

# The Bow Times

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THE BOW TIMES

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## RECYCLING FACILITY FIRE FIREFIGHTERS WORK FOR 19 HOURS STRAIGHT

On May 24, 2020, the Bow Fire Department was called at 11:29 p.m. for a warehouse fire at 336 River Road. Bow Police were first on scene at the actual address of 330 River Road and found Bow Recycling Center's main building and contents fully involved with fire. The 22,000 sq. ft. metal building housed trash, recyclables, and related processing equipment. Bow Recycling Center/Zero Waste is owned and operated by Stan and Pete Inc. A 2nd alarm was transmitted at 12:18 am bringing in additional mutual aid.

2 large diameter hoses were connected to the municipal water system; supplying 2-tower/ladders and multiple ground deluge guns. An estimated 1 million gallons of water was needed to extinguish the fire. NH Department of Environmental Services was requested to the scene to evaluate the run off, mitigation efforts, and work with the owner on monitoring contaminants and cleanup.

The fire department was on scene for 17 hours extinguishing the massive amounts of smoldering trash and two hours cleaning hoses. There were no injuries. The severely damaged building and equipment is valued at approximately 1.5 million dollars. The cause of the fire is currently under investigation.

#### **BOW RESOURCES**

Incident Commander: Chief Harrington

Personnel: 11
Engines: 2
Tankers: 1
Rescue: 1
Forestry: 1
Ambulance: 1

#### **MUTUAL AID RESOURCES**

Personnel: 38 Engines: 5 Tankers: 4 Rescue: 1 Ambulance: 1 Ladders: 2

# RE-OPENING OF SCHOOLS STUDY UNDERWAY

The State Department of Education has created and appointed a School Transition Reopening and Redesign Taskforce (STRRT) to advise the Governor and local districts like Bow on recommended procedures for the fall. Bow's Assistant Superintendent, Duane Ford, is on the task force. The STRRT has sent out surveys and received over 50,000 responses.

On May 27 the federal Centers for Disease Control issued Interim Guidance for Schools with various goals and steps to meet them due to COVID-19. A checklist for SAU 67's own Re-Opening Task Force reflects the complexity the Dunbarton and Bow school boards have to consider. Just two work areas to consider out of many are set forth from the SAU checklist:

#### 1. Planning for Athletics, co-curriculars and events

Distancing and PPE for practices, games and events Group size limitations Contact limitations Interscholastic contact, travel restrictions

Venue concerns (inside/outside)

Limiting spectators and providing video

(Cont'd to page 22)

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



# **BOW POWER PLANT RECEIVES NEW PERMIT TO OPERATE UNTIL 2025**

by Josie Albertson - Grove

The coal power plant in Bow will not have to install \$112 million cooling towers, after the EPA removed that requirement from the plant's new permit.

The Environmental Protection Agency issued a new permit for the plant in May. The permit does not include a requirement for special equipment to cool down water before the plant sends it back to the river — though the EPA had called for that equipment in 2011.

An EPA spokesman said the requirement was removed because the plant does not run as often as it did in 2011, and because new kinds of screens can better protect fish than what was available in 2011. (Cont'd to page 3)

#### **BOW TOWN FINANCES ON TRACK SO FAR**

In a May 22 report to the Selectmen the town's Finance Director said with plusses here and minuses there "the town is still doing well." Any "shortfall will not be significant said Director Geoff Ruggles, even factoring in a projected drop in tax collections of 15%. His report on Revenue and Expenditures highlighted the following:

#### REVENUES

- Interest on Delinquent Taxes is down just over \$16,000 and will probably end up under estimate by a similar amount. This is due primarily to postponing the tax liening process until later in the year, pushing those revenues into the next fiscal budget.
- Motor Vehicle Registrations are down nearly \$100,000 from last year. Ruggles thinks this is due in large part to the extension of temporary plates and that we could come close to estimates.
- Police revenue is down over \$50,000 due to loss of revenue from the School Resource Officer and to a lesser extent police details.
- Ambulance revenues continue to lag behind last year by about \$20,000. This continues to be due to less calls for service.
- Interest on Deposits is down roughly \$46,000 but already over estimates by \$27,000. However the bottom has dropped out of this revenue stream as it went from \$9,500 in March to \$1,200 in April.

#### **EXPENDITURES**

- Emergency Management is up \$23,000 over last year and Director Ruggles anticipates it will be over budget by \$40,000 due to the pandemic. Most of this will be covered by FEMA or other grants.
- Assessing services should end the year about \$28,000 under budget due to not having to defend utility assessments this year.
- Legal services should be under budget by about \$17,000 for the same reason.
- Due to a mild winter, with less salt and overtime use, the Highway budget should wind up roughly \$45,000 under budget.
- Due to the restructuring of the Parks and Recreation department, there should be a savings of approximately \$66,000.

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# LOW TAXES ARE THE RESULT OF LOW SPENDING

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#### **EDITORIALS**

#### **VOLINSKY OPPOSES RACIAL DIVERSITY**

On Wednesday, June 10, Concord's Executive Councilor, Democratic lawyer Andru Volinsky, engineered a 3-2 vote to turn down Governor Sununu's nomination of Ryan Terrell to the State Board of Education.

In a state that is 96% white our all white State Board of Education had a chance for racial diversity with Terrell's nomination. Sununu had nominated Terrell to the board on May 20, several days before George Floyd's death and the Black Lives Matter protests. Terrell, a specialist in digital systems, is a 2014 graduate of Southern New Hampshire University through the College Unbound program and grew up in New Orleans.

The African American systems analyst did not meet Volinsky's test of being a professional union approved educationist and spender.

Not only racial but skills diversity was lost to our state at a time when computer virtual learning has just been required for all students due to the coronavirus. What better time to have someone who loves our state and is in the computer field for a living bringing that skill set to our state Education Board?

Volinsky said it was demeaning to the board and accused Governor Sununu of "tokenism." Wow!

Sununu countered that Terrell was "absolutely brilliant," adding that the state board needs a focus on "efficiency and systems," and he said that a person of color would bring diversity to the board.

"Whether racism was involved in me not being appointed, I can't speak to that," said Terrell.

"Claremont Andy" Volinsky wants a state income tax so anyone who might be able to improve systems and reduce costs has to go. His bias sends a bad message to our African American community and shows how ill suited he would be as a Governor for all the people.

#### USE OF CHOKEHOLDS AND NECK RESTRAINTS SHOULD BE BANNED, IMMUNITY REPEALED

The recent hands in the pocket 8 minutes long knee on the neck murder of George Floyd by Officer Chauvin of the Minneapolis Police Department has triggered many cries for reforms. I have had the privilege of practicing law over 50 years. I have defended police officers and I have sued them when they were well over the line. I see several changes that need to be made here in New Hampshire:

- 1. Police discipline files should be open to the public. Giving an officer a badge and a gun is important to protect our lives and property. But when they are found to have violated law or policy we should have access to that information so bad apples are not protected by privacy laws.
- 2. Officers are almost always indemnified by state and local governments if they are sued civilly for violating the Bill of Rights or using excessive force. No official or qualified immunity from suit should ever apply in those cases because the officer's house and assets are not put at risk when the State Treasury or insurers are paying to compensate a dead or injured citizen.
- 3. Chokeholds or neck compression should be outlawed regardless of the circumstances. Officers have tasers, guns, batons and handcuffs so suffocating someone should not be in their toolbox. The suspect should be alive for trial, not executed without one by a single government employee. If a suspect gets away they can be arrested later rather than being killed for a pack of stolen cigarettes or some other misdemeanor.

Our Police Standards and Training Council, that trains and certifies both full and part-time police, should flat out ban use of neck restraints, as should every police department. The PSTC and police departments, when asked, say they don't "teach" neck restraints. But that is not the same as teaching not to ever use them. The current exception for their use if "justified" or "authorized" in deadly force cases places officers in a tough judgment call that runs the risk of misuse. No should mean no, except for mortal self-defense cases.

- 4. All uniformed officers should be required to wear body cameras so the debate over what happened at a crime scene is a much shorter one. Officers who fail to activate them should lose a week's pay for the first offense, a month's pay for the second, etc. The technology exists and is affordable so debate about body cams should long be over.
- 5. When use of force is excessive or policies are recklessly violated any on scene officers who don't try to restrain an out of control colleague with acute anger management issues should be just as liable as the offender for discipline. The code of silence or the fear of offending a 20 year department veteran must no longer be the standard response to bad police work.
- 6. Finally defunding police departments is like throwing the baby out with the dirty bathwater. We need well trained police to serve and protect us. The reforms described above would go a long way to restore trust. Every local government and the state police should review their use of force policies to emphasize de-escalation not summary executions.

#### **BUSY SUMMER AHEAD FOR SCHOOL RE-OPENING**

With both state and local task forces at work on plans to re-open schools it will be a busy summer for Bow school administrators. In this edition we run two articles to just graze the surface on what a complicated situation is presented to them.

The issues include school bus transportation such as half full versus full buses. Will kids keep masks on? When they get to school is it morning classes for A-M and afternoon classes for N through Z? Or do the schools have two days of classes, one day of cleaning and two days of remote learning?

Taking a look at the staffing needed for distance or virtual learning is important as well. Three teachers giving the same English or math lesson to three classrooms of 20 can be dialed down to one teacher for 60 students at home. The staff for a full building of students can be reduced to the extent virtual or distance learning covers a lesson. With a \$30,000,000 budget a new leaner school may well be possible to save money, but it will be resisted by the unions.

Students want to be at school with their friends but at what risk to parents and grandparents when they return home? Schools were not built for social distancing. What happens in the halls? At lunch? With 50,000,000 American students at home the problems are the same all across the country.

Parents need to be aware of school meetings held by Zoom so they can have input. As a monthly paper our ability to share Bow's task force schedules is limited.

We are blessed with very good principals and staff and we wish them all the best in the tough and unpopular decisions ahead. Patience and empathy are key to the future for Bow and Dunbarton schools as we face the biggest pandemic since the 1918 Spanish Influenza that killed millions.

Chuck Douglas For a free press, je juis Charlie

#### POWER PLANT CONT'D FROM PAGE 1

The Merrimack Station plant uses hundreds of millions of gallons of water from the Merrimack River each day of operation. After the water has been used by the plant, the water flows into a canal, and eventually back to the river.

The plant's new permit will allow Merrimack Station to continue this process until at least August 2025, when the new permit expires.

"This heated water, in turn, raises water temperatures in the river, which degrades the river's aquatic habitat and harms its aquatic life," the EPA said in a 2011 statement. The warmer water kills fish eggs and larva, the EPA said in 2011. The agency said the five-mile stretch of river near the Bow plant has warmer water and fewer fish than other parts of the river.

