

The Bow Times

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THE BOW TIMES

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FREE



CHIEF LOUGEE RETIRES FROM BOW POLICE DEPARTMENT

Bow Police Chief Margaret Lougee is retiring effective May 1. She has served as chief of police for four years and has been a part of the department for 25.

"My experience in this department for the past 25 years, 10 as a school resource officer, and the past 4 years as chief has been extremely rewarding for me," Chief Lougee said. "I gave my all."

Lougee was the town's first full-time female police officer when joining the department after a 21-year career in the U.S. Air Force. She said that she wrote her retirement letter "with a heavy heart."

"Bow will always be my 'home town' no matter where my travels lead me," Lougee added.

Town manager David Stack said "She's done a great job, we'll really miss her."

In the town's announcement of her retirement, Lougee was praised for her service and especially for her 10 years as the town's school resource officer.

"Serving the community has always been Margaret's top priority. Her primary mission has been to ensure the safety of all employees, residents, businesses, and property in the Town of Bow," the announcement said. "She has been very active in the community for all of her life and she has willingly provided her time, talent, and energy to supporting the community and making it a great place to live."

Stack said that the town would look to both outside candidates and applicants from within the department to hire a new chief.



A PRACTICE SNOW-DAY

Bow photographer Eric Anderson captures all the excitement and fun. These youngsters had a great time at the Bow Sledding Hill!

HOPKINTON-CONTOOCOOK NEWS ON PAGES 17-18

MODERATORS' PLANS FOR MARCH 9 TOWN AND SCHOOL MEETINGS

Town Moderator Peter F. Imse and School Moderator James Hattem report that a working group of Town and School officials has been meeting regularly to discuss options for our upcoming Town and School Meetings. After considering our successful meetings and voting this past year, as well as the various options currently available to Towns and School Districts, the working group, Board of Selectmen, and School Board have made tentative decisions as to how our Town and School Meeting voting days and business meetings will be conducted this year.

Because the elections proceeded so smoothly last Fall, we will use a similar voting setup and similar social distancing and health protocols for the official ballot voting portion of our Town and School Meetings. This voting will occur as usual on Tuesday, March 9, 2021, at the Community Center, and the polls will be open from 7:00 a.m. to 7:00 p.m.

Presently, the date for the School Meeting is March 12 and the Town Meeting is March 17. Drawing upon, and using facility sanitizing, the individual use of masks and the social distancing protocols that the School District has developed for in-person school instruction, the two business meetings will be held in a masked, social distancing format at Bow High School.

TOWN & SCHOOL MEETING | Continues to page 3

POULIN AND WAYNE SEEK RE-ELECTION TO BOARD OF SELECTMEN



Matt Poulin and Mike Wayne said "they would like to extend our heartfelt thanks for voting for us in 2018. It has been quite an experience serving the people of Bow for the last three years and we respectfully ask for your vote again on March 9th. We both feel we have done a great job limiting the town's portion of the budget and tax exposure for our residents by actually lowering the tax rate over the last three years.

We have been charged with many challenges from settling the PSNH law suits, to recently losing our Police Chief, just to name a couple. Consistently we have focused on keeping the town budget level and consistent from year to year. Also, we have not signed a new bond in three years. We have worked diligently with our town manager and department heads in providing what is needed but doing it reasonably and with the town residents in mind. Once again, we ask for your vote on March 9th so we can continue the efforts of the past three years."

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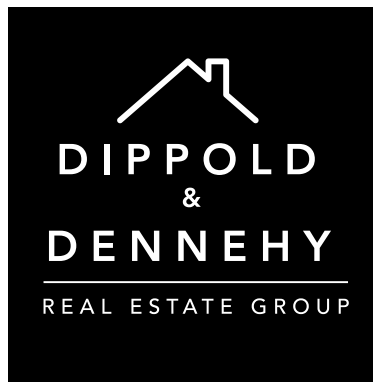
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DIPPOLD & DENNEHY LAUNCH NEW REAL ESTATE GROUP IN BOW



Four women with 28 years of experience will lead the firm and serve clients with integrity and excellence.

Four professional and experienced women have brought their 28 years of industry knowledge together to open a new real estate firm based in Bow, New Hampshire.

Bow resident Ann Dippold, a real estate leader in the greater Concord area for over a decade, is joined by Joya Dennehy, another successful agent from Bow, to form the Dippold & Dennehy Real Estate Group.

The real estate industry is in the midst of unprecedented activity and the Dippold & Dennehy Real Estate Group will set themselves apart by offering service that goes above and beyond client expectations.

In launching the new firm, Ann Dippold said, "We have pulled together four women, three of them from Bow, with exceptional talent and an unwavering desire to give clients a best in class service as they sell or buy their new home. Every day that we come to the office we are living out our passion of helping people find their dream home. It's a tremendously rewarding job we all have."

Joya Dennehy added, "Regardless of the location someone is looking to buy or sell, our experienced agents have the knowledge it takes to make smart decisions and avoid critically important pitfalls. We will make the real estate experience an enjoyable and memorable one for families across New Hampshire."

Bianca Contreras, also of Bow, and Heather Mann, of Concord, round out the new real estate team. Bianca and Heather are both highly successful agents bringing extraordinary service to their clients.



ANN DIPPOLD



JOYA DENNEHY



HEATHER MANN



BIANCA CONTRERAS

The four agents have unique backgrounds that will serve their clients with excellence. Ann Dippold has been a powerhouse in the region and was named a "Five Star Professional Real Estate Agent" (based on client, peer, and industry experts) by NH Magazine. Joya Dennehy's clients call her "sensitive, caring, thoughtful and smart" and she is active in the community as a leader in the Bow Rotary Club. Bianca Contreras has been a huge part of the Bow Parent Teacher Organization for 10 years and her clients love her attention to detail and her willingness to go "over and above" to get the job done right. Many people know Heather Mann as a Concord Salon owner for 25 years and she has a passion for real estate where she prides herself in customer service and a commitment to satisfy her clients.

On the real estate situation in Bow, Dippold said "Bow is a special community where families from around the country have a strong desire to live. It goes without saying that with three of our agents living in Bow, our knowledge of the town is second to none and we look forward to serving this wonderful town we call home."

Learn more about the Dippold & Dennehy Real Estate Group at: www.dippolddennehy.com

TOWN & SCHOOL MEETING | Continued from page 1)

The High School auditorium will be the primary room for the business meetings, but voters will be seated so that they are appropriately socially distanced from all other voters who are not part of their family group. In addition, the Band Room and Chorus Room, as well as three double classrooms, will be set up with socially distanced seating and full audio and video connections to the Auditorium and each of the remote rooms. An Assistant Moderator will be present in each of the remote rooms, and voters in the remote rooms will be able to fully participate in the meetings. Voters in the remote rooms will vote in place and the Assistant Moderators will report the results of the individual rooms' voting to the Moderator in the Auditorium.

Voter check-in will be set up in such a way as to appropriately separate voters and to protect the poll workers. Student volunteers will be on hand to escort voters to the remote rooms, should that be necessary. In addition, all voters will be given floor plans showing the locations of the remote rooms, as well as the locations of available bathrooms.

On both the official ballot voting day, and at the business meetings, all participants and voters will be requested to wear masks. Any voter who refuse to or are unable to wear masks will be seated separately in one of the remote rooms. Similarly, any non-voter who wish to observe the meeting will be seated separately in one of the remote rooms. In addition, we will ask all voters to self-screen prior to the meeting. Voters who are exhibiting symptoms of COVID-19 will be asked to stay home so as to protect the rest of the voters. The two business meetings will also be live-streamed on YouTube so that anyone can watch the proceedings (though not participate) from their homes.

Finally, both the Town and the School Moderators retain the authority to postpone either their official ballot voting days or their business meetings if the conditions deteriorate between now and March such that, in their opinion, the voting day or the meetings should be postponed.

Voters who have questions or comments concerning the Meetings should feel free to contact members of the Board of Selectmen or School Board, the Town Moderator or the School Moderator.

SB-2 IS ON THE BALLOT FOR MARCH 9

Who can Vote at the Existing Bow School District Meeting?

- | | |
|---|-----------------------------|
| ✗ If you are away serving your country: | You lose your right to vote |
| ✗ If you are away on business: | You lose your right to vote |
| ✗ If you stay home caring for a relative: | You lose your right to vote |
| ✗ If you work second or third shift: | You lose your right to vote |
| ✗ If you can't travel at night: | You lose your right to vote |
| ✗ If you can't sit through long meetings: | You lose your right to vote |
| ✗ If you can't make the meeting for any reason: | You lose your right to vote |

BUT WITH SB-2

Everyone can Vote at the Inclusive SB-2 Bow School District Election

- | | |
|---|---------------------------------|
| ✓ If you are away serving your country: | You can vote by Absentee Ballot |
| ✓ If you are away on business: | You can vote by Absentee Ballot |
| ✓ If you stay home caring for a relative: | You can vote by Absentee Ballot |
| ✓ If you work second or third shift: | You can vote 7 AM-7PM |
| ✓ If you can't travel at night: | You can vote 7 AM-7PM |
| ✓ If you can't sit through long meetings: | You can vote 7 AM-7PM |
| ✓ If you can't make the meeting for any reason: | You can vote by Absentee Ballot |

VOTE ☒ YES ON SB2!

Biggest Myths about SB-2

Myth: You must go to the meeting in order to be an informed voter.

The TRUTH: The SB-2 voter can get info from their source of choice: (Concerned Taxpayers of Bow, "The Bow Times," The Bow School District Etc.) There is no one more informed about their personal budget as that of an individual voter. You have a right to vote both yes or no!

