada 2020 scholar athletes!

Maxine Asmussen Elizabeth Berliner **Zachary Brewer** Evan Jacobsen Sofia Locke Benjamin Madden **Daniel Miner** Katelyn Meserve **Emily Metzger** Shepyrd Murdough Lily Ogden **Eleanor Owen Daniel Rinden Sophie Potter** Lillie Presti **Emma Rothe** Lily Sabol Sophia Staples-Roy Sydney Stockwell Robert Vallari

#### THE HOPKINTON RECREATION DEPARTMENT -

reports that Regretfully, our town will not be able to celebrate Memorial Day and July 4th in the same manner as we have in the past. The Memorial Day parade and \$th of July Family day is canceled this year. Even though the community cannot gather together at this time, we can still show our patriotic support and love for our country by displaying American flags, banners, and buntings at our homes. Use what you already have and be creative with your red, white and blue! For those interested in participating in the Hopkinton Rotary flag program please contact them via their Facebook page or send notice to hoprotaryflags@gmail.com.

- ► THE TOWN HALL will remain closed through May 31st.
- ▶ USE OF GREEN TRASH BAGS is suspended during the time the Town Hall is closed.

- ► THE TOWN MEETING is scheduled for June 13th. Additioal details will be available on the town web site as they become available.
- ► HOOPLA Hopkinton Library's Newest Resource. We are excited to announce a new digital offering for all of our patrons. Hoopla is an all-in-one media service where you can browse 700,000+ titles in six different formats audiobooks, eBooks, comics/graphic novels, full music albums, movies, and TV—and instantly borrow, then download or stream, the titles of your choice! You can access the title you borrow instantly on your computer, tablet, or smartphone. With hoopla, there are no holds or wait lists! Sign up today using your library card number. Questions? Call 746-3663 and leave a message or email info@hopkintontownlibrary.org.
- ► HOPKINTON HELPS Delivery Service is available. They have volunteers who are willing to shop and deliver groceries, essential household supplies and prescriptions to you. Please contact 746-8264 or hopkintonhelps@hopkinton-NH.gov
- ➤ A SPECIAL THANK YOU to all the teachers and school staff working hard to make distance learning the best it can be for our students.
- ► THE FOOD PANTRY is open. Please contact Marilyn at Hopkinton Human Services at 746-8244 with questions.
- ► TAKE OUT The restaurants in town are closed to sit down meals. But most are offering take out. Please call them to ask what is available and their hours of operation.



KATHLEEN BUTCHER 724-3452, KATHB123@COMCAST.NET

#### **BOOK REVIEW:**

VOL 27, NO. 4/5

#### I HAVE THE RIGHT TO

by Chessy Prout

**REVIEWED BY: GIGI SPALDING** 

For more than a year Chessy Prout was known as the "fifteen-year-old alleged victim" of the St. Paul's, Owen Labrie rape case. The news articles revolved around the perpetrator, listing his merits and not the criminal acts he completed against Chessy. But Chessy is not just a "fifteenyear-old victim," she is a brave survivor, an activist, and as of last year, Chessy is a published author.

Chessy's memoir starts with her childhood growing up in Tokyo, Japan before the 2011 earthquake. After the earthquake, her family moved to Florida where she attended middle school, before applying and getting accepted to the prestigious St. Paul's School in Concord. At St. Paul's she was assaulted by popular high-school senior, Owen Labrie. After reporting her assault she faced a cruel backlash from the school community. Throughout her memoir, Chessy courageously narrates through the trial, her lasting pain, and how she began to heal.

Chessy's story is not only relevant to students at our school because the story unfolds in Concord, NH (when I read the book the familiar place names added context to the Chessy's story) but it also shows the prevalent rape culture in America. Throughout the book, Chessy teaches us about the human behind the words "alleged victim" in the time of #MeToo.

Gigi Spalding is a student at Hopkinton High School. Reprinted from The Talon at Hopkinton High.