In 2011, the EPA said the Bow plant would have to cool down the water it dumps back into the Merrimack River, with cooling towers. Cooling towers were estimated to cost \$112 million, and would have added just over a dollar to customers' electric bills.

A spokesman for the then-owner of Merrimack Station said the company had no analysis that supported the need for a cooling tower, and said the plant had not harmed the Merrimack River. The plant was sold in 2018 to Granite Shore Power LLC, for \$175 million.

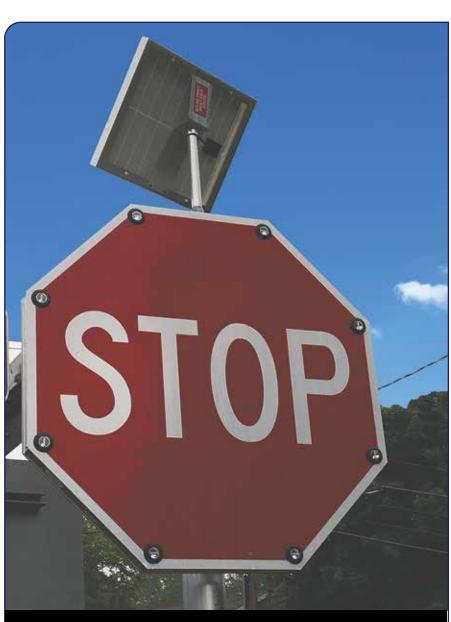
EPA spokesman John Senn said the agency found cooling towers were no longer necessary to protect the river.

"The final permit does not rely on that technology because of significant operational changes at the facility, new scientific research, and new EPA regulations," Senn wrote in an email. "As a result of these changes, EPA's final permit regulates the power plant so that it can continue to generate needed electricity while also protecting the Merrimack River."

Those "significant operational changes" are how rarely Merrimack Station is called on to generate power. It ran almost all the time in 2011, Senn said, but is now used only at times of peak demand, like the coldest days of winter and summer heat waves.

Senn said the new permit limits the temperature of the water Merrimack Station can dump into the river, but the plant does not need cooling towers.

Courtesy New Hampshire Union Leader



#### **FLASHING STOP SIGN NOW AT EXIT 1**

Thanks to Governor Chris Sununu, the State DOT and Bow DPW there is now a solar operated flashing stop sign at the end of I-89, Exit 1-South at Logging Hill Road. "This is another step toward better signage to reduce the risk of accidents at that location," said Selectmen Chair Chris Nicolopoulos.



#### 17 WOODHILL HOOKSETT ROAD

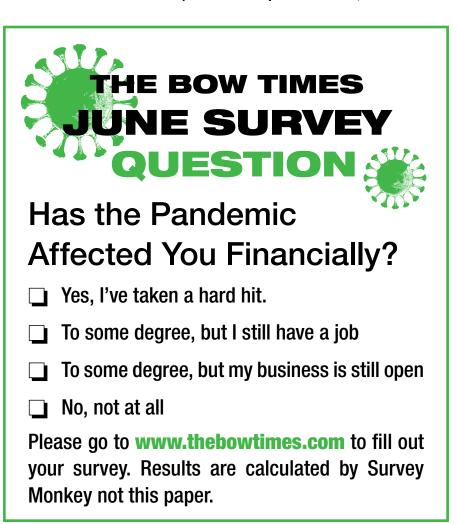
\$509,000

Beautifully sited on a 2.5 acre lot with Westerly views from the master and the enormous screen porch, this home is perfection! The open first floor plan offers lots of flexibility, that includes radiant heat in the kitchen floor, central air, new appliances, and a cozy breakfast nook with a gas fireplace. With gleaming hardwood floors, a built-in desk and charging station plus a reading nook, and with nearly 3500 square feet above grade, this home has ample space for everyone. There's a large laundry room on the 2nd floor with 3 spacious bedrooms and a full bath plus a large open foyer/sitting area. The 3rd floor boasts a large master suite, sitting room, and enormous walk in closet. The walkout lower level is the perfect home theatre, complete with projector and screen that stay with the home. Privacy, space, and this well loved home are ready for the next owner. Schedule your showing today!



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#### **BOW ROTARY CELEBRATES 50 YEARS**

This year, the Bow Rotary Club is celebrating 50 years of service to Bow, other local communities and the world. We plan to involve the community in this celebration. As part of that, we will be telling our story over the next 3-4 issues of The Bow Times. This is the first installment, Part One.

#### PART ONE - The Founding of Bow Rotary

The former Brick Tower Motel that was previously located on the site where the current Dunkin Donuts and a dental office building are located on 3A, was where the Bow Rotary Club first started holding their meetings in 1970.

The Bow Rotary Club was sponsored by the Concord Rotary Club, who helped organize the club. Rotary Clubs are chartered by Rotary International and on June 30, 1970, Bow Rotary received its charter. Bow Rotary began with 24 members, Nat Elkin of Elkin Coffee served as the first President of the Club. Dick Hanson was Vice President, John Lyford was Secretary, and Bill Hauser was Treasurer. Other notable charter members were Howard Bean, Joe Deoss, Allen Grappone, Bill Maynard and Francis "Red" Wentworth. Charter members, Hanson, Lyford, Bean and Deoss, all had children who became members of the club, some of whom are still active today.

While meeting at the Brick Tower Motel, Bow Rotary often had many guest speakers who were in NH for the "Presidential Primary." The motel was right off the highway and just miles from the State House, it was very common to have several presidential candidates speak at weekly club meetings.

In 1970, The Bow Rotary Club was also the first club to have a breakfast meeting. All other clubs held either a lunch or a dinner meeting at that time. Everyone thought it was a bad idea and wouldn't work. However, today, the majority of clubs hold breakfast meetings. Also, in 1970, women were not allowed to become members of Rotary Cubs. This finally changed in 1989 and today, Bow's membership is 26% women.

In the early years, children of Rotarians, often went to the meetings with their fathers. What they remember most was the laughing, and that everyone always seemed to be having a really good time. They also were able to meet all kinds of interesting people.

The Bow Rotary Club is always looking for people who want to give back to their community. Interested in checking us out and learning more? The Bow Rotary Club meets Friday mornings at 7:30 am (during normal times) at the Old Town Hall in Bow. However, we are currently meeting via Zoom and you are welcome to join us on Zoom or once we return to regular meetings at the Old Town Hall.

Please check our website at www.bowrotary.org for more information or email us at bowrotary 7870@gmail.com.



#### **SCHOOL SUPERINTENDENT'S REPORT ON COVID-19 AS OF JUNE 3**

by Dean Cascadden

We are beginning to test the water for having students return to our campuses working within the guidelines from state authorities. We are in communication with Bow Recreation to have their summer program at BHS, and Bow Youth Center about using some of the outdoor facilities around BES for their summer programs.

In Dunbarton, we are looking at a hybrid Extended School Year program with offering some face to face sessions, and in Bow we are running our Extended School Year program with some offered on site sessions for all levels at BMS and some sessions done remotely.

All of these plans involve screening procedures, limiting group sizes, establishing social distance and using PPE like masks where appropriate.

Both the Dunbarton and Bow school boards are meeting in person with some restrictions, while still operating the remote broadcast options for the public and anyone who does not choose to participate in person. Plans may change as things evolve, and lessons learned from these small steps will help us with our larger reopening plan in the fall which we will work on over the summer.

We also are working with various athletic groups on field, and eventually facility use, as guidance evolves for sports.

In this planning one thing has become clear to me. There is a large variation in individual reactions and tolerance for social distancing and other practices and we need to accommodate that diversity as we plan. For some prevention of viral transmission is literally a matter of life and death as they or someone they live with is particularly vulnerable. For others, the imposition of emergency orders is seen as a nuisance at least and possibly a violation of individual rights. And we have all of these perspectives coming to our public schools.

The first section of our SAU 67 mission statement is to Care for Each Person Everyday. Implicit in this is that we recognize that caring is specific and individual. We need to try to understand the perspective of others and honor it was we move forward. For example, I feel no need personally to wear a mask for my own protection, but I definitely have them in my car and put them on whenever I go into a public place until I establish social distance. I do this as an act of caring for others. Please keep this in mind as we have our end of year celebrations, especially parades and graduations. Please stay home if you feel sick at all and please wear a mask until social distancing is established. You may not feel the personal need for this, but doing so is caring for those who have a different perspective and possibly a very different need for protection.



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# THE ROAD TO FINANCIAL RESPONSIBILITY: POINTERS FOR PARENTS AT EVERY STAGE

During the COVID 19 pandemic, budgeting and managing your household finances is more crucial than ever. It can be a great opportunity to teach smart saving habits and budgeting to students, while combining it with basic math skills. The American Bankers Association Foundation's Teach Children to Save Program, has some great tips:

#### Save the Money You Earn (monthly, yearly):

- Save 50 cents a day in loose change: \$15, \$180
- Drink one less soft drink a day: \$22, \$264
- Bring lunch to school: \$40, \$480
- Eat out two less times a month: \$30, \$360
- Buy store brands: \$10, \$120
- Use fewer cell phone features: \$10, \$120
- Conserve gas (share rides with friends): \$20, \$240

#### Pres-school through 2nd grade

- Ask relatives to contribute to a college fund instead of giving toys or split the gift between the two.
- Start early by opening a college savings account or exploring 529 college savings plan options, available in every state.

#### 3rd through 5th grade

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• Take your kids to the bank to gain an understanding of depositing money and making basic transactions.

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- Use allowance to teach kids about saving and spending money early on.
- Create a saving jar, spending jar, sharing jar, and investing jar to show the different ways that money can be organized and used.

#### 6th through 8th grade

- Help your kids find simple jobs, such as babysitting or car washing, to start earning and saving money.
- Include your children when planning finances that involve them so they can learn how to make sound financial decisions.
- Take your kids to the grocery story. Have them help make decisions about what to buy based on your budget.

#### 9th and 10th grade

- When starting a first job, help your child create a savings and spending plan so they learn smart strategies for using their money in the future.
- Research scholarships and other college funding resources now to cover the rising cost.
- There are a lot of expenses when your child goes off to school. Set a goal and start saving together for housing, travel and other costs.

#### 11th and 12th grade

- Talk to your teen about credit and avoiding identify theft. They should understand the implications of accumulating debt and aim to pay off their monthly balance in full.
- Help your teen learn about scholarships, investments and funding plans now so they're better prepared to make decisions on what college, trade school or university to attend.
- Ask relatives and friends to contribute to a savings fund as a graduation gift.

Download the infographic on our website Education page: Teaching Kids About Money

https://www.sugarriverbank.com/education-center-Teaching
Sources: Corey Carlise, SVP, Bank Community Engagement, American Bankers Association

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ASSET PROTECTION for SEPARATION a STRICTLY BUSINESS POINT OF VIEW

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

Protection is important, yet for personal wealth it can be surprising rare – especially for divorce cases.

