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THE BOW TIMES

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DUNBARTON VILLAGE NEWS ON PAGE 15



Eric Enderson | Photo

ANGELA BRENNAN SWEEPS BOW SELECTMAN'S RACE

Newcomer Angela Brennan easily won one of the Selectman's slots vacated by Colleen Hunter with 953 votes. Incumbent Chairman, Chris Nikolopoulos, kept his position with 611 votes.

Challenger, Anthony Foote, was close behind Nikolopoulos at 541 votes with Chris Lins at 498.

A mailer by the State Republican Party attacking Brennan as “anti-parent” and a Biden-like progressive turned out to be a big mistake and merely drove up her votes as Bow voters reject partisan involvement in local elections.

The two running for the Budget Committee, Jeff Knight and Brock Ehlers, each received 1,048 votes.

Total ballots for Bow were 1,582.

In the School Board race it was Melynne Klunk with one 1,079 votes and incumbent Jenna Reardon with 1,094.

Write-in Wendy Funches received 279 votes.

All four zoning amendments passed overwhelmingly.

TURF FIELD SWAMPED AT SCHOOL MEETING

Over 500 voters turned out for the annual school meeting on March 11 and overwhelmingly rejected the proposed artificial turf field. The bond issue of \$2,400,000 needed 317 votes (or 60%) to pass but fell well short with only 155 yes votes and 373 rejecting the spending plan.

An additional \$600,000 for the turf field was also voted down.

The voters approved a new budget of \$31,832,024 for the coming 2022-2023 fiscal year.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9

PAGE ROAD 64 ACRE PARCEL PLANNED FOR HOUSES

After meeting last December with the affected neighborhood and with two abutters, the Bow Planning Board on February 17 received an application from Keach-Nordstrom Associates and Cherry Hill homes for 17 lots to be developed off of Page Road.

Planning board members discuss some of the concerns voiced by the abutters, whether there is need for a traffic or a water study, the location of the mailboxes, traffic, sight distances, etc.

After looking at traffic numbers for Page Road, the consensus was that the development would not generate enough traffic to significantly add to what is already existing, therefore, the traffic study would not be needed.

Location of prime wetlands on the southwestern part of the property was also discussed and whether the buffer for it was calculated correctly. Consensus was that the major points on the yield plan would be staked for the site visit on March 12.



LOGGING HILL & EXIT 1 SITE OF PROPOSED MIX USE DEVELOPMENT

A plan for five apartment buildings as well as retail and commercial space has been proposed for a 42 acre lot along I-89 near Exit 1 and Logging Hill Road.

On March 3rd, Kevin Walker of the John Flatley Company in Nashua, presented the multi-million dollar proposal to the Bow Planning Board. Bow's Director of Community Development, Matt Taylor, said that the State Department of Transportation would need to reconfigure Exit 1 due to traffic concerns in that stretch of the road.

While supporting the need for development, neighbor, Susan Paschall, expressed her concern that the apartments renting out in the range of \$2000 a month are not affordable housing.

As to school concerns the Flatley representatives said this type of project generally attracts young couples and empty-nesters rather than families. Other issues like water and sewer will have to be addressed if the project goes forward in the planning process.

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EDITORIALS

PUTIN, TRUMP AND UKRAINE

The second largest country in Europe has just been invaded by the largest country, Russia. The reason is to restore the grandeur and scope of the old USSR, one piece at a time.

The 44 million people of Ukraine live in a country that became part of the Soviet Union exactly 100 years ago. After President Ronald Reagan won the Cold War, Ukraine re-emerged as a nation in 1991.

Post-Soviet Russia is really just an oil company with an army. When did you last buy appliances, cameras, computers, clothes, cars or furniture from Russia? Never. Their economy is the size of underdeveloped Brazil but Donald Trump thinks Putin is the greatest thing since sliced bread.

Most embarrassing to those of us few Republicans who think Russia is a menace (having grown up during the Cold War) is our past President’s view on February 22 that:

“This is genius. ‘Putin declares a big portion of the Ukraine ... Putin declares it as independent. Oh, that’s wonderful,” Trump said in an interview on “The Clay Travis & Buck Sexton Show.”

What got Donald Trump excited is that Putin set up two alternative governments in Eastern Ukraine, just like the alternate slate of illegal Trump electors in Wisconsin and Pennsylvania, despite their official governments having declared Trump the 2020 loser. Praise flowed from a U.S. President that could be as enthusiastic as that from the President of Belarus!

Later in February our former President said: “So Putin is now saying, ‘It’s independent,’ a large section of Ukraine. I said, ‘How smart is that?’ And he’s going to go in and be a peacekeeper. That’s the strongest peace force I’ve ever seen. ... Here’s a guy who’s very savvy. ... I know him very well. Very, very well.”

If this is a peacekeeping mission then Trump doesn’t really know the Butcher of Ukraine. Rather than a violation of international law when one country invades another (like Hitler in Poland in 1939), Trump sees this as merely a land deal when he said “it is a great piece of land with a lot of people, and just walking right in.”

It is very unnerving that a man who was once our Commander in Chief sees the bombing and slaughter as “just walking right in.”

Those Republicans with yellow Don’t Tread on Me stickers and “fighting for freedom” slogans on their cars should have the consistency to side with Ukraine and not Putin and Trump. You choose either democracy and sovereignty or an invading dictator cheered on by Putin’s puppy.