Not long ago The Bow School Board misinformed the Bow Voters by telling us that we needed a new 5 & 6 Grade School because of enrollment increases. That was proven untrue. With SB2 we have weeks to find about what is true prior to the vote.

Myth: SB-2 Voting is complicated.

The TRUTH: SB-2 voting is very simple; it is just like voting in the election last year. In fact it is the School District meeting that is complicated with archaic difficulty to understand rules. SB-2 School District Meeting is like the Iowa Caucus and we all saw how much a mess that was.

Right now every parent gets a notice reminding them that it is School Meeting/Election time. Those who don't have kids in school don't get this reminder. If there was a School Ballot with all the warrant articles on it at the voting booths every taxpayer would be reminded that they are welcome to participate in this important process and they too can be empowered to balance the needs of the town of Bow with the needs of the Bow School District.

No matter what you hear from SB2 opponents, SB2 is very popular in school districts that have passed SB2. Even though the people have the right to go back to the exclusive town meeting method not a single district has gone back, proving its popularity. More New Hampshire students go to a SB2 School District than do the exclusive town meeting method. One last thing that is brought to light with SB2 is that everybody is welcome to vote on school issues not just people with kids in school. Those who don't have children in the school district have as much right to vote as anyone else.



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The Bow Youth Center was built in 2008 and sits on 5.85 acres of land. Photo courtesy of Eric Anderson.

IMPOSTER SCAMS: SAY NO, KEEP YOUR DOUGH

These days, it seems like there is a scam lurking around every corner, but you have the power to control these invasive criminals. Have you ever had a scammer ask you to wire money, put money on a gift card, or send cryptocurrency? These types of payments can be hard to reverse. According to the Federal Trade Commission, Americans lost more than \$667 million to imposter scams in 2019, and it is increasing every year.

Learn to spot these scams and say no.

You get a call, email or text message from someone claiming to be:

- A FAMILY MEMBER** (or someone acting for them), saying your relative is sick, has been arrested or is in serious trouble and needs money right away.
- A COURT OFFICIAL**, indicating that you failed to appear for jury duty and need to pay a fine or you will be arrested.
- The POLICE**, saying you'll be arrested, fined or deported if you don't pay taxes or some other debt right away.
- From SOCIAL SECURITY**, claiming that COVID-19-related office closures mean your benefits have been suspended.
- From the IRS**, saying you owe back taxes, there's a problem with your return or they need to verify information.
- From your BANK**, claiming they need to verify personal information before they can send you a new card.

PROTECT YOURSELF

BE SUSPICIOUS of any call from a government agency asking for money or information. Government agencies don't do that; scammers do.

DON'T TRUST CALLER ID. Even if it might look like a real call, it can be faked.

NEVER PAY WITH A GIFT CARD, wire transfer or cryptocurrency. If someone tells you to pay this way, it's a scam.

CHECK WITH THE REAL AGENCY, person or company. Don't use the phone number they give you. Look it up yourself. Then call to find out if they're trying to reach you—and why.

REPORT AND SHARE Tell your bank and be sure to share these tips with friends and family.

Learn more at ftc.gov/scamalerts and aba.com/consumers
Source: Federal Trade Commission and ABA Foundation

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TOWN TO CONSIDER PURCHASE OF BOW YOUTH CENTER BUILDING

Purchase Price: \$1,250,000 **Size:** Approximately 7,000 square feet

Building Specs: Currently has 50 parking spaces, two (2) large fields, public water with septic system, irrigation, central air, FHA, natural gas, fire alarm system, four (4) bathrooms (two [2] on each floor), indoor gym 40' x 40' as well as room to expand for additional gym, three (3) sheds for storage of outdoor equipment. Building contents included.

Purchase price paid over two (2) years

Year 1 payment of \$700,000 - No Change to Tax Rate

a. Use of capital reserve fund - land purchase	\$327,877
b. Reduction of contribution to Facilities CRF	\$200,000 (1)
c. Budget savings from Parks & Rec	\$ 62,726
d. Use of fund balance	\$109,397
Total	\$700,000

Year 2 payment of \$550,000 - No Change to Tax Rate

a. Reduction of contribution to Facilities CRF	\$200,000 (1)
b. Budget savings from Parks & Rec	\$ 62,726
c. Use of fund balance	\$267,274
d. Fund raising	\$ 20,000
Total	\$550,000

(1) This money was going to be used to renovate and move the Celebrating Children Preschool within the Municipal Office Building. This recreation program will move to the new building.

Benefits:

- Ideal location next to elementary and middle schools, and Town conservation land and trails.
- Provides more space for the Recreation Department to expand, providing more activities for children, adults and seniors.
- Allows the Town to continue providing a valuable service to families that might need, or want, before and after school recreational programs from 7:00 a.m. to 8:30 am and 2:15 p.m. to 5:45 p.m., which will allow the Recreation Department to become self-sustaining.
- Enhances the Town's sense of community by providing a hub for activity and interaction between all age levels of the community.

Downside:

- Loss of tax revenue - \$29,395

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DIPPOLD & DENNEHY REAL ESTATE GROUP JANUARY 2021 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
19 Vaughn Road	3 Bedrooms 2 Baths	1252 Square Feet	.57 Acres	\$250,000
52 Page Road	3 Bedrooms 3 Baths	1396 Square feet	.1 Acres	\$255,000
21 Chandler Circle	3 Bedrooms 3 Baths	2241 Square feet	2 Acres	\$373,031
36 Putney Road	4 Bedrooms 2 Baths	1652 Square feet	2.1 Acres	\$415,000
4 Poor Richards Road	3 Bedrooms 3 Baths	2307 Square feet	1.7 Acres	\$430,000
38 Brown Hill Road	3 Bedrooms 3 Baths	2560 Square feet	1.47 Acres	\$440,000
36 Astor Lane	4 Bedrooms 4 Baths	2925 Square feet	4.88 Acres	\$629,900
35 Pinnacle Lane	4 Bedrooms 3 Baths	2694 Square feet	3.16 Acres	\$710,000

DIPPOLD & DENNEHY REAL ESTATE GROUP JANUARY 2021 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
186 Kimball Pond Road	4 Bedrooms 3 Baths	3820 Square Feet	12.11 Acres	\$280,000
21 Purgatory Pond Road	4 Bedrooms 4 Baths	2975 Square Feet	7 Acres	\$649,900

**CAN STATE GOVERNMENT
MANDATE WEARING MASKS IN PUBLIC?**

by Chuck Douglas

The COVID-19 pandemic due to an airborne virus has raised a number of court challenges to mask wearing requirements based on claims of violation of civil liberties.

The rights set forth in the first part of our state constitution are to be protected by the government to secure our liberty.

But none of our rights are absolute. Free speech is a fundamental right but there are exceptions such as defamation or inciting mass panic by shouting “fire” in a crowded theater.

There are also well recognized exceptions to exercising rights based upon the time, place or manner involved. For instance, it is not an appropriate time or place to use a bullhorn to advocate for your religion at 3:00 AM in a residential neighborhood.

Finally, in a natural disaster or a public health pandemic, curfews and travel restrictions can be reasonable restrictions on our liberty so long as they are narrowly tailored and limited for the duration of the public health emergency. When these restrictions are challenged it is the courts that decide whether they go too far or not.

This balance between public safety and liberty is clearly spelled out in Article 3 of our state Bill of Rights that says when people enter into a state of society “they surrender up some of their natural rights to that society, in order to ensure the protection of others.”

It is in this context the courts decide the scope of issues like mask wearing due to a pandemic caused by an airborne deadly virus that has killed almost 400,000 Americans to date.

As long as the mask requirement has an end date, and has a scientific basis, the courts will uphold it. Courts have long held that the public, health, safety and welfare constitute a significant government interest to combat a public health emergency such as the COVID pandemic.



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FEEL FABULOUS IN FEBRUARY!

by Jim Olson

You know the way you feel at the start of the New Year? You have a vision, you're inspired and you're motivated to make a change. You're fired up and ready to crush your goals.

But then, one month in... your goals get harder. The motivation you had when you mapped out your New Year's resolutions starts to wane under the pressure of everyday life. Maybe you've run into some challenges or setbacks and you feel like throwing in the towel.

In fact, studies have shown that only 8% of Americans who make a New Year's resolution actually keep it all year, and more than 80% abandon their goals by February.

Why is this? Why is it so hard to stay motivated and keep up with our goals?

Many times, the root of this lack of motivation isn't laziness or disinterest - it's fear. Whether we realize it or not, we're often so afraid to fail, that we don't even try. We stop working toward something so that when we don't achieve our goals, it's on our own terms. It feels better to stop trying than to risk failing.

So, what can you do if you're already feeling this way one month in to 2021?

You could throw in the towel, or you could find a new source of motivation. One of our favorite ways to add new life into a long-term goal is through a challenge.



Jim Olson

Staying committed and motivated to achieve a long-term goal like losing weight or improving your fitness - is difficult for many of us because the end result seems so far away. It's hard to stay motivated to exercise and make healthful food choices day in and day out when your goal weight is 20, 30 or even 50 lbs away. And when you're faced with a long road to achieve your goal, it's easy to let fear get in the way.

Participating in a challenge, however, gives you a short-term goal to focus on and adds a layer of competition to your health journey, which can go a long way towards boosting your motivation and getting you excited about your health goals again.

A challenge can also boost your confidence and give you a quick win, helping to reduce any fear around failing and help you continue on the road to your long-term goals.

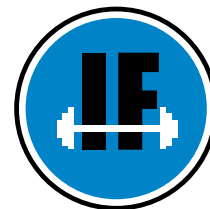
If you're starting to feel a slump in your motivation to improve your health and fitness, join us for Feel Fabulous in February - our annual 28-day challenge designed to inspire, motivate and jumpstart your weight loss or fitness journey.