On paper, a divorce should be as simple as dissolving a business partnership; mutually separating assets, creating amicable custody arrangements with any children involved, and going your separate ways.

Sounds simple, but a divorce is a dispute of the heart and emotions often supersede rationales. Divorces can be messy, long, and are often fueled by negative emotions.

We've all heard the horror stories "My ex took half of everything." This is due to the lack of knowledge around asset protection plans. There is a rather large discovery period to analyze both parties' financial affairs to ensure that there are no fraudulent transfers taking place and all the assets are on the table. The 'fraudulent transfer' is the most common accusation that arises during a divorce proceeding.

This argument is why it is so hard to protect your exposed wealth. You can not transfer the assets to a friend to hold on to until your divorce is completed. You cannot place the assets in an irrevocable trust within the United States for protection as the courts will take possession. You cannot spend down your liquid wealth into non-liquid assets such as a property or a vehicle as the ownership rights for these assets are still up for grabs.

How do you protect yourself and assets that you've accumulated throughout your marriage?

The answer lay in creating degrees of separation from you and your assets before initiating any proceedings, maintaining control, and avoiding the fraudulent transfer. Have you heard the phrase "control everything, own nothing?" That's the strategy that is best suited for divorce.

Looking at these implications from a strictly business point of view – we've created the acronym: STOP. Stay in control. Trust no-one but yourself. Off your balance sheet. Protective legislation.

To do this ethically with avoiding phony banking systems, money laundering, tax evasion, and the fraudulent transfer is no easy task. But it is possible.

We take the acronym and work at it backwards. The first order of business is protective legislation. The school of thought here is that local courts dictate local money. Step one is locating a secure offshore banking system that provides protection from exterior powers. There are literally hundreds of countries and banking systems that all claim to be the best providers of asset protection – however, we've done our due diligence and have found that a combination of two countries legislations and banking systems to be a recipe for success.

Now that the new asset domiciles have been found, to initiate the next step, we set up a properly structured asset protection trust. These can be used for various types of assets such as property or financial investments. So, the client can control day to day activities, we establish an LLC owned 100% by the Trust. The LLC holds all the accounts that require protection. The assets are not transferred to the LLC as that would be a fraudulent transfer – rather, the assets are invested into the LLC.

Our client is then appointed to be the manager of the LLC. This allows you to have control over everything while "owning" nothing. The trust is structured as such for when there is an event of legal duress (divorce, lawsuit, etc.) against the manager of the LLC (the client) the Trustee (friend, relative, or other) is duty bound to protect the trust assets (the LLC) and remove the manager for the period that the event of duress exists. When the event of duress is over, the client is then reappointed as manager.

This structure allows you to stay in control of day to day activities, remove the assets from your balance sheet, while avoiding a fraudulent transfer, and further secure privacy and protection for your assets by engraining protective legislation. Outside courts have no jurisdiction over properly structured and written asset protection plans.

These are the first few steps to an asset protection plan. It is also an effective strategy when looking to protect your assets from future creditors, lawsuits, partnership disputes, or judgements. The entire process is a series of legal, financial, and lawful techniques that can deter a lawsuit, provide settlement negotiation power, but most importantly – it can help prevent the seizure of your assets in the event of a judgment.

The planning is tailored to the assets, risk, and comfort level of the client. To maximize its effectiveness, planning should take place before the need arises. However, there are options that provide asset protection after legal action is filed. As such, asset protection is a grand form of financial insurance.

Ideally, it should be implemented well in advance of the need for it to avoid a fraudulent conveyance ruling.

It's important to get complete information to understand your needs, but once you do, act.

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 the resources we have available. If you are looking for a more direct source of guidance, reach out to our office. We offer free, no obligation, consultations.

*Please note:* This is not to be considered legal advice. You should consult an attorney before completing any plans.





#### **CONGRATULATIONS CLASS OF 2020**

Wishing you success & happiness in the journey that awaits you. Go change the world!





#### WHY IT'S SO HARD TO BEGIN AN EXERCISE PROGRAM AGAIN.

by Jim Olson

Why is it so hard to begin an exercise program again?

That is the question of the ages and I will help you answer for yourself!

Let's look at question a little more strategically. How is it resonating with you? Is it a million-dollar question or a nagging self-defeating question to you?

If it resonates as a million-dollar question. Positive change begins. Your mindset shifts and you begin to exercise. You start to move easier, eat, sleep and physically look better. Your energy increases as well as your strength and stamina. You feel like a million bucks! Rock on and keep going to feel like two million!

If it resonates a nagging self-defeating one. Nothing happens. Your mindset even shifts a little more negative. You tell yourself, why bother, I have already tried every diet, pill, powder of quick fix on the market and nothing has worked? If I start again, it will be like my 655th time trying and will only last until... the next bump in the road causing me to fall off. I'm stuck and I still



Jim Olson

will never achieve those benefits of more energy, strength, stamina and a positive outlook.

Here is where I want to help you turn that nagging self-defeating question into your million-dollar question to have you feeling like a million bucks or possibly two!

Two rules I want you live by from here on out:

- 1. Never Say Never
- 2. You are not stuck!

The thought of the "start" often stops us before we even begin. If that is the case, let's think of the question differently.

Ask yourself, what is preventing me from starting an exercise program again? The reason to ask it this way, sets you up for success. It allows you to learn from what worked or didn't work with your past exercise experiences, where you are today at this moment, which puts you in control to access the present barriers to overcome and allows you to snapshot of the future to identify those roadblocks which may have caused you to go off the tracks in the past.

Congratulations! Just by changing the way you ask yourself the question, you shifted your mindset to positive!

What comes next? Your Next Step!

What is your next step?

First, you need to take action. I recommend taking the simplest action that will provide you with the least resistance. For example, it can be as simple as writing down on paper, not

digital paper, the process which you just completed in the above paragraph. Also, what is motivative and why this important enough to you and what is your expected outcome or goals you would like to achieve.

Second, make a timeline of where you are at today and when you want to achieve your ultimate goal!

Third, continue taking action by putting one foot in front of the other until you reach your ultimate goal on your timeline!

If you need help with any of this, I highly recommend your next step is to call or email me right away! I am happy to have conversation to help you anyway I can!

> Helping you take your next step, Jim



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#### **DUNBARTON NEWS**

By Nora LeDuc



**TRANSFER STATION** is now accepting *Limited* recycling. *Please Sort* before you arrive. Residents will have to *Dump* and *Sort* their own items. Please Separate: Glass, Cardboard, Aluminum Cans (They flex when squeezed.), **Tin With Steel**. Hours: Tues-10am to 4pm, Weds-Noon to 8pm, Sat-8am to 4pm.

**TOWN OFFICES** are still currently closed to walk-in business until further notice due to Covid-19. Check at http://dunbartonnh. org/ for updates and to download permits, licenses etc. Property Tax Payments: The Town of Dunbarton announces the addition of Property Tax Payments to their online payment services. For details, visit: http://dunbartonnh.org/index.php/95-hot-topics/582-eb-2-gov-property-tax-payments-online.

**DCC BOOK CLUB** will read Here if You Need Me by Kate Braestrup. Discussion will be Thurs. July 2, 7pm either on Zoom or at the Vestry. Susan J. hosts.

**DUNBARTON LIBRARY NEWS** The Library is hard at work on a phased approach to reopening. Check their status at https://www.dunbartonlibrary.org/ The safety and health of staff and patrons remains their utmost concern. All programs will remain virtual until further notice, including most of their Summer Reading Program which will be very different this year. The program will be modified to be mostly virtual to keep our community safe. You will use an amazing virtual reading program tool called READsquared that was acquired for New Hampshire libraries to use for the next two summers. Tentative schedule of events https://www.dunbartonlibrary.org/srp-programs.html. More info coming.

The Library's Guided Meditations will return shortly with host Judy Caron of Living Mindfully NH on Thurs. June 18 and 25 at 7pm.

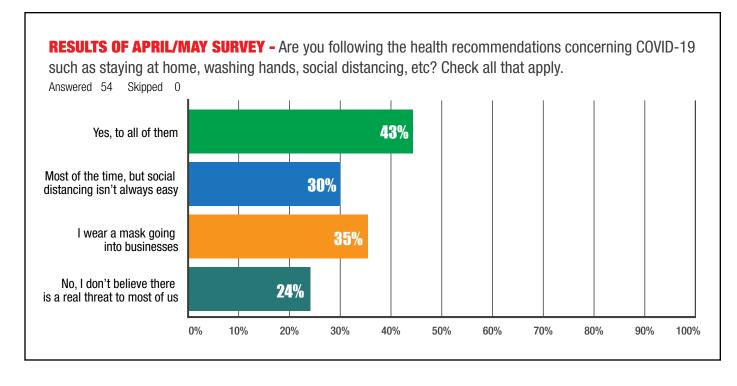
**DUE TO THE PANDEMIC** Due to the COVID-19 Pandemic all of the Dunbarton Police's community events have been cancelled or postponed. They have started the process of rescheduling some of the events and will post new dates and information on https://www.facebook.com/dunbartonpolice/.

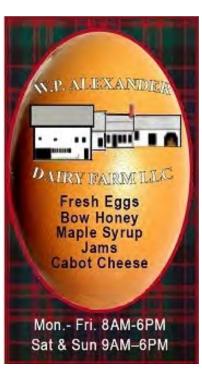




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#### A TRIBUTE TO FRANK SINATRA

"The Voice," "The Sultan of Swoon," "Swoonatra," "Ole Blue Eyes," and "Chairman of the Board," were nicknames bestowed upon Frank Sinatra indicating the enormity of his success.

We all know Frank Sinatra for his immaculate sense of singing style, his showmanship and for being one of the best selling musicians of all time, whose popularity is matched only by Elvis, the Beatles, and Michael Jackson. To list all of his huge hit songs would fill the entire "Bow Times." "Come Fly With Me," "My Way," "New York, New York," "All Of Me," "That's Life," "The Lady Is A Tramp" are just a mere sampling.

But this article will focus on Frank Sinatra – the man. It's intriguing to uncover some insights into his personality, his perspective, his work ethic and his mind frame, as documented by those who knew him over his lifetime.

Frank Sinatra was born in 1915 on the kitchen floor of his parents' Hoboken, NJ home. He was a 13 lb. baby, and had already turned blue as he was delivered. He was thought to be dead until his grandmother picked him up, ran him under cold water and slapped his back until he began breathing.

At the beginning of his singing career when he performed before live audiences, his first "Fan Girls" were paid \$5 apiece to scream and whip up excitement. But that was soon found to be unnecessary because the girls in his audiences began screaming on their own. His success as a singer skyrocketed early on in his career. He also starred in many Hollywood movies becoming one of the most recognizable entertainers in America.