Call me what you will, but I am a Reagan Republican not a TrumpPutin Republican.
How about you?

KEEP THE PARTIES OUT OF BOW TOWN/SCHOOL ELECTIONS (2nd EDITION)

On page 3 of the April, 2021 edition of this paper, I was critical of an unsuccessful Young Democrats mailer attacking Matt Poulin.

Unfortunately this year the state GOP sent out an attack piece on Angela Brennan attacking her as a “Biden-like progressive.” Given that Donald Trump lost in Bow by 1,000 votes to Joe Biden, the mailer clearly missed the right audience.

I repeat what I said last year: “Local citizen groups in Bow are free to chime in on the local races, but to get political parties involved will lead to Blue or Red school board members, selectmen, library trustees, etc. I hope this is the last outside party mailer for a local nonpartisan race in Bow.”

WISHING THE WINNERS WELL

It isn’t easy to step out of your private world to run for public office. We wish the winners well to do a good job for the taxpayers.

Chuck Douglas
For a free press, je suis Charlie

BOW BONDING CONSIDERED FOR CAPITAL SPENDING PROJECTS

The Capital Improvements Plan for Bow highlighted three major projects based on the recommendations of the Capital Improvement Committee.

First, was the renovation of the Bow Elementary School at a “cost of roughly \$10,000,000.” The immediate needs are replacement of the Fire Alarm System at a cost of \$185,200 and installation of a Sprinkler System at a cost of \$537,3000 are being considered for FY2023-2024. A firm date for the full renovations has not been decided and the Committee recommended moving it out to FY2025–26.

The second major project is clean, potable water to the Route 3-A junction by extending the existing municipal water system.

The updated opinion of cost, including construction and engineering oversight, is \$13,349,787. Final project design is now underway at a cost of \$818,200 and the cost of the work is being covered by revenues received from the Bow Business Corridor Tax Increment Finance (TIF) district. The design phase is scheduled for completion in Spring 2022 with a potential Summer 2022 to start date for construction.

The Committee believes that this project will require bonding with the anticipation that the annual debt service payment will be covered by the Business Corridor TIF district. The Town is still in discussions with the City of Concord for a potential extension of the City's system to Bow Junction.

Finally, renovations at the municipal office building at 10 Grandview Road are planned in phases. Phase I would be the renovations necessary for Community Development to move upstairs at an estimated cost of \$80,000 and allocating an additional \$25,000 for the renovation of the main level bathrooms. Phase II would be to swap the Town Clerk - Tax Collector's office and Meeting Room C at a cost of \$41,000. Phase III would be renovation of the remainder of the main level, the storage/server room in the lower level and Heating Distribution and Envelope energy improvements.

Total cost for this phase is estimated at \$121,500.

PRIVATE ROAD LEGISLATION PASSES NH SENATE

by John Goglia

In February, the New Hampshire Senate passed SB246 which mandates that municipalities and developers who approve and build future private road communities with four or more residential units must either construct those roads to existing public standards or the developers must fund a reserve account for up to 50% of the cost to replace those roads at the time of completion of the project. Those funds would be turned over to the eventual resident's association to maintain and replace those private roads going forward.

This legislation is meant to reduce the increased proliferation of private road developments which places an unfair tax burden on unsuspecting residents.

SB246 will soon be scheduled for hearings before a committee in the House of Representatives. Anyone interested in private road legislation should immediately visit www.nhprta.com, sign up and follow through with the recommended course of actions.



TOWN OF *Bow* ENERGY COMMITTEE

Are you looking for positive and practical way to make a difference in the health of the environment and our community?

Are you interested in renewable energy, in making Bow a more energy-efficient town, and helping your neighbors learn how they can save money and energy in their homes?

With the start of the Bow Energy Committee, we are pleased to offer a new opportunity to participate in town initiatives and engage with your community!

The Energy Committee meets every third Wednesday at 6:30 PM in Room C, of the Municipal Building (Town Hall). To learn more about our committee or join our team, we welcome you to attend a meeting or to contact Tonia Lindquist at the Town Office for more information: tindquist@bownh.gov, 603-223-3910.

BOBCATS & OTHER WILDLIFE IN N.H.



Monday, April 11th at 6:30pm

**Presented by Don Allen
Fish & Wildlife Steward, NH Fish & Game**

Did you know the most common wildcat in North America is the bobcat? This exciting program will include the history of wildlife in NH with a focus on bobcat research and new interesting information.



This is a ZOOM event.
Please register by emailing
president@bowgardenclub.org

**MARK YOUR CALENDAR
FOR THE TOWN OF BOW**

**EASTER EGG HUNT
& EASTER BUNNY BREAKFAST**

**SATURDAY, APRIL 9th
BOW ELEMENTARY SCHOOL**



MORE INFORMATION COMING SOON!