#### TOWN OF HOPKINTON POLICE DEPARTMENT

#### **APRIL 2020 STATS**

4 Accidents 59 Traffic Stops 5 Arrests

#### **ARREST LOG:**

04/06 Andrew Manseau, 20, of 603 Upper Straw Road, Hopkinton, NH was arrested for Domestic Violence; Simple Assault, Criminal Mischief, Obstruct Report of Crime/Injury and 2nd Degree Assault; Strangulation.

04/11 Clinton Dearborn, 36, of 2464 Hopkinton Road, Hopkinton, NH was arrested for Violation of Protective Order.

04/14 Rebeccah Champagne, 28, of 476 First NH Turnpike, Northwood, NH was arrested for DUI. 04/24 Veronica McDavitt, 47, of 16 Cedar Street, Hopkinton, NH was released on a Must Appear

Summons to Court for the charge Theft by Unauthorized Taking.

04/25 Katelyn Polonia, 28, of 99 Pine Ridge Drive, Loudon, NH was arrested for Controlled Drug: Possession.





#### A TRIBUTE TO REBA MCENTIRE

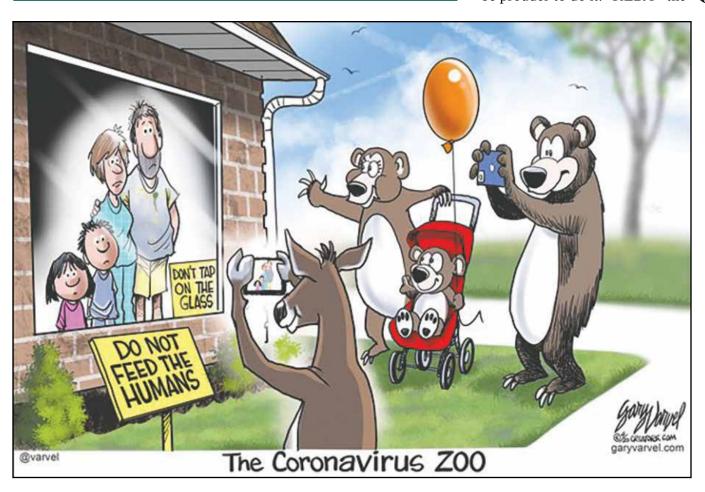
You know you're a big star when you are well known by just your first name. REBA McEntire is an American country music singer, s ongwriter, actress and record producer. Born in 1955 in Oklahoma, she sang with her high school band, on local radio shows, and at rodeos. She gained wide attention when singing the National Anthem at the National Rodeo Show in Oklahoma City, and went on to record her first solo album in 1977. Since then she has released 29 studio albums, 42 number one singles, 16 number one albums, 28 gold albums, and has sold 75 million records worldwide, making her one of the best selling artists of all time. She has a star on the Hollywood Walk Of Fame and has starred on Broadway and her own TV show, "Reba."

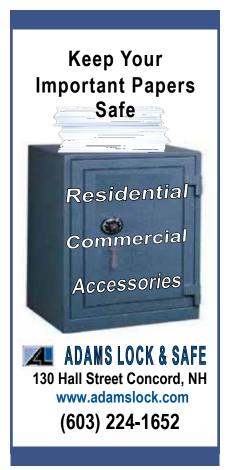
We all know Reba for her charisma, wit and wisdom. She shares her honest, comedic takes on the struggles we all face in life, while showing us how to create happiness all around us.

Reba's singing style is built on traditional country, but expanded into country pop, mainstream pop, soul and R&B. Her voice lies in the contralto range as she performs "vocal gymnastics."

Reba has won the American Music Award 12 times. She was the first female to win the Country Music Association's Female Artist Of The Year Award. She won the 2011 Country Music Hall Of Fame Award and the 2018 Kennedy Center Honor.

Reba has been a beloved entertainer for over four decades. She once said, "Whatever I'm doing, I feel like I'm representing country music. It's always been my main career, and it's where my loyalties lie. I feel like I'm waving the flag of country music wherever I go, and I couldn't be prouder to do it." REBA - the "Queen Of Country."