If you sign up for this 28-day challenge, you'll get three personal training sessions per week, unlimited nutritional counseling and access to our custom app to track your nutrition and exercise. You'll also get daily emails to keep you accountable and support from the entire Individual Fitness team.

We're offering this 28-day program at a big savings for new and returning clients, and you can sign up at any time throughout the month of February. Visit the Individual Fitness website and contact us to learn more.

**HELPING YOU
TAKE YOUR NEXT STEP.**

JIM, JOHN AND THE IF TEAM



Feel Fabulous in February

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

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Your Feel Fabulous in February program includes (but is not limited to):

- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

Apply Today

IndividualFitnessllc.com/fff

BOW COMMUNITY MEN'S CLUB

Flags Across Bow Enrollment Form 2021

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2021: Memorial Day, Flag Day, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community.

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 inch high ground spike.

There are two options to enroll:

You may send a check payable to the "Bow Community Men's Club" with this form to:
Dik Dagavarian, 2 Bela View Drive, Bow, NH 03304-4600 Phone: (603) 856-7268

Or you may enroll on-line and pay \$41.50 via PayPal at the link on our website
www.bowmensclub.org

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 Driveway	
Your Street		

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



Old Town Hall



The Walker Lecture Series Announces **SPRING 2021 SEASON!**

*In the Walker tradition, all performances
are free with no tickets or reservations required.
All programs are virtual and all start at 7:30 PM.*

Wednesday March 3 on CTV

Jeff Warner Banjos, Bones, and Ballads

Wednesday March 10 on Zoom

Mark Edward Psychics, Mediums, and Mind Readers:
How do they do It?

Wednesday March 17 on Zoom

Jane Oneail Norman Rockwell and Frank Lloyd Wright

Wednesday March 24 on CTV

Tom Sterling Autumn in Denali and The World of the Bear

Wednesday March 31 on Zoom

George Morrison Two NH Men from the American
Revolution: John Stark & Henry Dearborn

Wednesday April 7 on Zoom

Mike Tougias Growing Up Wild in the 60s and 70s.

Wednesday April 14 on Zoom

Rick Ray The Road to Namibia

Wednesday April 21 on CTV

Concord Community Music School Faculty Concert

Visit walkerlecture.org for details and Zoom invitations.



Instructed by Kimberlie Berrigan ~ Bow Parks and Recreation 223-3920

Scrapbook Club for Kids Age 7-2

When: Tuesday, February 23, 9:00 am - 3:00 pm
And/or Thursday February 25, 9:00 am - 3:00 pm

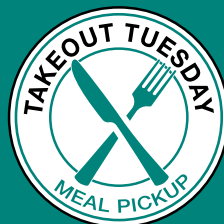
Where: Bow Community Building/Bow Sledding Hill

Cost: \$65 for one day Bow Res \$70 for Non-Res
\$105 for both days Bow Res \$110 for Non-Res
Plus Supply Fee of \$50
made payable to Kimberlie Berrigan

Bring 20 pictures for one theme to create your album. You will receive an 8x8 album of your choice, pages, protectors, and a tape runner.

We will take a break for some sledding at the hill by the gazebo and then return for some hot cocoa! All participants should pack a lunch and a snack. Please wear a mask. Don't forget snow gear/sleds too!

All COVID guidelines are in the Winter Brochure. For more information call Bow Parks and Recreation 223-3920.



SENIOR TAKE-OUT TUESDAYS

A New Program for Bow Seniors

WHEN

Tuesdays from 10-11am

WHERE

Bow Parks and Rec
3 Bow Center Road
Bow, NH 03304

WHAT

Seniors age 60+ who live in Bow are eligible to order nutritious frozen or shelf-stable meals. Seniors must stop in to the Bow Community Center to pick up their meals on Tuesdays each week.

PLACE YOUR ORDER

To order enough meals for the week, just fill out a weekly order form and submit in person or email to Bow Parks and Rec no later than 4:00 PM on Tuesdays for the following week.

HOW TO APPLY

Individuals will need to complete an application which is available from Bow Parks and Rec

FOR INFORMATION

Contact Bow Parks and Rec at (603) 223-3920 or parksandrec@bownh.gov

COST

\$2.00 donation per meal is appreciated to support the program.

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ON AGING – HEALING

By Donna Deos

Healing comes to each of us in different ways. Some people seem to just build a bridge and walk right across, it while others seem to turn in circles over long periods of time figuring out how to get through whatever trauma or issue they have going on.

As with everything else, there is no one right answer. We are all different and we all react and need different things to happen for us to get over and move on from things.

Are you someone who bounces right back? Or, do you take the longer slower route? Does this vary for you depending on what you are facing?

For most people it does vary. We all have things that are easier for us to accept or move through. We also have things that are harder to come to grips with, figure out and move forward with. Some things even seem to be lifelong challenges where others just come and go quickly.

The process you go through in any of these situations is your own healing process. Sure, lots of people have ideas and opinions on what you should or could be doing, but only you truly know what works – or doesn't work – for you. You know this because you are the one who has lived through all of your previous issues and ordeals.

When people offer their ideas and opinions you may or may not be receptive to hearing them and taking the information in. This too changes depending on what you are facing. That is all okay. If the message is worth hearing, it will be repeated and from multiple sources until you get it.

Our ability to heal and help others to heal comes from knowing ourselves and what we can and cannot handle and then using our words to help explain that to others. Sometimes we may not have



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the ability to do that. Some things we face we don't fully understand yet so we cannot express how we feel about it. Some sensations are brand new and inexplicable. Others are too jumbled with lots of emotions so we need time to sort through them.

Time helps cure this. Listening helps too. When you get real quiet and listen is when you will find the really great info that you've been looking for. What do I mean by getting quiet and listening? I mean finding that quiet space – maybe alone in your room, in the middle of the night when you wake up and you can't get back to sleep and your head is just swimming with all sorts of info. Maybe it's images, maybe it's words, maybe it is a feeling or that constant rambling thought pattern. Whatever it is, this is the quiet space and time where the answers are. It could be your meditation that gives you the quiet space to find the messages. It could be when you go for a walk, or read a book, or listen to music and your mind wanders. It could be petting your animal or holding a sleeping baby. Whatever it is for you, pay attention and listen. The answers are always there we are just not always willing or able to hear them.

Healing does come. So do the ways to guide us to the best healing. If you need help unpacking what I'm saying, feel free to email me. I'm always happy to help.

All my best, Donna



Donna Deos, LLC

WALTER GEORGE PARKER, WWII VETERAN CELEBRATES 100 YEARS!

Bow Resident, Walter G. Parker, born March 2, 1921 turns 100 on March 2, 2021.

Walter served with the 9th Air Division, 386th Bombardment Group of the WWII U.S. Army Air Force. Part of the ground crew, he still has vivid memories of walking the streets of small European towns.

Walter is still very active, walking an impressive mile every day on the track with his son. Prior to the pandemic he volunteered at the Bow, ASPCA and at the Baker Free Library every week.

Walter grew up in Natick, attending Natick High School where he met his wife of 68 years, Helen (Shea)

Parker who died in 2013. Walter and Helen raised their 3 children in Natick; James Parker, Janice (Parker) Lattuca, and Michael Parker. (Janice 1947-2008, Michael 1960-1982). Walter assisted his father, a carpenter, in building his family home on Hawthorn Street in Natick where they lived for 65 years.

He worked for the New England Telephone Company where he was a manager.

Walter will celebrate his 100th birthday with his son James and daughter-in-law, Cathy Parker. Family members and grandchildren will drive by with a balloon celebration, pandemic style.



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CASSANDRA MEANY

Graduates Magna Cum Laude from UNH!



Cassandra L. Meaney, 2017 graduate of Bow High School, graduated Magna Cum Laude from the University of New Hampshire in December, 2020 with a degree in Psychology and a Minor in Education.

Cassie will begin attending Plymouth State University in January, 2021, where she was recently accepted into their Graduate School and will be pursuing an EDS degree in the School Psychology program.



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THE BOW GARDEN CLUB GOES NATIONAL!



- Sogkonate Garden Club in Rhode Island canceled its Earth Day project, but members were on hand to assist in the town's cleanup.
- Many planned gardening projects that focused on working closely with children were postponed. Members of Bow Garden Club in New Hampshire and Saybrook Garden Club in Connecticut compiled planting kits for local children and distributed them at the local library via curbside pickup.



Members of Bow Garden Club in New Hampshire distributed planting kits. Photo courtesy of Bow Garden Club.

Fundraising in the pandemic

Garden club members brainstormed and mined opportunities in which they could host fundraisers that would continue to fund their many programs:

- Garden clubs in Natick, Massachusetts, and Windham, New Hampshire, held successful online plant sales. Club websites included information on the plants for sale and how the public could preorder; locations and times for pickup, as well as listed parameters on wearing masks and social distancing during pickup.
- Members of Bow Garden Club in New Hampshire held a "Plant-less Plant Sale." The club spearheaded a community outreach effort, sending informational flyers on the club's ongoing role in the planting and maintenance of the town's "beauty spots" in the community – and how the club relies on plant sales to cover those expenditures.

National Garden Clubs, Inc. recently published an article titled "Shifting Strategies" in their Winter 2021 issue of *"The National Gardener."* The TNG is a quarterly news publication sent to all National Garden Club officers and committee members, state presidents, their 5,000 club presidents and subscribers.