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COLORECTAL CANCER

When I began my surgical practice in the mid 1970's we were trying to get the message out that colonoscopy was a helpful tool in detecting, but more importantly, in preventing the development of colorectal cancer. It was very satisfying to remove colon polyps which have the potential to develop into a malignancy. At that time, we were trying to get people screened who were over 50 years of age. In most practices, screening throughout the 1980s consisted of a digital rectal exam, testing stool for occult blood and if the patient agreed, a proctosigmoidoscopy, which in that day was a ridged 25 cm metal scope that could give a relatively good look at the lower 20 cm of colon/rectum. The average adult colon is about 5 feet (150 cm) long, so you can see that we were only 'screening' 14% of the colon. Flexible endoscopy came along and allowed us to examine the entire colon. Although many practices in the 1970's and 80's were encouraging patients to have a colonoscopy, it wasn't until the 1990's that the American Cancer Society came on board and said there was a cost/risk/benefit ratio that was in the patients' interest, and they therefore recommended routine colon screening beginning at age 50 with colonoscopy being the gold standard.

The good news is that ever since the 1980s, with widespread acceptance and use of colonoscopy, there has been a decline in the incidence and the mortality from colorectal cancer (CRC). On the 23rd of February I listened to an educational symposium from the Cleveland Clinic on the topic of "Young-Onset Colorectal Cancer" (YOCRC). Since 1994, there has been an increase of 51% in the incidence of colorectal cancer in younger adults, and they are being diagnosed with a more advanced stage of cancer. According to the Cleveland Clinic, 11% of colon cancers and 18% of rectal cancers now occur in people under the age of 50. In 2020, in the under 50 age group, there were in the US 17,930 new cases (49/day) and 3,640 deaths (10/day). These are people in the most productive stage of their careers and 80% have children under the age of 18. Young-onset colorectal cancer disproportionately affects young Black & Hispanic people. Black patients make up 11.3% of average age onset CRC, but 15.1% of YOCRC.

Although we do not know the exact reason why there has been an increase in younger cases of CRC, we do know that the top four things that are associated with this increase are: sedentary lifestyle, sugary beverages, elevated triglycerides, and a BMI greater than 30. Colorectal cancer ranks 5th in research funding following breast, lung, leukemia, and prostate.

March is National Colorectal Cancer Awareness Month.

What can you do?

1. Routine colon screening – with a colonoscopy if possible, beginning at age 45.
2. Get your weight under control, cut down on sugar and red meat and eliminate smoking and alcohol.
3. Add more exercise to your daily life
4. Donate to colorectal cancer research
5. Contact your health care professional if you have a family history of colon cancer, if you notice blood in your stool, or a persistent change in your bowel habits.



EARTH DAY | APRIL 22, 2022

All together now! This is the moment to change it all – the business climate, the political climate, and how we take action on climate. Now is the time for unstoppable courage to preserve and protect our health, our families, our livelihoods... together, we must invest in our planet.

We need to act boldly to innovate, and implement change. It's going to take all of us. All in. Businesses, governments, and citizens — everyone accounted for, and everyone accountable. A partnership for the planet.

It's time to solve the climate crisis, time to choose BOTH a prosperous and sustainable future, and time to restore nature and build a healthy planet for our children and their children.

BOW GARDEN CLUB

A \$1,000 Bow Garden Club Scholarship is available for a graduating Bow High School Senior who is pursuing an education in any of the plant sciences (horticulture, conservation, forestry, etc.)

An application may be acquired through the BHS counseling office or by contacting Bow Garden Club Scholarship Chairman Debra Wayne at debrawayne@comcast.net or (603) 715-1466. Applications need to be received by April 30th.

The Bow Garden Club will begin its 2022 club year Monday evening, April 11, with a ZOOM presentation entitled "*Bobcats and Other Wildlife in NH.*" The presenter will be Don Allen, a Fish & Wildlife Steward with NH Fish & Game. The program will begin at 6:30 p.m. and will be followed by a brief business meeting for members. Non-garden club members can email president@bowgardenclub.org and they will be sent the ZOOM link for the presentation.





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HOW DO I GET AND KEEP A GOOD CREDIT SCORE?

There is no secret formula to building a strong credit score, but there are some guidelines that can help.

- Pay your loans on time, every time.** One way to make sure your payments are on time is to set up automatic payments, or set up electronic reminders. If you've missed payments, get current and stay current.
- Don't get close to your credit limit.** Credit scoring models look at how close you are to being "maxed out," so try to keep your balances low compared to your total credit limit. If you close some credit card accounts and put most or all of your credit card balances onto one card, it may hurt your credit score if this means that you are using a high percentage of your total credit limit. Experts advise keeping your use of credit at no more than 30 percent of your total credit limit. You don't need to revolve on credit cards to get a good score. Paying off the balance each month helps get you the best scores.
- A long credit history will help your score.** Credit scores are based on experience over time. The more experience your credit report shows with paying your loans on time, the more information there is to determine whether you are a good credit recipient.
- Only apply for credit that you need.** Credit scoring formulas look at your recent credit activity as a signal of your need for credit. If you apply for a lot of credit over a short period of time, it may appear to lenders that your economic circumstances have changed negatively.
- Fact-check your credit reports.** If you spot suspected errors, dispute them. If you have old credit card accounts you are not using, keep an eye on them to make sure that an identity thief is not using them.

Tip: If you are new to credit, consider getting a product designed to help you establish and build credit. Financial institutions have developed an array of products and services, such as secured credit cards and credit builder loans, tailored to helping consumers new to credit to establish and build credit.