Frank Sinatra wore very expensive, tailored tuxedos and pinstriped suits. He said this made him feel that he was giving his very best to the audience. He never learned to read music, but had an impeccable sense of rhythm and timing, and could detect the most minute wrong note in any orchestration. For a long period in his career, he called upon Nelson Riddle to do all his and the band's arrangements. There were times at rehearsals when Frank would stop the band and point out a certain note played by one of the instrumentalists that wasn't quite right. Nelson Riddle was always amazed that an untrained musician such as Frank had such a remarkable ear. As much as he always portrayed his persona as a devil-may-care, laid back entertainer, he was a stickler at rehearsals and gave ultimate consideration to every note of his songs and of the band.

His favorite drink was Jack Daniels with exactly 5 ice cubes and a splash of water. He loved Tootsie Rolls, cherry Lifesavers, Camel cigarettes and his Zippo lighter.

Frank was a workaholic who averaged 4 hours of sleep a night. He had huge mood swings, with severe bouts of depression. As he sometimes became violent, he could also be extremely generous. Once after an argument with his manager, Frank bought him a Cadillac the next day as an apology. He said of himself "I have an over-acute capacity for sadness as well as elation." Perhaps it is these mental extremes that contributed to his delivery of the vast array of feelings in his music.

One of the last songs he sang publicly before his death in 1998 at age 82 was "The Best Is Yet To Come." At his funeral, his friends placed his favorite things in his casket - you guessed it - a bottle of Jack Daniels, Tootsie Rolls, cherry Lifesavers, a pack of Camels and a Zippo lighter.

Fittingly, his tombstone reads, "The Best Is Yet To Come."

Frank Sinatra seemed to exemplify the common man, and left an indelible mark on American music.









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#### MAY 2020 REAL ESTATE SALES IN BOW

35 Pinnacle Lane	3 BR   3 BA	3.15 acres	unfinished	\$250,000
249 River Road	2 BR   2 BA	1.30 acres	1200 sq ft	\$252,000
948 Route3A	3 BR   BA	2.29 acres	1608 sq ft	\$310,000
109 Brown Hill Road	3 BR   2 BA	1 acre	2422 sq ft	\$320,000
3 Timmins Road	3 BR   3 BA	2.24 acres	2061 sq ft	\$349,900
5 Deer Run Road	3 BR   3 BA	3.43 acres	2284 sq ft	\$400,000
20 Quimby Road /	3 BR   3 BA	2.15 acres	2280 sq ft	\$405,000
15 Pinnacle Lane	4 BR   3 BA	2.53 acres	3415 sq ft	\$622,566
130 Peaslee Road	4 BR   3 BA	1.10 acres	3506 sq ft	\$675,000
15 Nesbitt Drive	5 BR   5 BA	2.61 acres	5607 sq ft	\$840,000

#### MAY 2020 REAL ESTATE SALES IN DUNBARTON

38 Armands Way	3 BR   4 BA	3.43 acres	2752 sq ft	\$390,000
6 Calebs Way	3 BR   2 BA	5.01 acres	1828 sq ft	\$459,000

#### **MAKING A CHARITABLE CONTRIBUTION**

by Dominic Lucente

#### There are benefits and limitations when you decide to donate stock.

Why sell shares when you can gift them? If you have appreciated stocks in your portfolio, you might want to consider donating those shares to charity rather than selling them.

Why, exactly? Donating appreciated securities to a tax-exempt charity may allow you to manage your taxes and benefit the charity. If you have held the stock for more than a year, you may be able to deduct from your taxes the fair market value of the stock in the year that you donate. If the charity is tax-exempt, it may not face capital gains tax on the stock if it sells it in the future.1

Keep in mind this article is for informational purposes only. It's not a replacement for real-life advice. Make sure to consult your tax, legal, and accounting professional before modifying your gift-giving strategy.

When is donating stock a better choice than gifting cash or just selling the shares? There are several reasons to consider donating highly appreciated stock to a tax-exempt charity. For example, you may own company stock and have the opportunity to donate some shares. There also are potential tax benefits to consider if you donate appreciated securities that you have owned for at least one year.2

If you sell shares of appreciated stock from a taxable account and subsequently donate the proceeds from the sale to charity, you may face capital gains tax on any potential gain you realize, which effectively trims the tax benefit of cash donation.3

When is donating cash a choice to consider? If you provide the charity with a cash gift, there may be some limitations. Cash gifts are deductible up to 50% of adjusted gross income. As an example, if a donor in the top 37% federal tax bracket gives a 501(c)(3) non-profit organization a gift of \$5,000, the net cost can work out to just \$3,150 with \$1,850 realized in tax savings. A donor may also need to consider possible implications of state taxes in addition to federal.2

If you donate shares of depreciated stock from a taxable account to a charity, you can only deduct their current value, not the value they had when you originally bought them.3

Remember the tax rules for charitable donations. If you donate appreciated stock to a charity, you may want to review I.R.S. Publication 526, Charitable Contributions. Double-check to see that the charity has non-profit status under federal tax law, and be sure to record the deduction on a Schedule A that you attach to your 1040.4,5

If your contribution totals \$250 or more, the donation(s) must be recorded – that is, the charity needs to give you a written statement describing the donation and its value and whether it is providing you with goods or services in exchange for it. (A bank record or even payroll deduction records can also denote the contribution.)

If your total deduction for all non-cash contributions in a tax year exceeds \$500, then complete and attach Form 8283 (Noncash Charitable Contributions) to your 1040 when filing. If you donate more than \$5,000 of property to a charity, you will need to provide a letter from a qualified appraiser to the charity (and by extension, the I.R.S.) stating the monetary value of the gift(s).4,5

Gifting cash or securities to an organization is a wonderful opportunity. But keep in mind that tax rules are constantly being adjusted, and there's a possibility that the current rules may change. Make certain to consult your tax, legal, and accounting professionals before starting a new gifting strategy if you intend to use the gift as a tax deduction.

# Dominic may be reached at 603.645.8131 or Dominic.lucente@LPL.com Dlucente.com

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Citations.

- 1 Fidelity.com, October 9, 2019
- 2 Forbes.com, October 19, 2019
- 3 Schwab.com, August 13, 2019
- 4 Vanguardblog.com, September 19, 2019
- 5 IRS.gov, March 3, 2020

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SEE OUR SPECIAL MERGER INFORMATION ON PAGE 15.

#### MODEL HEALTHY HABITS

Sleep, exercise and balanced nutrition are always important for overall health and wellness. Here are some things you can do to model and practice healthy habits with your kids during this time:

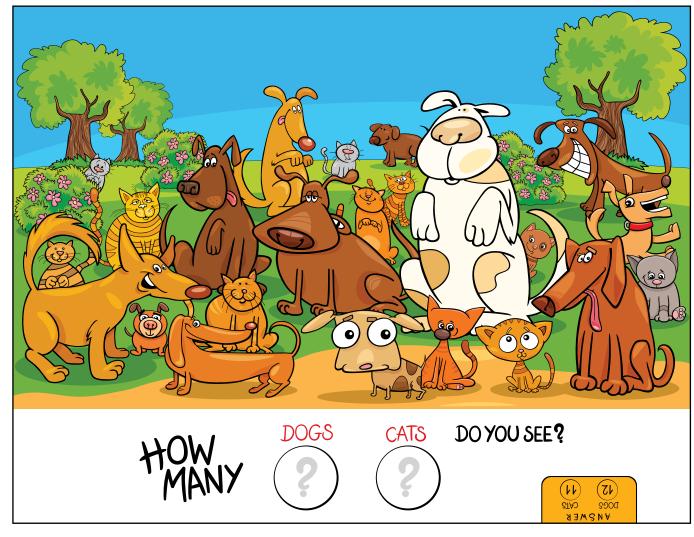
Limit screen time. We are flooded with information and constant alerts on our phones, which can actually make our anxiety worse. Try and aim to be informed and take proper precautions without becoming obsessive and excessive. Take a break from the news, social media and conversations by putting phones away during mealtimes and shutting it down at least an hour before bedtime.

Maintain routines as much as possible. Some activities are being cancelled, but there are still some things you can do at home to maintain a sense of normalcy, such as keeping regular bedtimes and having family dinners. Consistent routines allow children to know what to expect, which creates a sense of safety and security.

Keep communication open. Keep the lines of communication open with your family so you can all rely on one another for comfort and support. This will help ensure that your kids know they can talk to you when they're confused or anxious about anything.

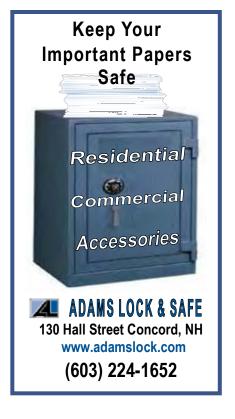
Do things you enjoy. When we're stressed, one of the best things we can do is make time for activities that make us feel calm and happy. Whether it's going for a walk, singing your favorite music, reading a book or playing a family game, try to take time to help you and your family find a sense of enjoyment and calm.

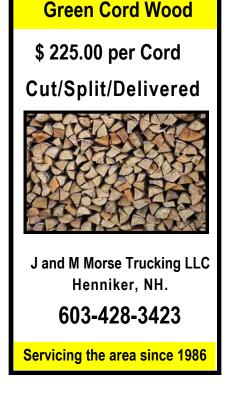
Excerpt from *How to Talk to Your Child About COVID-19*By Jody Baumstein, LCSW











#### **CONGRATULATIONS BOW HIGH SCHOOL**



Madison Amann Abduellah Baalouky Alex Bachelder Cody Bean Sebastian Beaulieu Patrick Beggan Madeline Beightol Rebecca Bernard Ethan Berrigan **Andrew Berube** Stephan Blais Zuzanna Blaszczak Victoria Burke Aaron Burkett Lindsay Burnham Taylor Burnham Olivia Bynum Hannah Carr **Brian Carter Evan Cate** Angelica Cericola Mathieu Champagne Sage Chapman Spencer Cheney **Baydin Coffey** Jonathan Cook Katharine Cross Keely Dartnell Ian Davenport Colby DeMaio Liam Dennehy Megan DesRuisseaux Alyssa Detrio **Anthony Diphilippo** Makenna Dougherty Osyris Draper Devin Dulude Riley Elliott Sarah Epstein Colby Estabrook