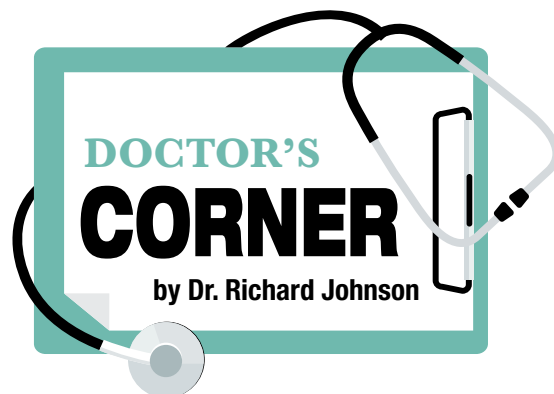
◀ We were delighted to learn that the Bow Garden Club was mentioned, not once, but three times in the article. (1) Under the heading "Getting creative during COVID-19", the "Drive-Thru Planting Kit Pick-Up" project we held in the Community Building parking lot in June recognizing "National Garden Week" was reported on, accompanied by a photo; (2) We were recognized for our innovative and very successful "Plant-Less Plant Sale" under the heading "Fundraising in the pandemic" and (3) We were acknowledged for launching the new club newsletter that we designed to keep in touch with all our members through these Covid times "Yay us"!

Visit the following link to view our article in The National Gardener Winter 2021 edition at:
www.gardenclub.org/sites/defaultfiles/2021-01/tng-winter-2021-final-01.pdf

For more information visit our website at: www.bowgardenclub.org
 or contact Club President Keryn Anderson at: kerynanderson@ericandkeryn.com

I am writing this on 10 January 2021. Whether people are talking about the Yellowstone fires of 1988 or the recent forest fires in CA, reference is made to the "conditions" that contributed to the disasters. There have been many voices saying that the political "conditions" in our country made it ripe for a conflagration. We have seen peaceful rallies turn deadly, we have seen innocent people killed, we now have seen an assault on the seat of our republic, and we are in the midst of a pandemic that seems to be claiming more lives every day and, in several locations, is overwhelming the medical care systems. I would like to add my voice to the thought that "conditions" can be a real factor in what happen... medically, socially, politically, and culturally. Certainly, we all can understand that in this pandemic those with "underlying conditions" have been hit the hardest and are therefore being given priority for vaccination. In reading the book *Educated* one can viscerally feel how "conditions" within a family can affect a person's whole life. Much has been written on the how the "conditions" in Europe following WWI contributed to the rise of Hitler.

We, today, are part of the cultural fabric that is the "condition" of our time. We might be advocating for an "ism" of one persuasion or another. We might be part of the "condition" that is posting on social media against "the other side" and unwilling to try to understand their perspective. We might be so closed minded and passionate that we cannot see another perspective; we are right, and they are wrong. We see the world through the lens of our particular "ism." I quote Dr. Diane Langberg: *"We are servants to our rage, killing with guns and fists, beating spouses and children, and often snuffing out our own lives in the process of ruining theirs. Most horrifying of all – we do, indeed, get used to it."* This has become our cultural fabric, and it is a highly flammable fabric. In saying that, I do not absolve anyone who strikes the match,



THE CONDITION OF OUR SOCIETY



but I would plead for a change in our cultural fabric.

Can we get to a less incendiary place, can we become a nation of persons that will not burst into flames when a match is dropped? To do so will require us to feel the regret of our behavior and change our minds and attitudes. Moral leaders can give us good advice:

"When we truly repent of our failings, we'll be able to wash

away the five major sources of mental afflictions: greed, anger, ignorance, arrogance, and doubt. Such mental impurities, if allowed to converge and come together, cause a ferocious karmic force to arise that can destroy the peace and safety of the world. This is why it is so important to take care to reflect on ourselves and repent." (Excerpts from a speech given by Buddhist Master Cheng Yen in 2011)

"To achieve true repentance, one must not only focus on deeds done, but also on negative and destructive emotions like anger, hatred, envy, greed, and gluttony that lead people to transgress."

<https://www.rabbinicalassembly.org/story/repentance>

"According to Islamic belief, repentance has a main role in the development of the human soul in its journey toward God. The act of repenting means turning ourselves toward God and asking Him to cover our shortcomings and to help us to overcome them."

<https://elijah-interfaith.org/sharing-wisdom/islam-and-repentance>

The words of Jesus: "Whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." Mark 10

The secular humanist can behave in a moral way. Indeed, the bible says that all humans have within them God's moral law.

The question remains open: Are we willing to repent and change the fabric of our culture?

RECYCLING RIGHT – For many of us, it remains challenging to figure out what items are accepted in the recycling totes. This confusion is often caused by trying to understand the difference between items that are “recyclable” versus “accepted.”

An item that is “recyclable” is any item that could potentially be recycled. Plastics typically have a recycling logo on them with a number in the middle (1-7). In the past, many of us relied on the recycling logo to determine whether an item could be recycled. Unfortunately, that logo is no longer reliable and can be misleading because a large number of “recyclable” products are not accepted by curbside recycling programs.

For example, a recycling logo with the number “6” includes Styrofoam, plastic utensils and plates, foam food trays and foam cups. A recycling logo with the number “7” includes miscellaneous plastics such as oven-baking bags, nylon and baby bottles. Items in those two categories are difficult to recycle and are not accepted by most residential recycling programs.

The best resource for determining whether an item is accepted by our recycling program is the “recyclopedias” available at <https://recyclesmartma.org>. All of our recycling is transported to Casella’s zero-sort processing facility in Charlestown, Massachusetts, and the recyclopedias was developed to identify whether to dispose or recycle a waste item. In an effort to reduce some of the confusion, Pinard Waste has also created a flyer called “Recycle Right!” which is available on the Town of Bow’s website. Both the flyer and recyclopedias are excellent tools for identifying whether a waste item is accepted by our recycling program:

PLASTIC: Bottles, jars and jugs are accepted (up to 5 gallons). All plastic caps and lids can be left on the items. The rule of thumb is that

Talking Trash

by Danielle Ruane

“if it did not come with a lid or cap... it’s trash.” Do not include items such as plastic bags, clothes hangers, CD cases, utensils, straws, cups, garden hoses, toys, cell phone cases, flower planters, rubber, plastic inserts, rigid packaging (the packaging around many electronics that it impossible to remove without a scissor), blister packaging or padded envelopes.

GLASS: Bottles and jars are accepted (metal lids are accepted if attached). The rule of thumb is “if it did not come with a lid, cap or cork... it’s trash.” Do not include ceramics, baking glass, light bulbs, windows or porcelain.

PAPER/CARDBOARD: Paper, newspapers, magazines and boxes are accepted. The rule of thumb is that “if you can’t tear it... it’s trash.” Do not include waxed paper, orange juice or milk cartons, hard covers on books, plastic coated or laminated paper, wrapping paper, tissue paper or receipts.

METAL: Food and beverage cans and clean aluminum are accepted. The rule of thumb is “if it’s not made of aluminum, tin or metal... it’s trash.” Do not include electronics, batteries, pots, pans, clothes hangers, tools or electrical cords in your tote. Instead, many metal items and electrical cables can be donated or sold to Schnitzer Steel in Concord. Most electronics and batteries are accepted at the town’s annual household hazardous waste day. Electronics can also be recycled at local stores such as Best Buy.

Items that frequently continue to contaminate recycling loads are plastic bags, Styrofoam and food waste. If you have questions about whether an item is recyclable, visit www.recyclesmartma.org, or send an e-mail to the Town of Bow Recycling and Solid Waste Committee at bowrecycles@gmail.com. The “Recycling Right” flyer is posted on the town’s website at www.bownh.gov/289/Trash-Recycling-Services.



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ICE FISHING ON TUREE POND



The Bow Troop 75 had its 1st group outing on Sunday, February 7, out on Turee Pond in a safe and socially distanced manner. They held an ice fishing clinic that involved both the boy’s unit as well as the girl’s unit.

Photos provided by Eric Anderson.



ENJOY SOME WINTER WONDERLAND SPIRITS FOR SAINT PATRICK'S DAY

ChocoLat Deluxe Chocolate Liqueur: Silky, creamy, and smooth, by itself - it has so many mixability options. Shake it up some martini's made with vodka, peanut butter whiskey, or espresso. A decadent treat! Serve it with some coco truffles – NEVER enough chocolate.... It is sure to please everyone's sweet tooth!

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Four Roses Small Batch Bourbon #2890 NHLSC \$38.99 Retail

Four Roses Single Barrel Bourbon #1094 NHLSC \$49.99 Retail

West Cork Bourbon Cask Irish Whiskey: 100% IRISH – Distilled in Skibbereen, Cork County a small fishing village in Ireland, local grains, and water. Aged in bourbon cask barrels, perfect for sipping or for creative cocktails. Combine it with a dash of tawny port and a drop of NH maple syrup over ice – transport's you to the "Old Port". Feeling Lucky? The Black Reserve has deeper rich color and flavors with a nice long finish served best over the rocks as a sipper.

West Cork Bourbon Cask Irish Whiskey #1727 NHLSC \$26.99 Retail

West Cork Black Reserve Irish Whiskey #2144 NHLSC \$41.99 Retail

Busker Irish Whiskey: This hot new Irish Whiskey is triple Cask, triple Smooth with a blend of high-quality single grain and a high percentage of single malt and single pot whiskeys – matured and finished in three different casks. Busker Mule: 2 oz. Busker served over ice in a copper mug topped with ginger beer, served with a lime.

Busker Irish Whiskey # 5960 NHLSC \$26.99 Retail

These fine spirits are all available at your Local NH State Liquor Stores and are distributed by MS Walker Fine Wines & Spirits of NH. Follow us on Instagram @mswalker_nh.



Cozy up at home and make yourself some mixology creations to keep you warm. Until next time – when spring has sprung. Slainte ~ Annie

Annie Kenney is a Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for 19 years. She is Wine & Spirits Education Trust Level 2 Certified and a proud Board Member of the NH Lodging & Restaurant Association.