Source: Consumer Financial Protection Bureau
For many helpful resources check out: consumerfinance.gov

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BOW POLICE K-9 FUNDRAISER





Any amount helps!
Mail your donation check to:

Bow Police Association
10 Grandview Road
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\$2,000

GOAL \$15,000



SEE OUR POSTS AT  **BOWPOLICEDEPARTMENT**

Bow Police Department's K9, Roxy, has provided over 8 years of outstanding service to the Town of Bow and surrounding communities. Roxy will be retiring soon at the age of 9 years old, and the Bow Police Association are fundraising to help offset the \$15,000 cost of purchasing a new K9 to fill Roxy's paws. A police K9 is a highly valued member of our police department, and we are reaching out to the public to assist us in purchasing another K9 to serve our community.

A well-trained police K9 can be used to locate lost children and adults, detect illegal drugs, apprehend suspects who may harm other people or police officers, locate evidence, and aid officers in searching buildings where someone may be hiding.

The Bow Police Department would like to serve the community in the best possible way and a new police K9 is an essential member of our department. Having a K9 working in Bow greatly reduces the response time when the closest K9 available is with the State Police or another agency.

K9 Roxy and Sgt. Pratte have been a trusted and highly successful K9 team for the past 8 years, and we hope to continue with the same high-quality service that they sustained.

Please consider donating - any contribution is greatly appreciated.

Please make checks out the **Bow Police Association K9 Fund** and mail directly to the police department:

Bow Police Association
Attention: K9 Fund
10 Grandview Road, Bow, NH 03304

Your donation will go directly toward supporting the Bow Police Department's K9 program. For more information, please feel free to call the Bow Police Department at (603) 223-3950.

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13th Annual SouperFest FUNDRAISER



SATURDAY, MARCH 26, 2022
White Park, 1 Whitepark Street, Concord

CCEH is thrilled to announce SouperFest 2022, a gathering to enjoy Concord's most sought after soups, while raising awareness of CCEH's invaluable work.

SouperFest is a Springfest – a time when we are more than ready to get out in the spring air, enjoy a selection of local soups, and listen to the **State Street Jazz Band** play it's New Orleans influenced music.

This year, eight of Concord's finest eateries are preparing their most sought-after soup for you to pre-order for this take-out event.

The eight eateries and the soups they will prepare are: The Barley House (Pumpkin Apple Bisque); Col's Kitchen (Chili); The Common Man (House Clam Chowder); Concord Food Co-op (Hungarian Mushroom Ale); Hermanos Cocina Mexicana (Vegetarian Chili); O Steaks & Seafood (Corn and Bacon Chowder); Revival Kitchen and Bar (Mushroom, Beef and Barley) and The Works Café (Lentil Soup).

This is a takeout event (weather permitting), guest are encouraged to bring a chair and picnic in the park. Each soup is 8 oz. and must be ordered in advance, online at www.concordhomeless.org for a \$5 donation. The CCEH website also contains full event details. Due to limited supply, many soups will likely again sell out before the event, so day-of, walk-up purchases may be very limited, or not available.

Of CCEH's \$50,000 SouperFest Fundraising goal, \$40,000 has already been raised through the generosity of the business community.

In addition to our Palladium sponsor, MCSB, we would like to thank our Gold sponsors, Northeast Delta Dental, Metzger/McGuire and Ruedig Realty, along with more than 40 other Concord area organizations for their generous support.



Members of the State Street Jazz Band. Mulberry Creek Imagery | Photos



NEW HAMPSHIRE FEDERAL CREDIT UNION ANNOUNCES NEW SCHOLARSHIP OPPORTUNITY FOR ADULT LEARNERS

The New Hampshire Federal Credit Union (NHFCU) seeks adult learners for a new scholarship opportunity. The John R. Young Career Enhancement Scholarship Program is now available to adult learners for the 2022 program year. John R. Young, is NHFCU's recently retired President/CEO. John's passion for education and career enhancement inspired NHFCU to offer this program in the communities it serves.

NHFCU and its Centers for Finance & Education will award \$5,000 in 2022 as scholarship contributions to adults working part or full-time, who wish to enhance their careers through accredited colleges or required licensing programs. This year, two scholarships will be awarded: one to an NHFCU member or eligible member for up to \$2,500, and one for an NHFCU employee for up to \$2,500.

This scholarship is for anyone with a high school diploma or GED who wishes to further their education or professional development. Applications must be received no later than April 18, 2022. Scholarship winners will be notified by May 15, 2022.

For application and submission recruitments go to www.nhfcu.org/news or call (603) 224-7731, ext. 158.

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THE MOST VALUABLE GIFTS YOU CAN GIVE YOURSELF

by Jim Olson

The best thing you can do for your health and fitness is to set a goal and create a realistic plan for reaching it. When you have a goal, you have something to strive for, and when you have a plan, you have a roadmap to help you get there. So, take some time to sit down and figure out what your goals are, and then come up with a plan for how you're going to achieve them. The results will be worth it!

THE FIRST STEP TO BETTER HEALTH

When you have something concrete that you're working towards, it's much easier to stay motivated and stay on track with your plan. To lose weight, set out a clear weekly or daily goal for how much you'll exercise; to start exercising more, give yourself a specific weight-loss target; to eat healthier, determine what changes in your food choices you're going to make.

If it's your dream to eventually compete in an event such as a marathon or a Crossfit competition, write down all of the specific things you'll have to do in order to get there.