Courtney Evans

Samuel Evans

Victoria Eweka Matthew Ferland

Ryan Fini **Hunter Fortier** Johann Fuchs Connor Gagan Lauryn Gallier Brennah Gardner Lydia Gialluca Colby Gonyer Madelyn Green Connor Griffin Steven Guerrette Elizabeth Guertin Matthew Hamilton Ashlyn Hammond Joseph Hardwick Alyssa Harpring Benjamin Harris **Evelyn Hatem** Sarah Henderson Rylee Hewson Emma Hilton Julia Hittle Eric Hodgkins Nathaniel Hood Seth Fredrich Hull Grace Jordan Hailey Kaliscik Annaliese Kaufman Gabriella Kearns Chloe Key Nicholas Kiah Riley King Jackson Knight Meridith Krause Ethan Kunz Hunter Laflamme Anna Lafreniere Charlotte Lahey Hayden Langley Brandon Lariviere Megan Lavigne Emily LeDuc

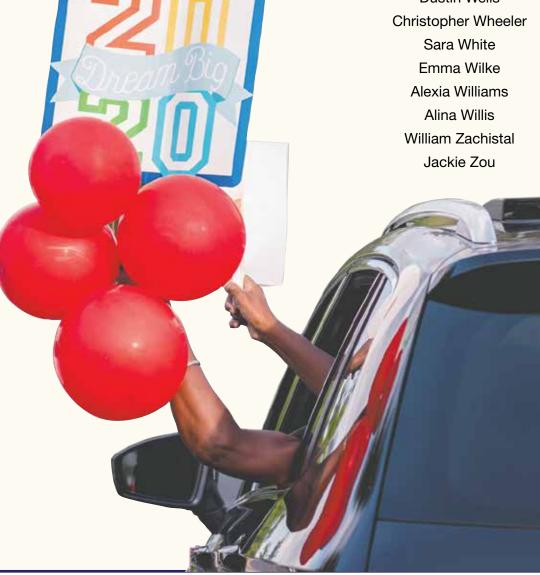
Colin Lessard

Madeline Lessard

Glenn Lewis Coleman Lull Plummer Gianna Mantini **Emmaline Markett** Paige Margenau Madison McSweeney Jacob Mielcarz **London Mills** Jonathan Muise Robert Mullen Shawn Murphy Jacob Needleman Gabriel Neff Skye Nieves Adrian Northrop Ryan Ohrwashel **Emily Pascetta** Madison Paul

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#### ESTATE PLANNING IN A PANDEMIC - A BRAVE NEW WORLD

BY BEN KINIRY, ESQ.

As you are aware, life has changed significantly since the outbreak of COVID-19. We have all had to adapt to this new environment, in both our home and businesses lives. All of us have gone through significant gyrations to continue with life as close to normal as possible. Even something as mundane as going to the store has become a much more complicated and somewhat uncomfortable experience.



This holds true for those of us

who assist our clients with their legal issues. At the beginning of the pandemic, most of our team members moved their work-space from 6 Loudon Road into their homes. We all had to adapt to a new way of working with our clients and each other. The use of modern technology has made it possible for us to continue to provide quality legal services to our clients, albeit, from the comfort of our homes and with some assistance from technology, both old and new.

For me, the initial question was how are our existing clients, and those who have been thinking about becoming clients, going to react to the pandemic? To find out, I had to first inform our clients that we continue to be here to provide the same services, so about a month ago we sent out an email letting our clients know "We Are Here to Help." About a week went by and there was very little in way of a response. I started thinking that people are not as concerned about COVID-19 as I have been led to believe. Then, over the past few weeks, an escalating number of clients have been calling and asking for our assistance.

Some of the callers are former clients (we have not heard from for many years) desiring to make changes to their existing estate plans and others are new prospective clients. Perhaps they have been putting off making changes to or establishing an estate plan for some time and just have not made it a priority, which is what many of us do. Let's face it, under normal circumstances most of us do not sit around obsessing about our pending doom, but rather assume we have time to plan later. A pandemic, however, is the type of event that can turn the desire to establish an estate plan from a future plan, to a current priority for those who want to have control over their affairs in the event of a decline in their health or death. This goes to show that some legal issues may take a back seat during a pandemic, but one of them that is moved to the forefront of our minds is (or should be) estate planning.

In regards to existing clients, they seem to be reconsidering some of their critical decisions made previously, such as who will handle their finances and make their health care decisions when they become ill or incapacitated, or who do they ultimately want to benefit when they are gone. Seemingly, the pandemic has refocused some people to review their plans to make sure they truly represent their wishes (does your estate plan meet your current wishes?).

#### How Can we Establish Your Estate Plan in a Pandemic?

Given the stay-at-home order and the social distancing protocols, I think we can agree that none of us have strong desire to meet in person today. There is also the issue of executing your estate planning documents, which has historically required an in-person meeting in New Hampshire.





How can we update or establish your estate plan? The short answer is, we do it the same as we have been doing for years, but now with the added virtual experience using available technology.

We start with a phone call (or email), which is clearly not new. We will send you the firm's questionnaire (this is how we collect key information about you) and ask that you return the completed questionnaire to us via regular mail or email (this is not new either).

Next, we hold an online, virtual meeting in which we can both hear and see each other. Just as in our in-person meetings, we hold a lengthy conversation in which we discuss all the important topics necessary to work out the details of establishing your estate plan. I utilize a white board during these meetings on which I write extensive notes concerning your estate plan. A photograph/screen shot of the notes is provided to our clients shortly thereafter through mail or email.

Ultimately, an estate plan is drafted based on the planning decisions made and then needs to be signed. Historically an in-person meeting is needed to meet the document's legal formalities for execution. Luckily, our Governor passed an emergency order allowing for remote notarization of documents. This allows us to conduct a virtual execution of a client's estate planning documents with the added benefit of not compromising anyone's health.

Once a virtual meeting date and time is set, we send the estate planning documents to our clients with stickers indicating where to sign and date. We then hold the virtual meeting on a video conferencing application called "Zoom." During the meeting, we review the estate plan together and all questions are answered. When it is time to sign the documents, two members of our team join the meeting to act as "witnesses" to the signing. Our clients then forward the documents to us for notarization (did I mention I am a notary public?) and for the witnesses' signatures.

**Two issues:** First, we don't know when the Governor's emergency order will terminate. Second, though the Governor's order allows for remote notarization, not all the legal details have been completely worked out and may not be for years to come. Given this, at a safe future date we will be having clients come into the office for a quick in-person resigning of some of the documents, following the same procedures that were in place prior to the pandemic.

If you have been putting off updating (or establishing in the first place) your estate plan, I want to encourage you to take that next step and reach out to the firm to set up a virtual meeting for a free consultation. If you simply have questions, or even if you are not sure what questions to ask, I want to encourage you to contact us to set up a date and time for a good old fashion phone call. Stay safe.



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#### **Hopkinton Real Estate Sales – MAY 2020**

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
117 Pamela Drive	3 Bedrooms / 2 Baths	1,248 Square Feet	0.0 Acres	\$90,000
180 Burnham	3 Bedrooms / 2 Baths	1,768 Square Feet	2.9 Acres	\$210,000
245 Bound Tree Road	3 Bedrooms / 2 Baths	1,825 Square Feet	2.75 Acres	\$272,000
1064 Farrington Corner Rd	3 Bedrooms / 2 Baths	1,732 Square Feet	.75 Acres	\$294,900
60 Gage Hill Road	4 Bedrooms / 3 Baths	2,437 Square Feet	1.2 Acres	\$369,900
1242 Briar Hill Road	3 Bedrooms / 3 Baths	2,508 Square Feet	1.1 Acres	\$389,000
740 Broad Cove Road	4 Bedrooms / 4 Baths	3,851 Square Feet	3.01 Acres	\$404,000
183 Wildwood Drive	4 Bedrooms / 3 Baths	2,515 Square Feet	4.793 Acres	\$440,000
565 Penacook Road	4 Bedrooms / 3 Baths	3,412 Square Feet	4.23 Acres	\$537,000

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Calvin Herst Suzan

Suzanne Zellers-Beck

Sandy Heino

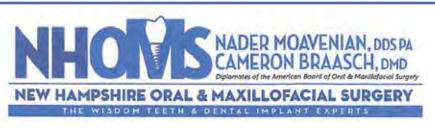
Molly Hardenbergh

Rolf Gesen

Dani Tarbell

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#### **Oral Surgery Practice Merge**

We are pleased to announce the merger of the oral and maxillo-facial 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.

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 Tel: 603-645-6600 Fax: 603-645-1877

5 Sheep Davis Road Pembroke NH 03275 **Tel: 603-224-7831 Toll Free 877-553-0283** 

# TOWN OF HOPKINTON POLICE DEPARTMENT

#### **MAY 2020 STATS**

5 Arrests 2 Accidents 299 Traffic Stops

#### **ARREST LOG:**

**05/03** Connor Murphy, 20, of 75 Bog Road, Hillsboro, was arrested for Transport Alcohol by Minor.

**05/12** Brett Balch, 24, of 252 Flat Roof Mill Road, Swanzey, was arrested for Controlled Drug: Possession, Controlled Drug: Possession, and Controlled Drug: Sale, etc.

**05/12** Joseph Morrill, 46, of 72 Sparrow Street, Keene, was arrested for Transport Drugs in Motor Vehicle.

**05/18** William Levesque, 50, of 2315 Stone Hill Road, Wayland, NY was arrested for DUI-2nd or 3rd, Drive After Revocation/Suspension: DUI and Open Container.

**05/19** Samantha Conklin, 23, of 83 West Main Street, Bradford, was arrested for Drive After Revocation/Suspension-subsqt and License Required, Operate Without Valid License.

#### THOUGHT FOR THE DAY

"Hope and fear cannot occupy the same space. Invite one to leave."

Maya Angelou



#### SWIMMER DONELDA HORNE

#### PLACES 1<sup>ST</sup> IN INDIVIDUAL SWIM EVENTS AT SNAG HOLMES MEET

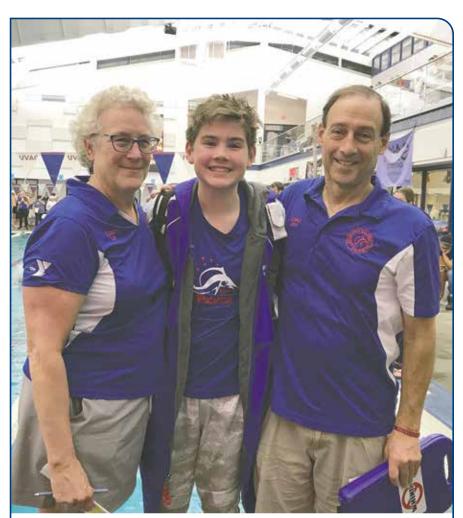
Donelda Horne of Hopkinton, competed in the 6th Annual Snag Holmes Masters Invitational Meet in Jupiter, Florida in 2019 and in 2020.

Her swim times last year qualified her for top 10 times in the U.S. Her individual times in the 200 Breaststroke and the 100 Butterfly earned her 8th places. Her team events for the 400 Mixed Relay was rated 1st, the 200 Mixed Relay was 2nd, and the Free Relay was 4th.