Salmon season arrived early due to the mild winter. But we were ready and fished the big lake when we could. The fishing went as expected, very few fish, but a few nice fish. The downturn on the lake is as close to a total collapse has you can have. Total failure in the the stocking program for three straight years, has taken a toll on the fish population. The once great Salmon fishing I enjoyed on the lake for 50 odd years is gone. Who is responsible for this failure? It's beyond my pay grade to determine but I will not fish the big lake for the first spring in over 50 years ... "Thanks!"



On the trout fishing scene, it has been very good. There have been some very large trout showing up. The major issue with us fly fishermen is the wind. It seems to blow over 20 mph almost every day. Casting a fly in this wind does not work well. So far this spring, the best fly for me has been the Red Demon. It was also our go-to fly for last year.

With this terrible virus comes many challenges, one of which is social distancing. A big part of fishing is the joy of meeting and talking to other fishermen, but this comradery is now lost because most of us drive separately or wear a mask. Safety is the most important step.



The turkey harvest seems to be above last years so far, and the birds are bigger by a few pounds.

Spring is really struggling to get here. Yesterday I saw my first Baltimore Oriole. He fed for a while and turned around and probably headed back South.



**Stay Safe** Be Well and **Good Luck** Fishing, **RON** 





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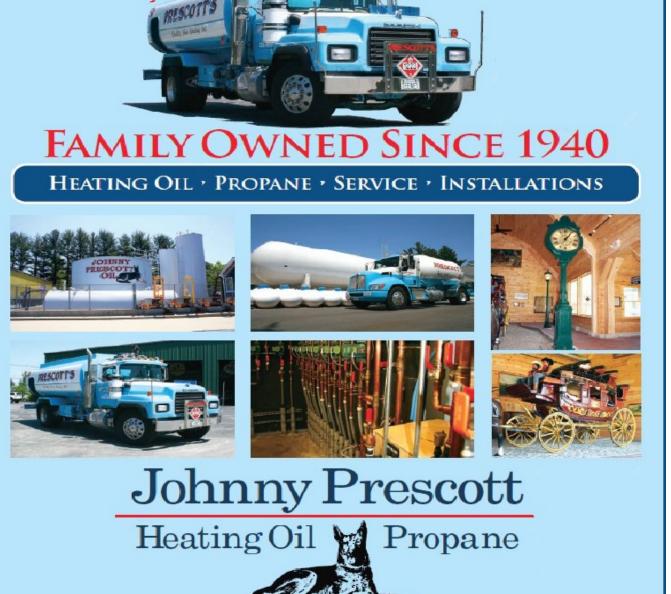
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#### WE ARE HERE TO HELP!

BY BEN KINIRY, ESQ.

I hope your family is safe and well.

The New Normal: Like most businesses, due to safety concerns over COVID-19, we have transitioned most of our team to working remotely and are now conducting our client meetings either telephonically or via various online video meeting applications such as FaceTime and Zoom.

Here to Help: All of us at Laboe & Tasker are keenly aware that the current COVID-19 environment has people concerned about becoming



ill, or a loved one contracting the virus and maybe even succumbing to it. This reality has many of us thinking about the need to create an estate plan or to update an existing plan. I want you to know that we are making ourselves available to move quickly to accomplish these services on behalf of our clients (and new clients as well).

**Other Ways We Can Assist:** Though most of the articles I write focus on the many reasons for establishing an appropriate Estate Plan, you will want to be aware that Laboe & Tasker also assists clients in the following types of matters and practice areas:

- Elder Law/Elder Abuse and Neglect
- Probate Law/Probate and Trust Administration
- Beneficiary's Rights under Wills and Trusts
- Special Needs Trust/Disability Planning
- Conservatorships/Guardianships
- Asset Protection/Medicaid Planning and Applications
- Real Estate Matters
- Establishing Business Entities/Ongoing Concerns
- Retirement Account "Stretch" Trust
- Litigation Involving any of our Practice Areas



**Contact Us:** Please feel free call us and to share the firms contact information with anyone you believe may need our specialized services. If you are not sure we are the correct firm to assist you, err on the side of caution and call to find out. As a rule, initial inquiry calls are at no cost to you. Even if we are unable to assist you, we can often direct people to someone with the necessary skills to do so.