BE REALISTIC

It's important that your goal be realistic within the context of your life right now. If your goals are realistic within the context of your life, you'll be more likely to stick with them.

IT'S NEVER TOO LATE

It's never too late to set new fitness goals for yourself, or reach your old ones. You may have "quit" on your New Year's resolution after only two weeks, but that doesn't mean you're stuck with what you've got right now. You can go after any goal at any time, and whether you take the steps to do so will depend on how badly you want it.

ACCOUNTABILITY

Being accountable to yourself creates an inner pressure to act that turns good intentions into actions, whereas setting goals without following through can't actually help you reach your destination. This isn't just about



Jim Olson

motivation, though; it's also about self-discipline and being able to stick with your plan.

Fitness is something quantifiable that can be measured, and that's one of the reasons why it's so important to determine your goals in advance. Measuring whether or not you're succeeding, keeps you accountable also helps you stick with your plan. If you set a goal for yourself but never track it, how do you know if it's really working?

Tracking your progress allows you to see how far you've come, which can also add to your motivation. Track your progress by setting daily, weekly, or monthly targets for yourself that are measurable. This way, you can work out for 30 minutes every day instead of just "working out more" without any accompanying effort.

REWARDS

Working out may feel like a chore when you're just doing it to be healthy, but it becomes far more fun when you look forward to the rewards.

By thinking about the future benefits of reaching your goal, it becomes easier to work through those tough days when you just don't feel like getting out of bed. You'll be more satisfied crossing the finish line knowing how hard you had to work for it.

GIFT YOURSELF

The most valuable gifts you can give yourself are a goal and a plan for reaching it. Starting today, don't just think about changing your life for the better; go out and actually do it. You have all the potential in the world to accomplish everything that you put your mind to if you just have a plan for reaching it.

Whether it's a resolution, a lifestyle change, or just something you want to do for yourself, now is exactly the right time to start working on those goals and putting together your plan for success.

Don't hesitate any longer to take the actions necessary in order to achieve your fitness goal and make this better life possible.

Boost your energy and strength with a 30-day jumpstart

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

Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



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Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

Join us for 30 days towards a healthier you!

Your 30-day jumpstart 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!

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Hopkinton Real Estate Sales – FEBRUARY

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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00 Farrington Corner Road	N/A	N/A	18.237 Acres	\$145,000
Briar Hill Road	N/A	N/A	16.5 Acres	\$240,000
44 Prospect Street	3 Bedrooms 2 Bathrooms	1900 Square Feet	0.48 Acres	\$275,000
245 Briar Hill Road	3 Bedrooms 2 Bathrooms	2172 Square Feet	0.42 Acres	\$334,000
334 Little Tooky Road	4 Bedrooms 2 Bathrooms	1690 Square Feet	0.3 Acres	\$350,000
385 Old Henniker Road	2 Bedrooms 3 Bathrooms	1524 Square Feet	1.0 Acre	\$400,000
293 Penacook Road	4 Bedrooms 3 Bathrooms	2468 Square Feet	3.2 Acres	\$425,000
436 Gould Hill Road	4 Bedrooms 2 Bathrooms	2456 Square Feet	1.9 Acres	\$500,000
109 W. Ridge Circle	3 Bedrooms 2 Bathrooms	2076 Square Feet	2.74 Acres	\$540,000
86 Chase Farm Road	4 Bedrooms 3 Bathrooms	4088 Square Feet	9.61 Acres	\$630,000
284 Briar Hill Road	4 Bedrooms 3 Bathrooms	2608 Square Feet	2.95 Acres	\$780,000

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HOPKINTON MARCH 8 RESULTS

The two selectmen elected on March 8 were Thomas Lipoma (772) and Kenneth Traum, 781 votes.

Three running for two seats on the Budget Committee resulted in votes for Debbie Norris (771), Mark Zankel (678), with Robert Matteo at (326) ballots.

All three zoning amendments were passed, but whether to allow Keno in town was defeated by 611 no to 452 yes votes.

In the school board race the nod went to Norman Goupil (706) over Dean Owens (418).

VOTERS APPROVE HOUSTON BARN RENOVATIONS

Voters approved \$875,000 for repairs on the Houston Barn, which serves as critical space for the Department of Public Works and a storage facility for several town organizations.

The Houston Barn Study Committee, which was formed in January of 2021, presented a number of cost estimates, including a basic stabilization of the building, repairing and rehabilitating the barn, and tearing it down and constructing a new structure. Ultimately repair and restoration was chosen to extend the life of the barn, therefore saving money on the cost of a total replacement.

Work will be completed in two phases. First, the barn will be jacked up in order to construct a new foundation and fix any drainage issues. Once the barn is back in place, the second phase includes installing a new metal roof, electrical wiring, a fire suppression system as well as replacing siding and doors on the barn. Anything beyond the \$875,000 will be funded by grants and private donations.

The barn currently serves as a storage facility for the town's Recreation Department, the Hopkinton Youth Sports Association, the Slusser Senior Center, the Hopkinton Library, the Boys & Girls Scouts and the high school athletic department.



HOPKINTON - CONTOOCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **MAKE A SPRING CENTERPIECE** with Marilyn on Wednesday, March 16th at 130pm at the Slusser Center. \$20. All adults are welcome to participate. Register by email Recreation@Hopkinton-NH.gov or online www.HopkintonRec.com.