In this year's meet in Jupiter, on March 7 and 8th, she came in 1st place in all 6 of her individual swim events.

Donelda competed in the 75-79 age group.

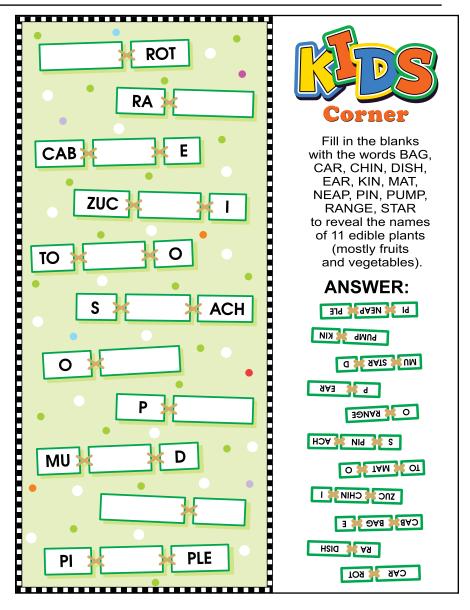
# READ ALL EDITIONS OF THE BOW TIMES ONLINE! www.thebowtimes.com



L to R: Coach Liz MacBride, Ryan Powers and Coach John DeCaprio.

# SWIMMER RYAN POWERS BREAKS CONCORD YMCA RECORDS!

Ryan Powers, 7th Grader at BMS, had a standout finish to his 12 and under career. In the last couple of months in the 11-12 age group (he turned 13 in January), Ryan's swimming caught fire and he had the results all of the coaches knew he was capable of. He broke 4 team records this year and was the first on the Sailfish Swim Team to break a record on the new record board when he broke the 500 free record in November. Only a few short weeks after the new board arrived. His other three records come on one memorable weekend at the UVAC Winter Classic meet in December where he broke a team record on each of the 3 days of the meet! Ryan now owns the boys 11-12 500 free, 1,000 free and the 100 & 200 backstroke records!



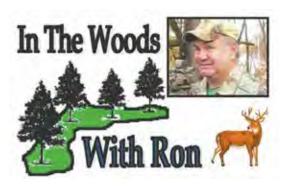


#### **COMMUNITY BUILDING UPDATE**

Before the coronavirus shutdown of town facilities Chris Andrews, the town's Building and Facilities Manager, reviewed with the Board of Selectmen his Community Building Plan. His proposals were:

- Domestic Water proposed action: install the necessary valves and drains to shut the supply off to the old fire station.
- Heating proposed action: install necessary valves, drains and relocate supply and distribution to effectively separate the three sections of the building from each other.
- Electrical proposed action: mapping the circuits.
- Asbestos proposed action: have Peniel provide a quote to seal and patch the existing panels in the basement walls in the fire bays.
- Gym lights proposed action: convert lights to LED.
- Rear Storage area proposed action: collaborate with the new director.
- Other interior proposed action: clean and paint and install drywall to the right of the stage for aesthetic purposes.
- Exterior proposed action: replace vinyl siding, upgrade exterior lights to LED, remove front overhead doors and install new wall framing to close openings.

The Selectmen asked Mr. Andrews to proceed with the electrical mapping, asbestos remediation, and gym light conversion to LED lighting.





The turkey harvest has been quite good. The final total is not in yet.

The fishing on the big lake remains the same, very few fish, but big ones. The lake is on a rebuilding program and it will take two or three years to recover good fishing. The best Salmon fishing is reported to be Squam Lake, some nice Lake Trout are being caught. Less Rock Bass are showing up and there are larger Small Mouth Bass. Bass fishing in our area is improving as they are off their spawning beds. Larger baits are being used.

Heating Oil

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Up in the Pittsburg area, the water temperature should be about perfect right now. Water PITTSBURG NH temperature of about 55 degrees will encourage the Trout to feed more and also increase insect activity.

> Ponds like Back Lake, Round Pond, and Little Diamond will see a lot of activity. This is the time that Caddis flies will hatch, especially on warm, and hazy afternoons. They rise to the surface and skip across the water. The Trout will attack them very aggressively.

The take is very strong, not like the gentle sip taking of a May Fly.

My favorite fly for this hatch is the Henry Ville Special in size 10 or 12. A grasshopper imitation also works well. Around here, the best pattern we are having luck with is my Green Head Caddis Fly.



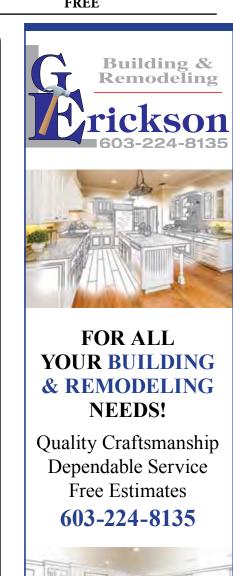


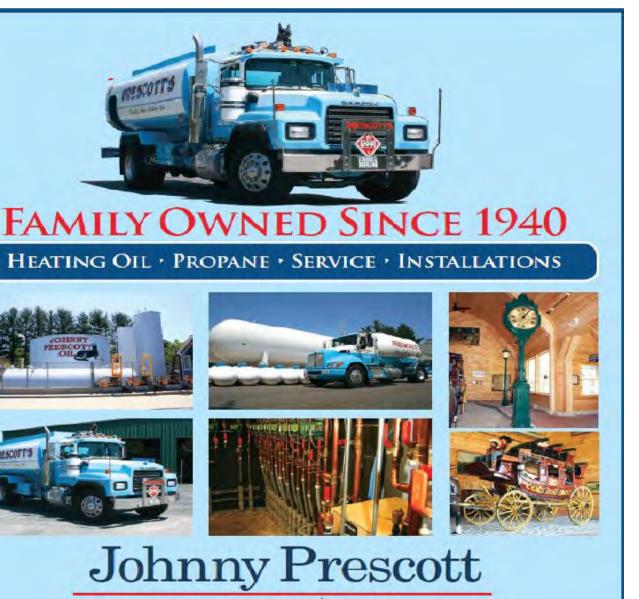
At the ocean, the Stripers are showing up and fishing can be expected to improve.

Sport stores report that, due to the Covid-19 virus, gun sales spiked, but currently sales have leveled off. Now, with all the

protests taking place they may increase again.

See you on the water, RON





Propane



Around 4 a.m. on Tuesday, June 2, 2020, four men broke into the Firing Line gun shop in Philadelphia, Pa., Once in, they headed up to the second floor – the owner of the shop was waiting for them. He had been alerted by the recent spate of looting in the city and was inside the building, safeguarding his firearm inventory. The suspects were met by the armed shop owner, who fired three shots. One of the suspected robbers was shot fatally and another was wounded. The four men fled the building and sought treatment at a local hospital, where they issued a false report regarding their gunshot wounds.

Police were quickly able to link the men to the failed robbery at the Firing Line. "It is clear that the business owner's use of force was justified," said the Philadelphia district attorney in a news release. "It is very fortunate for the City of Philadelphia that this large cache of guns and ammunition were not taken and sold on the street."

(FOX 29, Philadelphia, Pa., 06/02/2020)



## **BOW GARDEN CLUB**

We have thought of a plan that's truly grand, And feel quite sure that you will understand.

# PLANT-LESS ADJant SALE

YOU ARE NOT INVITED TO ATTENT THE ANNUAL BOW GARDEN CLUB PLANT SALE THAT WAS TO HAVE BEEN HELD ON MAY 23, 2020.

YOU DO NOT NEED TO STAY IN TOWN ON MEMORIAL DAY WEEKEND IN ORDER TO ATTEND THE SALE.

YOU WILL NOT NEED TO GET UP EARLY THAT SATURDAY MORNING IN ORDER TO BE AT THE COMMUNITY BUILDING BY 8:00 A.M. TO HAVE THE BEST SELECTION PLANTS.

YOU WILL NOT HAVE TO WAIT IN THE PAY LINE JUGGLING ALL YOUR PURCHASES.

YOU WILL NOT NEED TO HEFT ALL YOUR NEWLY PURCHASED PLANTS OUT TO YOUR CAR.

YOU WILL NOT HAVE TO CLEAN OUT YOUR TRUNK AND/OR BACK SEAT IN ORDER TO LOAD ALL YOUR PLANT PURCHASES.

YOU WILL NOT NEED TO CLEAN UP ALL THE PLANT DIRT THAT INVARIABLY GETS SPILLED IN YOUR CAR.

YOU WILL NOT NEED TO GET YOUR NEWLY PURCHASED PLANTS IN THE GROUND RIGHT AWAY, TAKING TIME AWAY FROM YOUR HOLIDAY WEEKEND ACTIVITIES WITH FAMILY AND FRIENDS.





A BIT OF NEWS WE HAVE TODAY
A PLANT-LESS PLANT SALE IS ON THE WAY

IN THESE DIFFICULT TIMES WE FIND SOCIAL
DISTANCING HARD
HOWEVER WE STILL WANT TO BEAUTIFY OUR
GARDENS AND YARDS

THE BOW GARDEN CLUB RELIES ON THEIR
ANNUAL PLANT SALE FOR DOLLARS
WHICH ARE SPENT ON ROTARY PARK AND
GAZEBO FLOWERS

WE COULD USE
SOME HELP FROM OUR LOYAL BOW FRIENDS
TO HELP MAKE OUR
GARDENS BEAUTIFUL AGAIN



Here is where we ask you to help us make a success of our "PLANT- LESS-PLANT-SALE":

In an envelope, please put the price Of a plant or two — something nice...

Please send your check payable to "Bow Garden Club" with "PLANT SALE" noted in the memo area to: Sharon Pearce, 17 Woodhill Road, Bow, NH 03304

The Bow Garden Club is a non-profit 501c3 organization therefore your donation is tax deductible.



#### DREW WUNDERLI GRADUATES 2020

#### Graduates University of New England College of Arts & Sciences

Drew Wunderli, Medical Biology Pre-Physicians Assistant, son of Mark and Dawn Wunderli of Bow, is a member of the graduating class of 2020 at the University of New England College of Arts and Sciences, and was awarded a bachelor's degree on Saturday, May 16, 2020.

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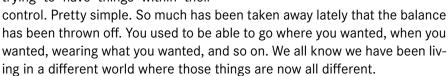
#### **CONTROL ISSUES**

By Donna Deos

Welcome to June! Where does the time go? Let's get right to it.

Have you noticed people acting stranger than usual lately? I sure have! I see people obsessing about seemingly insignificant things and some obsessing about significant ones. Who can blame them with all that is going on in the world?!