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Old Irish Saying

BOW – HOPKINTON SPORTS NEWS

GIRLS' BASKETBALL

FEBRUARY 5 – HOPKINTON 29, JOHN STARK 26

"I was pleased with our intensity and our team defense," Hopkinton Coach Pat Roye said. "This was a big win for us against a good John Stark team."

FEBRUARY 5 – BOW 55, COE-BROWN 31

Key players: Alex Larrabee (12 points), Juliette Tarsa (9 points), Jess Chamberlin (7 points, 7 rebounds), Makayla Murray.

Coach's quote: "we had a very balanced team effort tonight. It seemed like one of the LaPerle sisters (Lindsey and Bella) was grabbing a steal throughout the whole first half, if it wasn't one it was the other. Alex Larrabee competed with incredible intensity." Bow's Phil Davis

FEBRUARY 6 – BOW 63, COE BROWN 24

Key players: Bella LaPerle (12 points), Lyndsey LaPerle (11 points), Maddie Speckman (11 points), Alex Larrabee (10 Points).

Coach's quote: "I didn't expect us to come out so flat to begin the game. But our team defense provided us the spark we needed. We are getting offensive from everyone and we are committed on the defensive end a true team effort today." – Bow's Phil Davis.

FEBRUARY 11 – BOW 52, PEMBROKE ACADEMY 27

Key players: Bow – Makayla Murray (10 points, 9 rebounds), Bella LaPerle (10 points), Alex Larrabee (8 points, 5 rebounds), Maddie Speckman (6 points), Juliette Tarsa (6 points), Lindsey LaPerle (6 points);

Highlights: The first half of the February 11th rematch was tight but Bow scored 17 points in the third quarter, and Jessica Chamberlin and Murray played locked up defense on PA's Stephens in the second half, holding her to just one field goal for the final 16 minutes.

FEBRUARY 11 – HOPKINTON 45, COE-BROWN 37

Key players: Hopkinton – Maddie Carmichael (18 points, rebounding), Maurgan McGrath (11 points, defense), Kally Murdough (8 points, 4 assists); Coe-Brown – Jennifer Bettencourt (15 points), Val White (7 points), Ellie Wolthuis (7 points)

Highlights: Hopkinton was hot early and built a 19-12 lead after the first quarter. That lead grew to 10 points by halftime. Coe-Brown cut it down to four points late in the third, but Hopkinton's Murdough went 4-for-4 from the free throw line down the stretch to seal the win for the Hawks.

BOYS' BASKETBALL

FEBRUARY 4 – BOW 60, COE-BROWN 42

Key players: Shaun Lover (16 points), Matt Lamy (14 points), Alex Boisvert (11 points), Matt Cardarelli (10 points).

FEBRUARY 4 – HOPKINTON 60, JOHN STARK 21

Key players: Brendan Elrick (16 points, 18 rebounds, 10 blocks), John Jacobsen (9 points), Quinn Whitehead (9 points), Noah Gillis (9 points).

FEBRUARY 5 – BOW 58, PEMBROKE 42

Bow junior Matt Lamy finished with a team-high 16 points. He hit a key 3 late in the fourth quarter and shot 4-for-6 from the free throw line down the stretch. Shaun Lover had 11 points and six rebounds for the Falcons while Owen Petretta finished with 10 points and seven rebounds. Bow also got great production off the bench from Lincoln Routhier (3-for-4 from 3-point land, 13 points), Kyle Martin (five points) and Cooper Larrabee (seven rebounds).

FEBRUARY 5 – HOPKINTON 52, COE-BROWN 44

Key players: Hopkinton – Brendan Elrick 18, Quinn Whitehead 10, Owen Milchick 8, John Jacobsen 5, Hunter Boissy 5

Highlights: Hopkinton trailed after the first quarter, 11-10, but the Hawks finished the second quarter strong to take a 27-22 lead at halftime and then played stifling defense in the fourth quarter, holding the Bears to three points during a six-minute stretch, to seal the win at home

FEBRUARY 6 – BOW 46-44 WINNERS AGAINST COE-BROWN

The black and blue game ended, appropriately at the free throw line, where Bow junior Matt Lamy hit a pair with :09 on the clock to give the Falcons a 46-44 win and keep their record perfect at 7-0.

BOW BOYS' NORDIC SKIING

BOW COMES IN FIRST

Key Players: Ben Neff (1st, 14:27.6), Michael Pelletier (2nd, 14:28.3), Calen Smith (6th, 15:46.5), Oliver Dolcino (7th, 15:46.8), Konrad Kremzner (9th, 16:18.8)

Highlights: This was the third win in as many races for the Falcons, who finished with 388 team points to beat out Derryfield (380), White Mountains (366) and Manchester memorial (346). It was the first win of Neff's career.

BOW GIRLS' NORDIC SKIING

Key players: Rachel Pelletier (3rd, 16:40.8), Barrie Guertin (5th, 18:39.9), Catherine Maurer (7th, 20:02.5), Sophia Valpey (8th, 20:22.3), Ava Kehas (9th, 20:28.7)

Highlights: This was the first win in four years for the Falcons, who finished with 381 points to place ahead of Derryfield (376), Manchester Memorial (361) and White Mountains. This was also the first time Pelletier has appeared on the podium at a high school race, and Maurer and Guertin (both seniors) both turned in the best times of their careers. Derryfield's Katherine Gage finished first in 15:28.4.

BOW ALPINE SKIING

FEBRUARY 5, 2021 - BOW FIRST, CONCORD SECOND

Key players: Bow girls – Adeline Pfeifle (2nd, 1:07.4), Sarah Lavigne (5th, 1:19.47), Olivia Selleck (6th), Ava Gadbois (ninth); Bow boys Patrick Wachsmuch (1st, 58, 78), Eli Gadbois (3rd, 1:01.6), Connor Wachsmuth (4th, 1:01.45), Caleb Stonecipher (5th, 1:05.71), Alexander Anderson (6th).

WYATT RHEINHARDT ACHIEVES 100 WRESTLING WINS!



Wyatt left, shows good form. Photo by Derek Rousseau.

Since he began wrestling as a sixth-grader, Wyatt Rheinhardt has been focused on No.100. Three years before beginning his Bow High School career, he was determined to become the next member of the program's 100-win club.

It was a season of uncertainty during the COVID-19 pandemic, but following COVID guidelines wrestling was permitted and on January 23, 2021 the 100th win came!

"It's something I really wanted to do ever since sixth grade. When I first stepped on the mat freshman year, that's what I was going for."

Rheinhardt, wrestling at 120 pounds, is the ninth wrestler in program history to reach the milestone and is the first name on the new banner in the gym celebrating those who have achieved the feat.

WELL DONE WYATT. CONGRATULATIONS

RETIREMENT BLINDSPOTS

by Dominic Lucente

Some life and financial factors can sometimes be overlooked.

We all have our “blue sky” visions of the way retirement should be, yet our futures may unfold in ways we do not predict. So, as you think about your “second act,” you may want to consider some life and financial factors that can suddenly arise.

You may end up retiring earlier than you expect. If you leave the workforce at “full” retirement age (FRA), which is 67 for those born in 1960 and later, you may be eligible to claim “full” Social Security benefits. Working until 67 may be worthwhile because it will reduce your monthly Social Security benefits if you claim them between age 62 and your FRA.¹

Now, do most Americans retire at 67? Not according to the annual survey from the Employee Benefit Research Institute (EBRI).

In EBRI’s 2020 Retirement Confidence Survey, 16% of pre-retirees expected to retire between ages 66-69, and 31% thought they would retire at age 70 or later. The reality is different. In surveying current retirees, EBRI found that only 6% had worked into their seventies. In fact, 70% percent of them had left work before age 65, and 33% had retired before age 60.²

You may see retirement as an extension of the present rather than the future. This is only natural, as we all live in the present – but the future will arrive. The costs you have to shoulder later in retirement may exceed those at the start of retirement. As you may be retired for 20 or 30 years, it is wise to take a long-term view of things.

You may have a health insurance gap. If you retire before age 65, what do you do about health coverage? You may shoulder 100% of the cost.

Looking forward, you may need extended care, and it seems to get more expensive each year. Wealthy households may be able to “self-insure” against extended care, but many other households struggle. In Genworth’s 2020 Cost of Care Survey, the median monthly cost of a semi-private room in a nursing home is \$7,738. In California, it is \$9,023; in Florida, \$8,803.³

Suppose you become disabled or seriously ill, and working is out of the question. How do you make ends meet?

Age may catch up to you sooner rather than later. You may stay fit, active, and mentally sharp for decades to come, but if you become mentally or physically infirm, you need to find people to trust to manage your finances.

You could be alone one day. As anyone who has ever lived alone realizes, a single person does not simply live on 50% of a couple’s income. Keeping up a house, or even a condo, can be tough when you are elderly. Driving can be a concern. If your spouse or partner is absent, will there be someone to help you in the future?

These are some of the blind spots that can surprise us in retirement. They may quickly affect our money and quality of life. If you age with an awareness of them, you have the opportunity to manage the outcome better.