► **TOWN OFFICE CLOSINGS** The town clerk/tax collector's office is closed for town/school election day Tuesday March 8th. Regular Wednesday hours will resume on March 9: 12:00 p.m. to 4:00 p.m. Thursday/Friday: 8:00 a.m. to 12:00 p.m.

► **TOWN VOTING** Tuesday March 8th 7am to 7pm at the Middle High School. Contact the Town Office at 746-3170 for an absentee ballot. Concern for COVID exposure still qualifies as a reason to request an absentee ballot.

► **TOWN MEETING** Saturday March 12th at 9am at the Middle High School.

► **TAX PREPARATION** at the Hopkinton Town Library is by appointment only. Go to nhtaxhelp.org or call 211 to schedule your appointment. Free tax preparation is available to all ages and occupations. Only one federal return per appointment please.

► **A PUZZLE SWAP** will be on Friday March 11th from 1-4 PM at the Hopkinton Town Library. We're looking for boxes of puzzles without missing pieces. You don't need to donate to come in and take what you'd like on the day of the swap.

► **BLOOD DRIVE** Hopkinton High School National Honor Society is hosting its annual Blood Drive on March 18th. New Hampshire is facing the biggest shortage of blood in the past decade. Your help is needed, please consider being a blood donor. To schedule an appointment for this blood drive, please click the link below <https://www.red-crossblood.org/give.html/drive-results?zipSponsor=HopkintonHS>.

► **PRACTICE READING WITH ZEKE** Zeke loves sitting and listening to a good story. Bring your own book or let us choose one for you. Register on the Hopkinton Town Library website or call 746-3663 to sign up.



Register for your 15-minute session of reading with ZEKE (pictured above) on Tuesday, March 15 between 3:30 and 4:30 PM.

► **CONTOOCOOK FARMERS MARKET** is every Saturday 9-noon inside at Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. Masks are required.

► **DAWN-MAR RANCH** located on Stumpfield Rd. in Hopkinton, provides care for retired and rescued horses. These horses in turn offer 4-H youth and Special Olympians with an opportunity to work with, care for, and show a horse that many otherwise would be unable to afford. To learn more, visit dawnmarranch.org. There is a donation page for those who would like to help with the medical, farrier, and other expenses of caring for senior horses. The ranch is always looking for volunteers to help care for the horses. If you are interested, please email owner Marcia Evans at dawnmarranch@gmail.com.



Marcia Evans (shown above) is owner of Dawn-Mar Ranch, established in 1960. Marcia has over 60 years of horse experience. Dawn-Mar Ranch has grown from a lesson barn to the home of three non-profit foundations: Changing Lives Equine Center inc., Easy Rider's 4-H, and Merrimack Valley Special Olympics.

► **DIAL-A-RIDE** is open for rides to medical appointments, dental, physical therapy, radiation and chemotherapy and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 AM to noon. Call 603-746-4357 to schedule an appointment or to volunteer.

HOPKINTON POLICE DEPT.

3 Arrests 4 Accidents 175 Traffic Stops FEBRUARY 2022 ARREST LOG

02/04 John Tracey, 58, of 881 Main Street Apt 7, Hopkinton, was charged with Drive After Revocation/Suspension-substq, Drive After Revocation/Suspension-DUI, Suspension of Vehicle Registration, Receive Stolen Property \$0-\$1000, Misuse/Fail to Display Plates, and Arrest on Warrant.

02/11 Alayna Spear, 26, of 788 Union Street, Manchester, was arrested for DUI and DUI; Aggrvtd 0.16+.

02/18 Richard Newcomb, 26, of 221 Gould Hill Road, Hopkinton, was arrested for DV; Simple Assault; Physical Contact and Breach of Bail Conditions.

250 South Street, Concord **603.856.8020**

Dessert Items

Deli Open Mon - Fri
6:30 AM – 3:00 PM

Store Open Mon - Fri
6:30 AM – 6:00 PM

Saturday
9:00 AM – 3:00 PM
Closed Sunday



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Most Vehicles **\$79.95**

Expires March 31, 2022 - Cannot be combined with other special offers or discounts.

BEAT THE HEAT AC *Special*

Most Vehicles **\$99.95**

**Includes RECHARGE A/C System
with Refrigerant and Dye**

INSPECTION of ALL HOSES AND FILTERS
Up to 2 pounds of R134a refrigerant only.

Expires March 31, 2022 - Cannot be combined with other special offers or discounts.

BONUS SAVINGS *Specials*

\$25.00 OFF services over \$250.00

\$50.00 OFF services over \$500.00

\$75.00 OFF services over \$1,000.00

FREE BRAKE INSPECTION

Don't wait until your brakes fail! Call today for an appointment

PLUS \$50.00 OFF Complete Brake Job
\$25.00 per axle

Cannot be combined with any other offer or discount. Excludes tires, batteries, engine and transmission replacement. Some restrictions may apply. Coupon only valid if presented at the time of service.
Expires March 31, 2022

EXCITING INTRODUCTORY *Giveaway*

STOP IN TO MEET US

**Monday – Friday from 7:30 AM to 5:30 PM
AND ENTER TO WIN A**

Platinum **PACKAGE DETAIL**

a \$400.00 + Value

NO PURCHASE NECESSARY.