**Education:** Just ask any of my clients and I am fairly certain they would tell you I have the heart of a teacher. I know this as clients often comment on how enthusiastically I teach them about the topic of estate planning. Given my desire to educate, I'm offering my time to any group or organization that would like to hold a Zoom meeting to discuss the topic of Estate Planning (or other topics). If you are interested, then please contact me at **bkiniry@laboelaw.com.** 

**Important Update:** The CARES Act (the "Act") waives the required minimum distribution rules for certain defined contribution plans and IRAs for calendar year 2020. This provision provides relief to individuals otherwise required to withdraw funds from such retirement accounts.

**Additional Updates:** If you would like to receive similar updates on information that is important to most of our clients (not just on COVID-19), please send a request to me at **bkiniry@laboelaw.com.** 

Stay safe and healthy!

#### **ON AGING - WHAT'S REALLY IMPORTANT?**

**By Donna Deos** 

I know right now the world has gone in a very scary and different direction. By now, you all know that I tend to be a "Pollyanna" or a "Glass half full" type of person. So, this should come as no surprise to you that I want to take us in a positive direction. Yes, even with everything else out there being doom and gloom, I know I can still do this. You can too.



You see, right now we are all be-

ing given the opportunity to see what is really most important in life. It's not actually being alive, but rather what you do with the life you have while you have it. I know being stuck at home doesn't necessarily look like a positive, but it is. We can now turn off all of the noise. We can stop rushing and going and doing. We can leave the distractions behind. We can take time to truly look at ourselves and each other. What do you see? Do you see all of the people in your life that you cherish? Have you been reaching out to them? Have you been checking on them to make sure they are okay? Of course you have.

The big lesson we are all learning right now is that love is what is most important. At the end of the day it is the best thing we have. All of the stuff, all of the things to do and places we think we have to go don't really matter. What matters is the people in our lives that love us and that we love back. It's that simple.

So, please, stop dwelling on what you cannot do right now and where you cannot go and who you want to blame for that. Instead, try

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focusing on what makes you happy and who makes you happy. Devote your time and energy to them. That's where the real payoff is.

Right now families are getting the change to be together! You can play games! You can actually talk to one another. You have the chance at true quality time where no one can rush off to this or that or put someone or something else first. This is a gift. When today's kids grow up they will look back on this time and say "remember that time we all got to be together for a whole month? That was great. When can we do that again?" This is the time to grow the love and the memories because that is what is really important.

Wishing you all good health and happy memories.

Blessings, Donna





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#### Way Up North contributed by Jay Martin, Bow Graphic Artist









#### **BOW POLICE LOG**

VOL 27, NO. 4/5

by Chief Margaret Lougee

#### **MARCH 2020 ARREST LOG**

3/3 Edward Bruno, 40, Laconia, was arrested for operating after certified as a habitual offender.

3/4 Christopher Coleman, 33, Pembroke, received a summons for driving after revocation/suspension, suspended registrations, and operation with an expired license

3/5 An adult was taken into protective custody for an involuntary emergency admission; David Gorhan, 44, Henniker, received a summons for driving after revocation/suspension and operation with an expired license.

3/7 Remy Sanford, 45, Goffstown, received a summons for driving after revocation/suspension and operation with an expired license.

3/9 Jonathan Santy, 35, Bow, was arrested on a warrant for theft by unauthorized taking.

3/10 Andrea Jordan, 50, Bow, was arrested for driving under the influence; subsequent offense.

3/11 William Robinson, 29, Antrim, received a summons for driving after revocation/suspension and operation with an expired license. An adult was taken into protective custody for an involuntary emergency admission.

3/12 Colton James Squeglia, 23, Concord was arrested on a bench warrant for loitering and prowling, and a no bail warrant for failure to appear.

3/13 Kyle Spurr, 31, Concord, received a summons for driving after revocation/suspension, suspended registrations and unregistered vehicle.

3/14 Cassandra Boardman, 27, Charlestown, was arrested for first degree assault with a deadly weapon.