The ones obsessing or rather, trying to control, seemingly insignificant things (in the grander scheme of things) are the ones who are just trying to have things within their



People react differently to all of this. Some welcome change, some fight it, others are somewhere in the middle. How we react to it impacts those around us - please keep that in mind. As we grasp for things to control we sometimes place unfair burdens or expectations on others. Think about how that must feel for them. They feel just like you do - looking for things to control. Then, you pile a bunch or your wants and needs on them and they are now further out of control. You didn't mean to do this, you were just trying to regain your sense of normal. However, you shifted them further into the hole because you are not thinking of the bigger picture and how your actions impact others. All of our actions impact others.

So, when you look for things to control perhaps you can think of this and direct your thoughts to inanimate objects that you do something with yourself instead of shifting the stress to others. I mean things like cooking, cleaning, projects that are yours to own rather than involve others. Accomplish things on your own to-do list rather than putting more onto others. They have enough they are dealing with already.

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Also, when you visit your elders, please do not take over their world. They have lost freedom too. You now won't let them leave the house, you bring them their groceries and do all of their errands for them - which can be nice, but it is a take-away for them. Adding other controlling things to them is not fair. They are also trying to find things they can control. So, maybe you can ask them do a thing or two for you. Perhaps they are great at sewing and you have things that need mending. Don't force it on them, ASK them if they would like to. If they say no, that's okay too. That's letting them be in control of that decision - which actually helps. They may make suggestions and offer ways they can help you. Please strongly consider taking them up on these things. They want ways to be helpful, productive and useful. Shutting them down makes them feel useless instead.

I hope you find this little reminder helpful. I know that when we get busy and stressed we tend to forget the bigger picture and how our actions affect those around us. Remember to be kind to yourself and to others. This too shall pass and we will come out in a better place on the other side. Hang in there!

> If there is anything I can do to help, email me at contactus@donnadeos.com.

> > All my best, Donna



Donna Deos, LLC

# HERITAGE COMMISSION

#### **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.

Visit today and find a tangible link to the past, and a sense of the continuity of time and place.



www.bownh.gov/396/Heritage-Commission

#### CONGRATULATIONS **BOW HIGH SCHOOL**



Graduating is only the commencement of the journey. Keep looking at the bigger picture and never give up.

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#### **EAST COAST TRAVEL AND COVID-19**

by Chase Binder

We're back! Bud and I and our Standard Poodles, Maggie and Millie, have just completed our eighth 3000-mile NH-FL/FL-NH road trip since 2014.

After some experimentation with routes, we decided that the straight-arrow approach down I95 along the eastern seaboard works best for us. Each way is exactly 1500 miles, so we break the trip up into three 500-mile days. The first night we stop in Virginia, the second in Savannah and on the third day we roll into Cape Coral mid-afternoon. We have our favorite hotels and restaurants in each area. We share the driving (easier now that we



**Chase Binder** 

no longer tow our 22' boat back and forth). We even know where the best gas prices are. We had it all down!

Then along came COVID-19. We normally start planning our northbound trip in late April, working around family events and any special trips on the schedule. But in late April this year, the coronavirus was in full swing. Our trip to Italy was cancelled. The economy and virtually all travel came to a screeching halt. Suddenly our calendar was completely and totally open. We didn't have to be back in NH for anything—except seeing family and friends, of course. But it became more and more clear that with self-isolation, quarantine, and social-distancing policies, we might not be able to see family and friends much at all.

What to do? Stay put in Florida where we could use our boat, play golf, walk Maggie and Millie, and use our pool—all while adhering to the CDC's coronavirus protocols? Or should we scramble back to NH and hope that we could limit our exposure and eventually resume our normal "NH summer" life?

We dithered and dithered—one day feeling we'd just stick it out in Florida, the next yearning to come home. Ultimately and (I confess) at the last minute, we decided on NH. Several friends had already made the trip north, so we gathered as much info as we could. We heard stories of horrific bathrooms in gas stations, empty hotels, vast swaths

of "heck I won't wear a mask" areas and roads with very few cars but lots of trucks. Some friends drove to Wisconsin straight through—26 hours, stopping only for gas and brief 2-hour nap in a rest area. Others made the trip to NH staying well off the I95 corridor, picking a route through Pennsylvania, and doing two overnights. Another couple made it to Maine in one overnight, packing all their food and never stopping at a restaurant.

Hmmm. We decided that the more restaurants and hotels we stayed at, the greater our risk of coronavirus exposure. We'd been under stay-at home orders for almost three months and so were not at all road weary—in fact, we were anxious to get on with life and travel. So, we designed a "one overnight with two 750-mile days" to manage hotel exposure. We used our trusty soft-side cooler to pack fruit, water, yogurt, cheese sticks, soda, dog food and a number of our favorite subs from our favorite Florida supermarket, Publix. We had the subs cut in quarters instead of halves for flexibility. That was it for food—we would not stop at a restaurant at all.

Bud planned the itinerary. On the first day we stopped in Wilson, NC at the pet-friendly Country Inn and Suites. Their pictures showed bedding with white sheeting duvet covers instead of bedspreads. Those are changed daily. The room had a fridge and microwave and an updated bathroom. That worked fine for our food plan as well as my sanitation plan—I carried alcohol wipes for liberal extra cleaning on arrival. Check-in was "touchless" and though the lobby (and the hotel) were full, staff and most people were wearing masks and social distancing.

We used the I95 rest areas liberally...the girls needed potty breaks right along with us. From Florida through Georgia, South and North Carolina, Virginia and Delaware rest areas were clean and about 60-70% of the people had masks and were clearly being cautious. The rest, not so much. It was a little nerve-wracking. But New Jersey was using its digital signage to encourage masks and each service center and rest area had additional signage saying masks were required. Service area restaurants had limited menus and floors marked to emphasize social distancing. Everyone had masks on.

As usual, we traveled on the weekends and adjusted our sleep schedules to get on the road around 3 AM both mornings. This put us through the DC/NYC corridor Sunday morning. Normally the traffic is extremely sparse...however, on May 31st this year the coronavirus restrictions were just beginning to ease. Traffic was crazy busy!

All things considered, our plan worked well. We traveled with wipes, masks, and hand sanitizer right in the console and used them frequently. We stayed very situationally aware and never felt that we were at risk or that we couldn't control our interaction with our surroundings.

Yes, it was a long haul—1500 miles in two days. But we felt it reduced our exposure and got us where we wanted to be. Home!



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#### **HEALTH RISKS FOR MEN**

VOL 27, NO. 6

Since June is Men's Health Month and Father's Day is celebrated on 21 June, I thought it would be a good idea to focus attention on medical issues that impact men. CDC data show that in general women live 5 years longer than men (81.1 yrs vs 76.1 yrs). What do we men need to pay attention to?

**Heart disease** is the leading cause of death for men in the US. The main risk for heart disease comes from high blood pressure, high LDL cholesterol and smoking. Certainly obesity, lack of physical activity and diabetes are contributing factors.

What can you do? Get on a healthy diet, quit smoking, limit alcohol to one drink a day and become more physically active. Report any symptoms of chest discomfort, shortness of breath, light-headedness or any other symptoms you cannot understand to your health care professional and keep an eye on your blood pressure.

**Cancer** is the second leading cause of death for men in the US. It is estimated that over 320,000 men died from cancer in 2018. The most common cancers are lung, prostate, colorectal and pancreatic. Lung cancer causes more deaths than prostate cancer, colorectal cancer and pancreatic cancer combined. Risk factors for lung cancer are smoking, radon and other toxic inhaled substances. Prostate cancer, the second most common cause of cancer related deaths in the US takes about 31,000 lives. The incidence of prostate cancer is greater than lung cancer, but lung cancer has only a 5-year survival rate of approximately 17% whereas the 5-year survival rate for prostate cancer is over 90%. Colorectal cancer is the third most lethal cancer for men. Fourth is pancreatic cancer, which although much less common, has a worse prognosis with a 1% survival rate for stage IV disease.

What can you do? Stop smoking, tell your medical professional if you have a family history of colorectal or pancreatic cancer. Schedule a digital prostate exam and a PSA test. Since there is a debate as to how often, and at what age, a PSA should be done, be sure to discuss this with your primary physician. If you are over age 50, schedule a colon exam with a colonoscopy, barium enema or an at home DNA stool screening kit.

In 2017 Unintentional injuries caused 169,936 deaths with men having twice the mortality of women.

What can you do? Follow the safety guidelines of the equipment you are using. Be aware of your physical limitations and avoid taking chances.

Men smoke and drink alcohol more than women and therefore have more cirrhosis and alcoholic liver disease.

What can you do? Do I need to tell you!

Men do get depressed, especially at a time like we are currently trying to navigate. Although men may not attempt suicide as often as women do, at a rate of 22 per 100,000 we are nearly 4 times more successful than women in killing ourselves.

What can you do? Admit the depression and seek professional help. If you know of someone who is struggling with depression, encourage him to get help.

Diabetes contributes to an increased risk for cardiovascular disease and kidney disease. Diabetes can also raise the risk of sexual impotence and lower testosterone levels.

What can you do? You should be in an ongoing preventive and educational care program with your health care professional.

If you are in the gay or bisexual community and engage in sex with other men, you are at risk for HIV/AIDS infections and hepatitis B. In 2017 there were 38,281 new cases of AIDS and 5,698 deaths from AIDS. Hepatitis B is a chronic life long infection frequently resulting in cirrhosis and liver cancer.

What can you do? I should be suggesting what not to do; do not have unprotected sex with another man.