PLATINUM DETAIL INCLUDES: Vacuum interior, shampoo carpets and upholstery, clean windows inside and out, dashboard, console, all interior trim, vents, gauges, foot pedals, condition leather seats, clean door jams, hand wash and dry, wheels cleaned, clean and dress tires and trim, apply high quality ceramic coat.

Now through March 31, 2022.

Winner to be announced on April 1, 2022

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MARCH FEATURED PROGRAMS

WILDLIFE ENCOUNTERS Saturday, March 19th | 11am

Enjoy a visit from the Wildlife Ecology Center of Barrington! An Outreach Ambassador will visit the library with seven live animals, allowing children and their families to meet and learn about each unique critter. Animals may include reptiles like lizards and snakes, tortoises, birds, hedgehogs, chinchillas, porcupines, or even an alligator!

The presentation is expected to last 45-60 minutes. This program is recommended for children aged 5 and up, and space is limited.

Please register using our online calendar to reserve your spot!

BOOK BATTLE RESULTS

Hall Memorial Claims Victory with 113,457 Minutes

Great job, Bow! We cannot believe how many minutes our patrons read during our **Book Battle** against Hall Memorial Library in February. Our patrons went above and beyond our 50,000 goal and read for a total of 87,601 minutes. That amounts to 1,460 hours (nearly 61 days!). While we didn't win the competition, we are so proud of all of the support from our patrons. The top adult reader was Wanda H. with 7,315 minutes. Our top child reader was Nathan B. with 3,795 minutes. Congratulations!

CHILDREN'S PROGRAMS

SHIMMY & SHAKE STORYTIME Every Tuesday at 10:30am

A special Storytime for movers and shakers! This 45-minute program includes music and songs, yoga and movement activities, and ends with a family dance party. Recommended for ages 3-6, but all ages are welcome.

FAMILY STORYTIME Every Thursday at 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each session ends with plenty of open play time, allowing children and their caregivers to meet and socialize together. All ages welcome. *This Storytime Session runs from March 15th to April 21st.*

To register your child for our upcoming session of Storytimes, please visit the online calendar on our website.

KRAFTS 4 KIDS Wednesday, April 13th | 3:30pm

A monthly program for artists and makers in Grades K-4 along with a parent or guardian. Create a new craft each month with materials supplied by the library!

Registration is required. Please visit our website and register using our online calendar.

TINKER TUESDAY Tuesday, April 19th | 3:30pm

A STEM-inspired group that explores scientific concepts through hands-on activities. Recommended for Grades 2-6, in the company of a parent or guardian. **Registration is required. Please visit our website and register using our online calendar.**

MAGIC TREEHOUSE BOOK CLUB

Monday, April 25th | 4:00pm

Join the library's newest book club for young readers! Each month, travel the world and explore new subjects with books from The Magic Tree House series, written by Mary Pope Osborne. A new book will be selected each month, with copies provided by the library. Chat, craft and play at every meeting! This program is recommended for readers in Grades 1-3, or any interested child reading at those grade levels.

Registration is required. Please visit our website and register using our online calendar.

ADULT PROGRAMS

ADULT CRAFT NIGHT Monday, April 11th | 6:00pm

Join us every month for an after-hours craft night and learn how to make simple DIY crafts. **Registration is required. Please visit our website and register using our online calendar.**

ADULT BOOK TALK Tuesday, April 12th | 12:30 pm & 6:30pm

The **Adult Book Talk Group** will be discussing *White Ivy* by Susie Lang. Copies of the book are now available at the Circulation Desk to check out.

The **White Rock Book Group** will be meeting at White Rock Senior Center on Tuesday, April 19th at 1:00 pm.

The **Whodunits** are meeting at White Rock Senior Center on Tuesday, April 5th at 1:00 pm.

IN THE GALLERY

MARCH EXHIBIT March 7th- April 1st

Racial Unity Team Art and Poetry Challenge 2021

This annual challenge sponsored by the Racial Unity Team is the largest of its kind in the area. The challenge is designed to infuse into communities new energy, creativity, growth and understanding as to the true meaning of racial Diversity, Equity, Inclusion, and Justice as seen by our youth and experienced by our adults.

This exhibit showcases the winners of the Art and Poetry Challenge 2021.

See the Racial Unity Art promotional below.

APRIL EXHIBIT April 4th – April 29th

Douglas Richards

Douglas Richards is a self-taught artist rather than having pursued art through formal education. For the past 70 years, he has studied painting by observing art in books, private homes, museums and wherever art is displayed. Douglas has led several workshops on the Joy of Watercolors, Painting on the Right-side of the Brain, and Framing for Next to Nothing. He wrote an article entitled Taking Pictures from Within and gave several talks on the subject when he became obsessed for twenty years with fine art photography.

Douglas will be painting at the library every Saturday during the month of April. Visitors are encouraged to stop by and meet him! Times will be announced on the library website and through social media.

Join the 2022
ART & POETRY
CHALLENGE

Submit a poem or visual work of art
inspired by this year's theme of
"Equity," which means giving people what
they need to reach their full potential.

Submit a final copy of your poem
or photo of your artwork by April 15, 2022

Winners in Five Categories:
Elementary (K-2 & 3-5), Middle School (6-8),
High School, and Adult

One entry per person

Up to \$6,000 in prize money
will be shared among the winners!