3/17 An adult was taken into protective custody for intoxication; Zachary Giles, 26, was arrested for driving after revocation/suspension and operation with an expired license.

3/18 David Hill, 54, Manchester, was arrested on a warrant for burglary.

3/19 Zachary Messier, 23, Pembroke, was arrested on two bench warrants; theft by authorized taking, and driving after suspension

3/27 Jon Daigle, 32, Belmont, was arrested for resisting arrest/detention and on two felony warrants; burglary and forgery. A juvenile was taken into protective custody for an involuntary emergency admission.

3/30 Lee Barker, 52, Dover was arrested for theft by unauthorized taking.

#### **APRIL 2020 ARREST LOG**

4/1 Jason Rowan, 43, Concord, was arrested for domestic violence; simple assault. Later this same day, Rowan was arrested again for domestic violence; simple assault, and breach of bail.

4/2 Ryan O'Donnell, 38, Bow, was arrested for domestic violence; simple assault, and criminal mischief.

4/6 Jessilyn Gassett, 19, Concord, received a summons for driving after revocation/suspension; Shane Berube, 31, Hooksett, was arrested on a warrant for a parole violation and a bench warrant for negligent driving; Kevin Corbin, 35, Seabrook, was arrested for violation of a protective order.

4/7 Kevin Corbin, 35, Seabrook, was arrested for violation of a protective order, stalking, and breach of bail.

4/9 Nicholas Kehoe, 31, Manchester, was arrested for 2nd degree assault; strangulation, domestic violence; simple assault, resisting arrest/detention, and driving after revocation/suspension.

4/11 Ryan Masterson, 33, Manchester, received summonses for driving after certified as habitual offender, and driving after revocation/suspension.

4/13 Shane Berube, 31, Hooksett, was arrested for reckless operation, disobeying an officer, driving after revocation/suspension, and resisting arrest/detention

4/17 William Stanford, 19, Concord, received a summons for transportation of alcohol by a minor; Logan Galloway, 19, Deerfield, received a summons for unlawful possession/intoxication; Jacob Johnson, 19, Concord, received a summons for unlawful possession/intoxication.

4/18 An adult was taken into protective custody for an involuntary emergency admission.

4/22 An adult was taken into protective custody for an involuntary emergency admission.

4/28 Devon Gregory, 25, Milford, was arrested for receiving stolen property, and possession of a controlled drug.

4/29 Cameron Defosses, 21, Bow, received summonses for reckless operation, and criminal trespass.



#### **STAYING SAFE AT HOME?**

It's a great time to visit

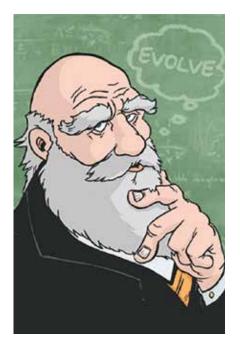
The Bow Heritage Commission website at www.bownh.gov/396/Heritage-Commission.

You will be amazed at the myriad of topics listed on the menu that include historical facts, historical documents, and compelling photos from the past.

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www.bownh.gov/396/Heritage-Commission



#### **DARWIN AWARD?**

#### CONCORD MAN ARRESTED TWICE IN BOW IN 11 HOURS.

In a bold move to win a Darwin Award, Jason Rowan of Concord was arrested twice on the same charge against the same victim just 11 hours apart.

On April 1 Rowan was arrested by Bow police for simple assault and released on his own personal recognizance. Eleven hours later he assaulted the same victim again and was rearrested by Bow Police.

The Darwin Award is a tonguein-cheek, fictional award which is given out to people who commit acts of utter stupidity.





#### **BOW BOYS' BASKETBALL TEAM NAMED CHAMPIONS**

The Bow boys' basketball team had earned the No. 2 seed in Division II after finishing the regular season 17-1 and tied with ConVal, which earned the No. 1 seed on a tiebreaker. Both teams will get to hang 2020 championship banners in their gyms, but neither of them played a tournament game before the season was cancelled.

"Of course, they would have loved to play in the tournament, but if it had to end this way, at least the kids got the recognition," Bow coach Frank Moreno said. "This was one of the best seasons in the history of Bow basketball, so it was nice for the team to get recognized."