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

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Citations

1. Social Security Administration, December 1, 2020
2. Employee Benefit Research Institute, December 1, 2020
3. Genworth Cost of Care Survey, March 30, 2020



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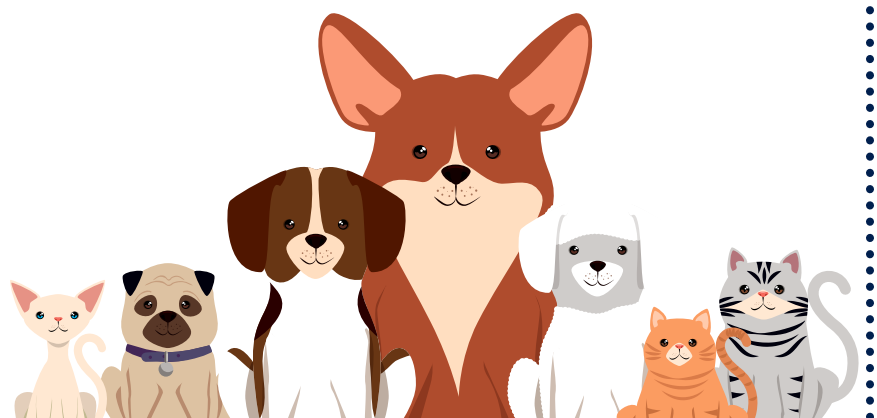
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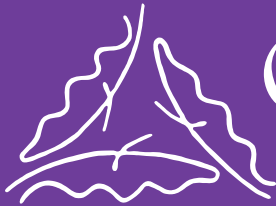
We are determined to help all animals in need that come through our doors during this challenging time.

A gift of any amount, at any time you are able to donate, will fund our basic programs to provide care for the most vulnerable pets in our community. **Be safe, be kind and stay healthy!**



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Hopkinton Real Estate Sales – JANUARY 2021

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1800 Bound Tree Road	N/A	N/A	1.1 Acres	\$40,000
355 Broad Cove Road	3 Bedrooms 2 Baths	1,757 Square Feet	4.4 Acres	\$320,000
47 Dustin Road	4 Bedrooms 3 Baths	3,124 Square Feet	0.7 Acres	\$440,000
69 Galloping Hill Road	4 Bedrooms 3 Baths	2,356 Square Feet	3.4 Acres	\$449,900

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Suzanne Zellers-Beck



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Molly Hardenbergh



Rolf Gesen

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Left to right, Contoocook Chamber Board Members, Jennifer Mock, LeeAnne Vance, Meredith Lee, Brian Cressy, Greg Sagris, Traci Pettengill.

NEW OFFICE BUILDING IN THE VILLAGE OF CONTOOCCOOK

On Thursday February 11, 2021 the Contoocook Chamber of Commerce officially welcomed the '910 Main Street Building' to the village of Contoocook. The historical building has been a mainstay of the village's landscape for decades but was recently bought by local developer Brian Cressy. Located at 910 Main Street the building is aptly named after the village square address. Mr. Cressy has updated the main floor's office spaces, board room, kitchen and bath and has moved his businesses into the main floor. New to the office space is KnockKnock Social, a digital marketing agency owned by Meredith Astles Lee. "I am incredibly excited to be a part of the 910 Main Street office building! It feels very "full-circle" to have grown-up in town, and now have an office space in the heart of Hopkinton. I am grateful for the centralized location, and the space affords me the room I need to grow KnockKnock Social."

In addition to the office spaces, 910 Main Street also has a long-leased apartment space. "I love this little village," says owner Cressy. "I've seen it come to life over the past several years and I want to be a part of the growth." Mr. Cressy also owns 3 other buildings in town and hopes these buildings, when renovated, will encourage more grown in the town of Hopkinton.

for the clothes you live in

2 Capital Plaza, Concord, NH
902 Main St., Contoocook, NH

facebook Instagram



Welcome to the Hopkinton - Contoocook **TOWN CRIER!**

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

► **SCHOOL REGISTRATION** Registration for the 2021/2022 school year is now taking place at Harold Martin School. Call the school office at 746-3473 for registration information. Preschool for children who will be 3 and 4 yrs on or before September 30th. This is a tuition based program and enrollment is filled by lottery. Kindergarten is for children who will be 5 yrs old on or before September 30th. First grade is for children who will be 6yrs old on or before September 30th.

► **HOPKINTON DEMOCRATS** will be holding their meeting and caucus on February 17th at 7pm. All registered Democrats in Hopkinton are eligible to vote in the caucus elections for the town Democratic committee officers and for the Hopkinton delegates to the Democratic State Convention. We encourage any registered Democrat to attend the caucus. For information email hopkintondems@gmail.com.

► **CONSTITUTION AND DEMOCRACY** in Troubled Times with John Greabe. A conversation via zoom on February 10th at 7pm. Join John Greabe, professor of constitutional law at UNH Franklin Pierce School of Law and director of the Rudman Center, in a conversation about the uneasy relationship between the Constitution and democracy right now. Call 746-3663 or email info@hopkinton-townlibrary.org for sign in information.

► **CONTOOCCOOK FARMERS MARKET** is a community of growers, makers, and artists. Len Buxton of Porkside Farm recently joined the winter market and is offering eggs and variety of local meats. Check out HarvestToMarket (harvesttomarket.com) and place your order by Wednesday midnight for pick-up on Saturday from 10-Noon at the Depot. Thanks for supporting local! Masks are required. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.

► **GILDED FERN FARM** is a family operated fromagerie, creating artisan cheeses with milk sourced from dairies whose animals are fed and cared for in the traditional manner, free from stress, and without supplemental hormones or antibiotics. Gilded Fern Farm is located at 258 Dustin Road. The Farm Store is open year round from 7am to 7pm or order on line - <https://gildedfernfarm.com/> and for more information <https://www.facebook.com/gildedfernfarm>

► **HOPKINTON TOWN LIBRARY** has a building occupancy limit for library visitors to five per half hour on Tuesday and Friday from 10am-12n and 2-5pm. And Saturday from 10am to 1pm. Please call to reserve your half hour slot. If capacity has not been reached, walk ins are still welcome. Please wear masks covering nose and mouth. Information regarding youth programs and story hours can be found by calling the library or contacting Leigh Maynard at lmaynard@hopkintontownlibrary.org. The library can be reached at 746-3663. Up to date information available on the web site - <https://www.hopkinton-townlibrary.org/>

► **TWO VILLAGES ART SOCIETY** Continuing a partnership with Town Hall, Two Villages Art Society will be programming local artists for one to two month exhibitions in the main space at the Town Hall. To reduce wear and tear on Town Hall walls, they are planning to install a hanging system along one wall. Our board has agreed to match donations, up to \$250 in total, to help us raise the \$500 needed for the system. Facts about our exhibition partnership with Town Hall: There is no cost to artists to show their work, Artists keep 100% of sales generated, Two Villages Art Society works with artists to lay out the show and provides marketing support. Checks may be addressed to "Two Villages Art Society" and mailed to PO Box 18, Contoocook NH 03229. Please note "exhibition space" in the memo section of the check.

► **FREE TAX HELP!** Volunteer tax preparers will be at the Library Community Room on Wednesdays and Thursdays starting in February. Appointments are required, to request an appointment for free tax help go to nhtaxhelp.org (preferred method). You can also call 211. The library cannot schedule your appointment. Free tax preparation is available to all ages and occupations. Returns cannot be filed with rental income, self-employed individuals with a loss, employees, inventory, or home office deductions. Other limitations may apply to your circumstances, an appointment is not a guarantee that the volunteers can prepare your return.



A newly conserved piece of land in Hopkinton will be known as Tyler Landing Town Forest, a reference to the ferry that shuttled travelers across the Contoocook River from this property in the late 18th and early 19th centuries before a bridge was built. Photo by Bob LaPree

HOPKINTON ACQUIRES 1,100' OF RIVER FRONTAGE FOR OPEN SPACE

Valuable farm land and 1,100 feet of shoreline on the Contoocook River have been permanently conserved through the dedicated efforts of the former property owners and the Town of Hopkinton.

When Chip and Cathy Chesley decided to sell their land several years ago, they asked Hopkinton's Open Space Committee to consider buying a 5.7-acre parcel of prime farmland and forested shoreland upstream from Tyler Bridge. Travelers on Penacook Road have long enjoyed the scenic view across the property's field to the Contoocook River and the corn fields of the Bohanan Farm across the river. The recent purchase helps achieve Hopkinton's Master Plan goal of permanently preserving prime farmland and undeveloped river frontage.

The property will be called **Tyler Landing Town Forest**, a reference to the ferry that shuttled travelers across the Contoocook River from this property in the late 18th and early 19th centuries before a bridge was built.

In addition to its agricultural, scenic and recreational value, the conserved shoreline helps protect water quality downstream at Concord's Riverhill water intake, one of the sources of water for Concord's municipal water system. The purchase was jointly funded by a grant from the NH Drinking Water and Groundwater Trust Fund and funding from the Hopkinton Conservation Commission's forestry account.

HOPKINTON POLICE DEPARTMENT

JANUARY 2021 STATS AND ARREST LOG

5 Arrests 8 Accidents 604 Traffic Stops

01/12 Robert Celata, 30, of 21 Diana Drive, Northfield, was arrested for Drive After Revocation/Suspension and Suspension of Vehicle Registration.

01/13 Ashley Figueroa, 26, of 14 Prescott Street, Hillsboro, was arrested for Drive After Revocation/Suspension and Suspension of Vehicle Registration.

01/31 Alexander Auger, 22, of 14 Rocky Point Drive, Bow, was arrested for Reckless Conduct - Deadly Weapon and Criminal Threatening - Conduct with Firearm.

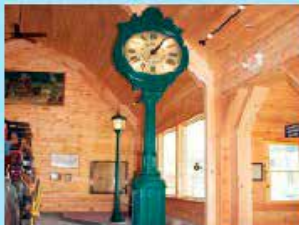
01/31 Timothy Shepard, 40, of 197 Saxtons River Road, Bellows Falls, VT was arrested on Warrants and Drive After Revocation/Suspension-subsequent.

01/31 Kenny Robbins, 26, of 11 Freedom Acres Drive, Concord, was arrested on a Warrant.