#### **BOW POLICE LOG**

by Chief Margaret Lougee

#### **MAY 2020 ARREST LOG**

5/2 Louie Trudeau, 37, Bow, was arrested for domestic violence; simple assault, and resisting arrest/detention

5/3 Gary Kenneson, 37, Franklin, was arrested for stalking; Sean Milne, 41, Concord, was arrested for reckless operation, disobeying an officer, and suspended registrations

5/4 Louie Trudeau, 37, Bow, was arrested for breach of bail, and

5/7 Damien Wells, 20, Concord, received a summons for driving after revocation/suspension

5/8 Mark Lucier, 58, Concord, received a summons for driving after suspension/revocation; subsequent offense

5/9 Kenneth Palmer, 52, Gainsville, GA, was arrested as a fugitive from justice, and possession of a controlled drug; Jason Hart, 47, Manchester, was arrested for possession of a controlled drug, and 4 counts of forgery

5/12 Kelsie Ordway, 30, Hillsboro, was arrested on two counts of possession of controlled drugs; Christopher Cooper, 22, Concord, was arrested for possession of a controlled drug, and deal/possess prescription drugs

5/13 An adult was taken into protective custody for intoxication 5/17 Bonnie Gilbert, 44, Franklin, was arrested for resisting

arrest/detention; Duncan Levey, 18, Manchester, was arrested for robbery, burglary, and theft by unauthorized taking

5/19 Chandra Bailey, 23, Weare, was arrested for possession of a controlled drug, and a bench warrant for driving after revocation/suspension; Sean O'Mara, 48, Concord, was arrested for felon in possession of a dangerous weapon, and possession of a controlled drug; Theodore Kopka, 36, Loudon, was arrested on a warrant for receiving stolen property

5/20 Nikolay Hayden, 30, Gloucester, MA, received a summons for driving after revocation/suspension

5/22 Megan Douillette, 40, Penacook, received summonses for driving after revocation/suspension, and suspended registrations

5/23 John Bousquet, 55, Penacook, was arrested on warrants for possession of a controlled drug, and willful concealment; Trevor Ingram, 23, Bow, was arrested for domestic violence; simple assault, and theft by unauthorized taking

5/25 Momkpokpo Amegnra, 28, Concord, received summonses for driving after revocation/suspension, and suspended registrations

5/26 Joshua Manias, 26, Franklin, received a summons for operating without a valid license

5/27 Edwin Crispin-Cruz, 47, Manchester, was arrested for two counts of theft by unauthorized taking

5/28 Jessica Ehrgott, 38, Concord, received a summons for driving after revocation/suspension; Joseph Mielcarz, 54, Bow, was arrested for domestic violence; simple assault, and domestic violence; criminal threatening

5/29 An adult was taken into protective custody for intoxication 5/31 Margaret Bradley, 33, Penacook, received a summons for suspended registrations; Adam Cunningham, 32, Hopkinton, received a summons for operating without a valid license



#### OBITUARIES

#### ELLEN BENNETT

Ellen Bennett, 86, of Bow passed away on Tuesday, May 19, 2020, at The Birches of Concord. Born in Methuen, MA on April 11, 1934, the daughter of Allan and Ellen (Sears) Devine.

She worked for New England Telephone as an operator for many years, transitioning to Verizon and to a role in administration. She was able to retire early and enjoyed the beach, golfing, gardening, shopping, playing cribbage, Bingo, hosting family holidays and loved doing projects around her home.

Ellen is survived by her husband, Robert W. Bennett of Bow; son, Tony Ceriello and wife Teri of Pembroke; daughters, Julie Ceriello of Warner and Gina Johnson and husband Peter of Bow.

A heartfelt thank you to the staff at The Birches in Concord for the wonderful loving care she received.

A private graveside service will be held at the convenience of the family.

In lieu of flowers memorial contributions may be made in Ellen's memory to Alzheimer's Association at www.alz.org and/or Alport Syndrome Foundation at www.alportsyndrome.org.

#### DAVID M. CAMPBELL

David M. Campbell, 62, resident of Bow died suddenly on June 6, 2020 in a tragic car accident.

Born in Manchester, on February 10th 1958 he was the son of Ernest and Jennie (Woitowic) Campbell.

He was educated in Manchester. He worked as a material handler at Quality wood priming company for 20 years.

Dave's passion was taking long rides with his wife on his Harley Davidson motorcycle. He will be remembered as a loving husband, brother and friend. He also loved interacting with his brothers and sisters in the wind on the Shadow Riders America forum. Dave was a traveler, foodie, lasagna making, chess-playing, loving, caring, Christian biker who had the heart of a poet with a quiet, yet restless energy.

Family includes his wife of 42 years Linda (St Onge) Campbell of Bow; one sister Norma and husband Ken Watt; many nieces, nephews and cousins; and his adoring cat Autumn. He also leaves close friends Ken Christian, Don Conti, Donna and Virginia Stone, Terry LaMontange and Doris Covey. He was predeceased by both parents; sister Mary Campbell; brothers Robert and William Campbell

#### THOMAS ALBERT FAGAN

Thomas Albert Fagan, 85, passed away at home in Bow on May 13, 2020, shortly after being diagnosed with cancer.

He was born on May 2, 1935, in Utica, N.Y. to Albert Lansing Fagan, M.D. and Lillian Winifred Moore, R.N. At age ten he fell in love when he first saw Anne Murphy. At age 22 they married, a union they shared for 53 years until Anne's passing in 2011.

Tom was raised in Herkimer, N.Y. and was a graduate of the St. Francis de Sales school and Herkimer High school, Class of 1952. He received his Bachelor's degree from Hamilton College, Clinton, N.Y. in 1956 and began working in the property and casualty insurance industry in Pennsylvania, New York and New Hampshire, completing 25 years with American International Group in Manchester before retiring in 2001.

He served on the Board of Directors of the Greater Manchester Chapter of the American Red Cross, the Manchester United Way and was a member of the Elks Club. Tom and family moved to in Bow in 1976. In the years since, he was honored to serve the Town of Bow in various capacities, including the Board of Selectman, Zoning Board and as Library Trustee. Tom cherished his role as a Poll worker. He loved connecting with the community on election days.

A special thanks to the hospital staff at Concord Hospital and the Concord Regional Visiting Nurses Association.

In honor of Tom's lifelong commitment to the Democratic party and his lifelong devotion to his wife Anne, he would be pleased if you would make a donation to your favorite Democratic Candidate or to the Alzheimer's Association. And raise a glass to him. His favorite Irish toast was, "May you be in Heaven half an hour before the devil knows you're dead."

#### LAWRENCE E. GONYER

Lawrence E. Gonyer Jr (Larry) 91, of Bow left us for his last journey May 7, 2020, after a lengthy period of declining health. He was a WWII veteran of the U.S. Navy.

Larry became the proprietor of Larry's Arco in 1958 through 1986, retiring (sick of dirty hands). After retiring he enjoyed traveling, hunting, fishing and spent lots of time at camp in Northern Vermont. He really enjoyed bowling with the Senior League at Boutwells Bowling Center and all the great people.

Larry is survived by his loving wife Rita, his sons Ernest of Manchester, Mark and Gary of Concord, his daughter Terry Lapham of Concord, Stepson Jason & Sandra Gonyer of Dunbarton, Stepdaughter Zina & Robert Jones of Newport, NH, two brothers, one sister.

There will be no service due to Covid19. There will be a celebration of life at a later date with family and friends.



## REOPENING MAY 18, 2020

603-225-6331 www.generationsdental.com

#### SCHOOL RE-OPENING CONT'D FROM PAGE 1

#### 2. Safety considerations for schools:

#### **PPE Mask requirements**

Types (professional, homemade, custom imprinted)

Who provides them?

How to clean or when to discard

Masks zones or when they must be worn. When they can be removed Mask use related to distancing ability

#### **Hand Sanitizing**

Soap and water

Sanitizer

#### **Enforcing safety procedures**

Education

Messaging and signs

Consequences for breaking rules

Procurement and Payment (grants, Cares Act, Local Funds)

#### Screening

Questions and how to administer

Testing for antibodies or immunity

Temperature screening

Equipment needed?

Making sure all are screened

What to do if someone fails screening

#### **Response Procedures**

What happens when someone becomes sick while at school?

How are sick students isolated?

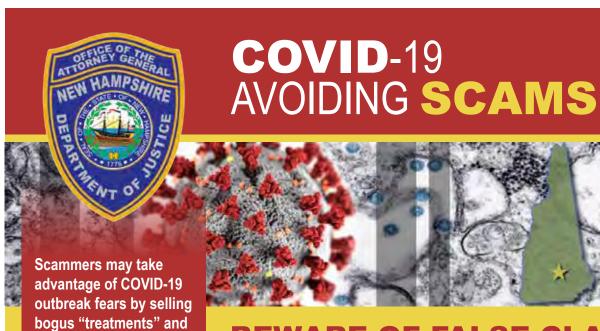
What happens when someone tests positive

Should there be tracings done for positive tests or exposures

Requirements for self quarantining

Requirements for return to school for individuals

Protecting individual information and HIPPA



#### **BEWARE OF FALSE CLAIMS**

Do not be tempted by claims and advice on social media or websites that a product or treatment can cure or prevent COVID-19.

Currently, there are no prescription or over-the-counter pills, vaccines, oils, lotions, or other products available to treat or cure COVID-19. Always check with your health care provider before buying such products.

# BE CAREFUL WHEN MAKING DONATIONS

Before making donations to support those who are ill or suffering financially because of the COVID-19 outbreak, DO YOUR HOMEWORK:

"prevention" products,

charities, and sending

seemingly legitimate

emails with malicious

links or attachments.

establishing fake

- If the appeal claims to be from a charity, make sure that it is registered with the Attorney General's Charitable Trusts Unit. The list may be found here: www.doj.nh.gov/charitable-trusts/
- If the appeal is for an individual, think hard about donating unless you know the person needing help and that person's circumstances;
- Do not let anyone rush you into making a donation;
- Check that you are dealing with a legitimate charity or individual and not an "imposter" with a deceptively similar name;
- Do not assume that social media recommendations for donations are legitimate.

#### BE ON THE LOOKOUT FOR PHONY CDC EMAILS

Be careful about opening emails claiming to be from the Centers for Disease Control and Prevention (CDC) or from others claiming to have information about COVID-19. Clicking on links or attachments could cause a computer virus to infect your device.

# FOR MORE INFORMATION OR TO REPORT SCAMS OR FRAUD

Contact 1-888-468-4454 or DOJ-CPB@doj.nh.gov

Visit the NH Department of Justice website: www.doj.nh.gov

#### STAY INFORMED

Visit **nh.gov/covid19** for up-to-date information about the COVID-19 outbreak in New Hampshire.



### The Bow Times

can be picked up at these 30 locations!

Baker Free Library
Blue Seal Feeds

Dow Mobile

**Bow Mobile** 

**Bow Recreation Building** 

**Bow Town Offices** 

**Chen Yang Lee** 

Cimos

**Colonial Village Supermarket** 

Cracker Barrel-Hopkinton

**Concord Chamber of Commerce** 

**Concord Food Co-Op** 

**Crust and Crumb** 

Dimitri's Pizza

**Dunbarton Town Office** 

Everyday Café

7 Eleven on 3A

**Hampton Inn** 

**Individual Fitness** 

Johnson Golden Harvest

Lakehouse Tavern

MCSB Northbound I-93 Plaza

**Merrimack County Savings** 

Bank

MG's Farmhouse Café Dunbarton

Nina's Bistro, Hall St., Concord

**Pages Corner Store** 

**South Street Market** 

Sugar River Bank, Concord Hts.

**Tucker's Restaurant** 

Veano's, Manchester St.

**White Rock Senior Center** 

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











# 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

Name
Street Address
Town
Contact Phone
Email Address
Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.
Your

Website: www.bowmensclub.org. Email: info@bowmensclub.org

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www.nhfcu.org





NHFCU may lend to members only. Contact us to find out if you are eligible. All loans subject to credit approval.

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