The COVID 19 virus ended the season early so it was resolved by the New Hampshire Interscholastic Athletic Association.

"By unanimous vote, the NHIAA Executive Council enacted a resolution in order to fulfill its duties with regard to the awarding of State Champion and Runner-Up plaques and medals to teams participating in tournaments cut short by the COVID-19 pandemic," the association said in a press release. "Co-Champions will be awarded to the highest seeded team remaining on each side of the NHIAA Tournament bracket. All other teams remaining in the tournament will be awarded Runner-Up plaques and medals."

"This was a really special team for us," Moreno said. "seniors like Nick Kiah, Ben Harris and Steven Guerrette, and then Shaun Lover (a junior), too, those guys really set the foundation for us and they created the culture and identity that we wanted to have for this season. They took their lumps early, but they worked relentlessly and they didn't get frustrated or down on themselves, even after all the close losses we had last year, they were fighting to the last game."



#### **Oral Surgery Practices Merge**

We are pleased to announce the merger of the oral and maxillofacial surgery practice of Dr. Robert Kuepper D.D.S. (RCKDDSOMS) with those of Dr. Nader Moavenian and Dr. Cameron Braasch of New Hampshire Oral and Maxillofacial Surgery (NHOMS). Dr. Moavenian started NHOMS twenty years ago, which has offices in Nashua, Manchester, and Salem, New Hampshire.

We are in the process of expanding our state of the art surgical facility at 5 Sheep David Road in Pembroke, NH. Our newly formed practice will provide the full scope of oral and maxillofacial surgery services with an emphasis on dental implant surgery. Dr. Kuepper will be joined in the Pembroke office by Dr. Moavenian and Dr. Johnathan Bean.

We look forward to providing the same excellent oral surgical care to our patients and thank you for your continued support in the coming years.

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**Tel: 603-645-6600 Fax: 603-645-1877**5 Sheep Davis Road Pembroke NH 03275

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# BOW COMMUNITY MEN'S CLUB

#### Flags Across Bow Enrollment Form 2020

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway, two



days prior to each of the following patriotic holidays of 2020: Memorial Day, Flag Day, Independence Day, Labor Day and Veterans Day. They will be removed two days after each holiday and reinstalled for the next upcoming holiday.

The US-made flags measure 3'x5' and are made of 2-ply spun polyester with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10" high ground spike.

Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community. Please make your check payable to the "Bow Community Men's Club." For this payment, you will share in our community's display of all our great Nation stands for.

Mail this form and payment to:

Dik Dagavarian 2 Bela View Drive Bow, NH 03304-4600 Phone: 603-856-7268

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# TOWN OF BOW Bulletin

www.AgeAtHomeNH.com

#### **BOW ANNUAL WATER TESTING**

The Bow Drinking Water Protection Committee will hold its annual water testing event for Bow residents at the Bow Community Center, Saturday, June 6 and Sunday June 7, 2020. Drive-through and pick-up your water sample kit contact-free on Saturday, collect your samples first thing Sunday morning, and drop it off along with payment for the Committee to deliver it to the State Lab. Your test results are confidential and will be mailed directly to you in 3 to 4 weeks.

Once you review your results or even if you haven't tested but would like more information, participate in our virtual "Water Information Session Call-in" on Wednesday, July 15, 2020 from 5 to 7 pm, to learn about water contaminants and what you can do to address them. We will send you a reminder closer to the date! Event details are:

### BOW COMMUNITY CENTER 3 BOW CENTER ROAD

Water Kit Pick-up (drive-through)
Sample Drop-off and Payment
Sunday, June 6, 9 am to Noon
Water Info Session | Virtual Call-in
Wednesday, July 15, 5 to 7 pm

Payment due with sample drop-off.
Check payable to Treasurer, State of NH.
For more information, updates and costs go to bowdrinkingwater@bownh.gov

#### THOUGHT FOR THE DAY

"An onion can make people cry but there's never been a vegetable that can make people laugh."

WILL ROGERS

### The Bow Times

can be picked up at these 30 locations!

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