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Sat
7am-7pm

BOW POLICE LOG

by Chief Margaret Lougee

JANUARY 2021 ARREST LOG

1/1 Maddox Shepard, 18, Manchester, received summonses for operating without a valid license, and misuse of plates; Zinmarie Colby, 35, Concord, received summonses for driving after revocation/suspension, and suspended registrations; Catherine Talty, 24, Tempe, AZ, was arrested for aggravated driving under the influence

1/3 Jesse Berthe, 41, South Berwick, ME, received a summons for driving after revocation/suspension; subsequent offense; Kevin Turner, 35, Pittsfield, was arrested on warrants for failure to appear

1/8 An adult received a summons for possession of marijuana; Alexandra Byrne, 23, Pembroke, was arrested for driving under the influence 2nd offense, resisting arrest/detention (two counts), and open container

1/19 Douglas Dipesa, 22, Newport, was arrested for driving after revocation/suspension; subsequent offense, and misuse of plates; Cheyenne, Matthies, 19, Lempster, arrested on a bench warrant for simple assault

1/12 William Beechel, 28, Sayville, NY, arrested for simple assault

1/14 Angelique Duhaime, 33, Concord, received summonses for driving after revocation/suspension, and suspended registrations; Colin Lessard, 18, Bow, was arrested for driving under the influence, transporting drugs in a motor vehicle, and speeding

1/16 Ashton Garland, 29, Bow, was arrested for criminal threatening (four counts)

1/20 Joseph Mielcarz, 55, Bow, was arrested for aggravated driving under the influence, and open container

1/21 Cassie Barnett, 33, Goffstown, received a summons for driving after revocation/suspension

1/22 Brandee Ebert, 19, Bow, was arrested for driving under the influence

1/23 Danette Slater, 32, Dunbarton, was arrested for driving under the influence, and resisting arrest/detention

1/25 Jeffrey Schneider, 51, White River Junction, VT, arrested on a bench warrant for failure to pay a court fine

1/29 Robyn Brody, 45, Manchester, received summonses for driving after revocation/suspension, and suspended registrations; Joseph Mielcarz, 55, Bow, was arrested for driving under the influence, open container, and breach of bail

1/30 An adult was taken into protective custody for intoxication

1/31 Robert Quirk, 20, Alton, was arrested for driving under the influence, transportation of alcohol by a minor, and open container; Sydney Armstrong, 18, Deerfield, received a summons for unlawful possession/intoxication; A juvenile received a summons for unlawful possession/intoxication.

THE Music LADY

FOR THE LOVE OF MUSIC

A TRIBUTE TO DORIS DAY

Doris Day was the American box office sweetheart of the '50's and '60's. As a singer, she was one of the best in the business. As an actress, she was one of the top female stars in Hollywood, making over 40 movies.

Her break-out moment was when she performed with the Les Brown orchestra during WWII. With her blonde, good looks and her smooth, velvety voice she became the American darling when she sang "Sentimental Journey." Les Brown said that, "After Sinatra, Doris Day was the best in the business on selling a song."



Doris Mary Ann von Kappelhoff was born in 1922. But her name was too long for a marquee, so the bandleader dubbed her "Doris Day", after one of her most popular songs, "Day By Day." She never really liked that name because she thought it was too phony, even after 30 years. When she was a young teenager, she dreamed of being a dancer, but she had an accident that damaged her leg and so she turned to singing and acting. "Que Sera, Sera."

Her songs and movie roles established her as an American, wholesome virgin, the girl next door, carefree and brimming with happiness. She assured us that that image was more make-believe than her real life. Doris was married 4 times, and gave this run-down of her disastrous choices in men. Husband #1 "was a psychopath." Husband #2 left her by writing her a letter. Husband #3 mis-managed her fortune and left her in debt. Husband #4 claimed to the press that she kicked him out of bed for her pets. "Que Sera, Sera."

Her contemporaries in Hollywood were Audrey Hepburn, Marilyn Monroe, and Elizabeth Taylor. Some of her famous movies were "That Touch Of Mink," "Pillow Talk," and "Lover Come Back." In the 60's, she was offered the role of Mrs. Robinson in "The Graduate," but turned it down because "I could never see myself rolling around in the sheets with a young man half my age, whom I'd seduced," because it offended her sensibilities. "Que Sera, Sera."

Some of her big hits were "It's Magic," "Secret Love," "Everybody Loves A Lover," "Day By Day," and, of course "Que Sera, Sera."

Doris Day died in 2019, living to the age of 97. In her last decade, she became an animal activist and started the "Doris Day Animal League" and the "Doris Day Animal Foundation." At one point, she had 30 dogs. "All my life, I have never felt lonely with a dog I loved at my side, no matter how many times I've been alone."

Even today, it is still refreshing and entertaining to watch her old movies, and on any given day to hear many of her songs on the radio. A great memory you are, Doris Day! "Whatever will be, will be. Que Sera, Sera."

notice to our Readers:

Sadly, **In the Woods with Ron** has been retired. We will all miss the informative and humorous tales of the wild contributed by Ron for so many years. Thank you Ron, and we wish you good hunting and fishing!

Travel Time contributed by Chase Binder is on hiatus. Due to Covid-19 and restricted travel, there is little news at present. We look forward to a revival of interesting travel stories as soon as things get back to normal.

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DUNBARTON NEWS

By Nora LeDuc



◆ **SCHOOL WINTER BREAK** is Monday, Februar 23 through Friday, February 26. Teachers' Workshop Tuesday, March 9 No School.

◆ **READ TO DOGS** The next Virtual Read to Dogs at the library scheduled for Thursday, February 25 with Jake and Pat and Thursday, March 11 with Lily and Liz. Please call the library to schedule your child's 15 mins of virtual reading.

◆ **LIZ BARBOUR'S CREATIVE FEAST** "Winter Pantry-Soul Warming Recipes. A Virtual Cooking Demonstration with Liz Barbour's Creative Feast," Thursday, March 4, via Zoom 6:30 pm. Whether you are a seasoned cook or complete novice, creating a meal from what you've got on hand is always a challenge. Join Liz for this fun and tasty class. Liz will share her tips to help you create a winter pantry that will inspire you to be creative with what you've got to create soul warming recipes without leaving the house. Following her discussion, Liz will demonstrate two pantry recipes anyone can cook at home. E mail the library at dunlib@gsinet.net if you are interested in attending.

◆ **DCC BOOK CLUB** This month the DCC Book Club is reading *Wrestling With Angels* by Rosenblatt & Horowitz. Discussion will be Thursday, March 4, 7pm to 8:30pm Hosted by Sue. All Welcome.

◆ **SCHOOL DISTRICT MEETING** March 6, Our Community Center has room for 100 participants seated 6 feet apart, more if those people who live together (in a pod?) sit together during the meeting. If more than the Community Center can accommodate come to either meeting, participants will use classrooms in the school that will be linked electronically with video and audio, allowing real-time participation in the meeting. Attendees in the classrooms will be able to speak to the assembly, make motions to amend articles and vote on each article as it is being considered.

This appears to be the plan that allows for fullest participation in the meetings while still providing protection for attendees from exposure to COVID-19. Please check that the above plan for the meetings has not changed before you go. Comments or questions about the structure for this year's Town and School District Meetings can be addressed to either Board or to your Moderator.

◆ **TOWN ELECTION/TOWN MEETING** Voting for Town Elections on March 9 will be conducted with the same procedures as during the election last November with masks and social distancing required for all those in the voting space. Other arrangements will be available for those who have concerns about wearing a mask.

◆ **LIBRARY CHAT GROUP** This month the Library Chat Group is reading *Mr. Penumbra's 24-Hour Bookstore* by Robin Sloan. Discussion is at noon Wed March 17.



HOLIDAY CLOSURES Holiday Closures
CLOSED on Monday, February 15 for Presidents Day

ADULT PROGRAMMING

ADULT CRAFT KITS

MONTHLY TAKE HOME CRAFTS FOR TEENS & ADULTS

March's Craft Kit is **Sweet Treat Centerpiece**. Visit our online calendar on our website to register

Supplies are limited and registration is required. For more information, contact Betsy at betsy@bakerfreelib.org

ADULT BOOK GROUPS

At this time, the Adult Book Groups and White Rock Whodunits for the month of February will not be meeting in person, however the copies of *"The Dutch House"* by Ann Patchett will be available for Book Talk members to pick up at the Circulation Desk mid-February. Please contact Amy at amy@bakerfreelib.org with any questions.

COOK ALONG WITH LIZ WINTER PANTRY (Virtual Program)
February 23, 2021 6:30pm-8:00pm Register Today!

SOUL WARMING RECIPES FROM YOUR PANTRY

Whether you are a seasoned cook or complete novice, creating a meal from what you've got on hand is always a challenge. Join Liz Barbour from The Creative Feast for this fun and tasty winter themed class via Zoom. Liz will share her tips to help you create a winter pantry that will inspire you to be creative with what you've got to create soul warming recipes without leaving the house.

Registration is Required. Visit our website to register.

For more information contact Amelia, amelia@bakerfreelib.org

CHILDREN'S PROGRAMMING

VIRTUAL STORYTIMES

Thursdays at 10:30am Via Zoom

Our weekly storytimes are back in a virtual format! Join us each week for new stories and songs as we meet via Zoom. Storytimes are designed for children aged 3-5, although all ages are welcome to attend. To access this month's program, email juliana@bakerfreelib.org.

Interested in participating in the weekly Virtual Read-Aloud every Thursday at 10:30am?

Contact Juliana at juliana@bakerfreelib.org to get the link!

CREATIVE KITS FOR KIDS

Monthly Take Home Activity Bundles

To view the Archived Kit for February's theme, 'State of the Art', visit our website.

In March, our Creative Kit will explore the **Wild World of Insects!** Take part in experiments, crafts and activities that celebrate our favorite creepy-crawlies, including ants, bees, caterpillars, and butterflies. Registration for this kit will be available February 15th through our online calendar.

For more information, contact Juliana at juliana@bakerfreelib.org

FIRST CHAPTER FRIDAYS

A New Virtual Program!

Every Friday, listen to the first chapter of a middle-grade book read by our youth services librarian. This weekly podcast available on our website will introduce a range of recommended titles for readers aged 8-12, and include a mix of genres and topics. New recordings will be posted every week, and can be accessed anytime through our website. Listen on your schedule, and reserve the books you like most! New episodes will be posted every Friday in February, chosen to coincide with both Black History Month and our Creative Kit's theme of the month. Have a title, author, or topic to suggest? Email juliana@bakerfreelib.org

OBITUARIES



PAUL E. BEDARD, SR.

Paul E. Bedard Sr., of Dunbarton, passed peacefully on January 13, 2021, at Hillsborough County Nursing Home after living life to its fullest for 93 years.

He was born in Goffstown on January 5, 1928, to Joseph and Marie (Cote) Bedard. Joining the U.S. Navy during WWII, Paul, along with six brothers and two brothers-in-law, proudly served their country. He credited the successful return of all family members to the prayers of his beloved mother.

Paul successfully ran Paul E. Bedard Construction Company until his retirement. He was a member of the Pinardville Lions Club, Boys Club, Goffstown Parks and Recreation and Goffstown Planning Board.

He enjoyed gardening, painting, cooking, traveling, hunting and teaching his grandchildren outdoor survival skills.

He was predeceased by his parents; his first wife, Doris (Auger) Bedard in 1987; and 10 siblings.

Paul is survived by his wife of 31 years, Diane (Roy) Bedard of Dunbarton; five children, Gloria Houle and her husband, Richard, of Goffstown, Priscilla Skinner and her husband, Rick, of Florida and Elaine Allison and her husband, Ken, Paul E. Bedard Jr. and his wife, Lisa, and Denise Langley and her husband, Stephen, all of Goffstown; three stepchildren, 16 grandchildren and 11 (soon to be 13) great-grandchildren.

The family thanks the staff at Easter Seals as well as the Hillsborough County Nursing Home for their loving care.

AGNES M. SUGHRUE

Agnes M. (Reardon) Sughrue, wife of Daniel F. Sughrue, of Bow died January 15, 2021. She passed very peacefully at her home surrounded by her loving family. A true fighter, Agnes beat the odds against a health condition she pushed back on since 2003 when originally diagnosed and told she had three months to live – she clearly did not accept.

Agnes, (Aggie), formerly of Arlington and Lexington MA, is predeceased by her parents, Agnes Jennings Reardon and John F. Reardon of Arlington, MA; and by her two brothers, John (Jack) Reardon of Arlington, MA, and Loudon, NH and James M. Reardon of Belmont, MA. She was a graduate of Marycliff Academy, Winchester, MA and of Regis College, Weston MA, class of '61.

Agnes was a retired Private Investigator working with her husband Dan, and was one of the very first female licensed private investigators in the state of NH.

A loving wife, a wonderful mother, grandmother, and great grandmother, she is survived by her husband of 36 years, Daniel F. Sughrue and by her children: Kerri-Maria McMenimen Phaneuf, Kevin J. McMenimen, and Frederick V. McMenimen III. Nine grandchildren also survive Agnes along with two great-grandchildren.

In lieu of flowers, the family asks you consider making a donation to one of the charities that are near and dear to Agnes and Dan: to The Vasculitis Foundation at www.vasculitisfoundation.org; to the Perkins School for the Blind at www.perkins.org; or to the Semper Fi Fund for combat wounded, ill, and injured at www.semperfifund.org.

Concord Regional VNA, the largest home health and hospice provider in New Hampshire, has reimagined several of its popular wellness programs and support groups for a virtual setting as Granite Staters continue to practice social distancing amid the coronavirus pandemic.



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION

"After nearly a full year adhering to physical distancing guidelines, the isolation is taking a toll on some, especially older adults, caregivers, and others who are vulnerable," said Beth Slepian, President and CEO, Concord Regional VNA. "Staying connected with people in similar circumstances is more important than ever and adapting our wellness programs to an online format is one way we continue to support our community during this challenging time."

CURRENT VIRTUAL PROGRAMMING INCLUDES:

A MATTER OF BALANCE nine-week series that provides participants with tools and techniques to help them gain confidence and teaches simple fall prevention strategies. The next session begins February 18, 2021.

BETTER CHOICES, BETTER HEALTH™ a six-week interactive workshop for adults age 18 and older living with or caring for someone with arthritis, diabetes, hypertension or any other ongoing mental or physical health condition. Facilitators provide valuable tools and information to help manage disease symptoms, maintain proper nutrition and exercise, communicate with healthcare providers and more.

The next session begins February 22, 2021. Aging Mastery Program® a 10-week, comprehensive and fun approach to living that celebrates the gift of longevity. Topics are planned to include exercise, sleep, healthy eating, financial fitness, advance planning, falls prevention

and more. The next session begins March 16, 2021.

POWERFUL TOOLS FOR CAREGIVERS a six-week, evidence-based educational program offered by health care organizations nationwide, which provides family caregivers with tools and techniques to care for themselves while caring for a relative or friend. The next session begins April 5, 2021.

Other popular programs and groups available online include **"WELLNESS WEDNESDAYS,"** held on the second and fourth Wednesday of each month. Topics such as memory loss and aging, managing stress, talking with your health care provider, vaccines, and others are presented by health educators. People interested in joining are encouraged to check the current schedule at www.crvna.org/onlineprograms.

All of Concord Regional VNA's virtual programming is available at no cost to participants, and all programs require pre-registration. Participants must have a computer or mobile device with a camera and microphone. Technical support is available to help people set-up and log-in. Please visit www.crvna.org/onlineprograms for a complete list of virtual wellness and support programs.



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and
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SEARCH FOR
CONTESTANTS
FOR FALL
TALENT SHOW

CCEH will hold its second annual Talent Show on May 1st to raise funds to help end homelessness in the Capital City. The last Talent Show featured ten acts and raised \$30,000 for the organization’s mission.

Auditions, are scheduled for April 17th and 18th from 12-4PM at two Concord locations: Area 23 and Litherman’s Limited Brewery. Following COVID protocol, the first auditions will be held outside at Area 23, located in the Smokestack Center at 254 N. State St., on April 17th. Litherman’s Limited Brewery, 126 Hall St. Unit B, will then host aspiring performing artists at its outside patio on April 18th.

Those interested in auditioning should visit www.concordhomeless.org/talent-show-about/ to view the contest rules and submit an application to perform. The deadline for applications is April 1st, 2021.

Applicants are encouraged to use original material. All entries will be screened in April, with the selected contestants invited to perform at the live auditions in April at either Area 23 or Litherman’s. Six performers will advance to the May 1st Talent Show based on the judges’ opinions and show off their talents before a live audience at the Bank of New Hampshire Stage, 16 S. Main St., Concord. In accordance with COVID safety guidance, seating at the live show will be limited to 100 spectators. However, the show will be live streamed for free on multiple platforms, including Concord TV, Facebook Live & YouTube. During the show CCEH will offer viewers the opportunity to buy a vote and support their favorites, and make a donation to the organization.

The May 1st event will include the chance for the audience to vote for their favorite act, both online and on-site. Included in the ticket price, guests will be treated to food provided by the theater’s Main Street neighbors: Concord Food Co-op and O’s Steak and Seafood. A cash bar will also be available.

Pick up a copy of
The Bow Times
at one these 28 locations!

Baker Free Library	Flanagan's South Ender Deli
Blue Seal Feeds	7 Eleven on 3A
Bow Mobil	Hampton Inn
Bow Recreation Building	Individual Fitness
Bow Town Offices	Johnson Golden Harvest
Chen Yang Li	Lakehouse Tavern
Colonial Village Supermarket	Merrimack Co. Savings Bank
Cracker Barrel-Hopkinton	Nina's Bistro, Hall St., Concord
Concord Chamber of Commerce	Pages Corner Store
Concord Food Co-Op	South Street Market
Crust and Crumb	Sugar River Bank, Concord Hts.
Dimitri's Pizza	Tucker's Restaurant
Dunbarton Town Office	Veano's, Manchester St.
Everyday Café	White Rock Senior Center

Quote – Mark Twain said about politicians and diapers:
“They should both be changed often and for the exact same reason.”

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COVID 19 DROPS IN NH!
As of February 11, 2021

New Hampshire had 365 new cases of COVID-19.
Local statistics are:

Bow	20 active cases	339 total
Dunbarton	10 active cases	137 total
Hopkinton	6 active cases	211 total

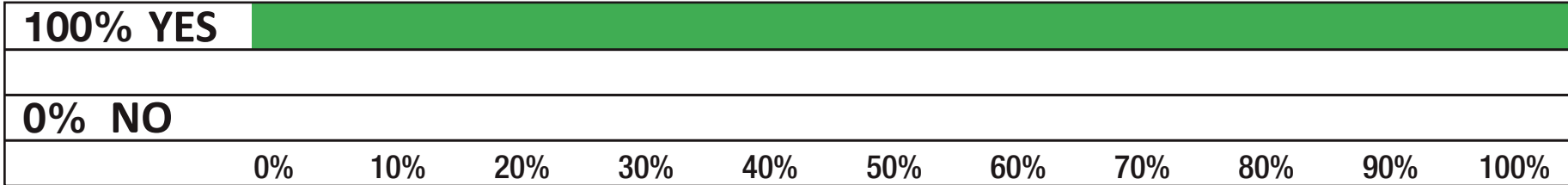
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RESULTS OF JANUARY 2021 SURVEY:

Q. Should Bow taxpayers have access to the MRI report on the police department that cost them \$9,187.40?





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