Selected submissions will be exhibited June-December 2022

For Challenge rules, visit us at
<https://racialunityteam.com/art-and-poetry-challenge>

This event is made possible by the generosity of our sponsor
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FEBRUARY 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
22 Vaughn Road	3 Bedrooms 2 Baths	2652 Square Feet	5.42 Acres	\$415,000
2 Van Ger Drive	3 Bedrooms 2 Baths	2224 Square Feet	1.56 Acres	\$425,000
9 Grandview Road	3 Bedrooms 3 Baths	1820 Square Feet	1 Acre	\$480,000
97 Brown Hill Road	4 Bedrooms 2 Baths	3134 Square Feet	1.60 Acres	\$505,000
5 Fiddlehead Circle	2 Bedrooms 2 Baths	1896 Square Feet	CONDO	\$537,000

FEBRUARY 2022 REAL ESTATE SALES IN BOW



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
326 Stark Highway North	3 Bedrooms 3 Baths	1952 Square Feet	10.78 Acres	\$380,000
64 Overlook Drive	3 Bedrooms 3 Baths	2436 Square Feet	2.78 Acres	\$699,000

Sales Data for February 2021 provided by the NHMLS.



If you're thinking of selling, or just curious about your home value, give us a call for a **FREE PRICING ANALYSIS.**



BRENNA NICOLE NOVAKOSKI
University of Vermont | Animal & Veterinary Sciences

Brenna Nicole Novakoski, 2019 Bow High School graduate, and Dunbarton resident, is part of the CREAM team at the University of Vermont. CREAM stands for Cooperative for Real Education in Agricultural Management.

CREAM is a program in which students manage farm operations and perform all of the barn chores.

There are currently over 100 milking Holstein in the herd with 48 cows being milked at any given time. It is one of the highest producing and genetically superior herds in Vermont. This spring and fall semester program offers 8 credits (4 per semester) to only 13-16 students each year.

In addition to barn chores and studies, Brenna coordinates and produces student events, and was inducted into the 29th Spanish Honors Society.

Brenna is pictured here with a calf she helped birth.

TOWN MEETING APPROVES

\$12,537,074

BUDGET

At the March 9, 2022, Bow town meeting the voters approved a budget of \$12,537,074 and a 30 year lease of town land for a long needed cell tower.

Town meeting attendees also approved an additional \$5-per motor vehicle registration to go towards regional transportation improvements. About 225 voters attended the meeting.

ROTH IRS CONVERSIONS - WHAT ARE YOUR CHOICES? WHAT ARE THE BENEFITS?

by Dominic Lucente

If you own an Individual Retirement Account (IRA), perhaps you have heard about Roth IRA conversions. Converting your traditional IRA to a Roth IRA might be a sound financial move depending on your situation.

But remember, this article is for informational purposes only, not a replacement for real-life advice. A professional should be consulted before attempting this type of strategy. Tax rules are constantly changing, and there is no guarantee that the tax treatment of Roth or Traditional IRAs will remain the same as it is now.

Also, Roth conversions have come under much scrutiny during the past few years. Congress has considered legislation that would prevent high-income Americans from Roth conversions. While no action has taken place, it is possible that Roth rules may change in the future.

Why go Roth? Every Roth IRA conversion is based on a belief: the belief that income tax rates will be higher in the future than they are now. If you hold this belief, then you may want to consider a Roth conversion.

Once you are 59½ and have had your Roth IRA open for at least five calendar years, withdrawals of the earnings from your Roth IRA are exempt from federal income taxes. In addition, once five calendar years have passed, you can withdraw your Roth IRA contributions tax-free and penalty-free.¹

Under current I.R.S. rules, if you are the original owner of a Roth IRA, you never have to make mandatory withdrawals from your account. And you can make contributions to a Roth IRA as long as you continue to have earned income.²

Currently, if your federal tax filing status is married filing jointly and your adjusted gross income (AGI) is \$204,000 or less, you can contribute a maximum of \$6,000 to your Roth IRA, \$7,000 if you're age 50 or older. The maximum contribution is also available to single filers with an AGI of \$129,000 or less. Depending on how high your AGI is, the amount you are able to contribute may change.³

Why not go Roth? There are many reasons, but here are two to consider: you have to be prepared for the taxable event and time may not be on your side.

A Roth IRA conversion cannot be undone. The I.R.S. regards it as a payout from a traditional IRA prior to that money entering a Roth IRA, and the payout represents taxable income. That taxable income stemming from the conversion could have tax consequences in the year when the conversion occurs.⁴

In many respects, the earlier in life you convert a regular IRA to a Roth, the better. Your income may rise as you get older; you could finish your career in a higher tax bracket than you were in when you were first employed. Those conditions relate to a key argument for going Roth: it is better to pay taxes on IRA contributions today than on IRA withdrawals tomorrow.

On the other hand, since many retirees have lower income levels than their end salaries, they may retire at a lower tax rate. That is a key argument against Roth conversion.

You could choose to “have it both ways.” As no one can reliably predict the future of American taxation, some people contribute to both Roth and traditional IRAs – figuring that they can be at least “half right” regardless of whether taxes increase or decrease.

If you do go Roth, your heirs may receive tax-free distributions. Lastly, Roth IRAs can prove to be very useful estate management tools. If I.R.S. rules are followed, Roth IRA heirs may end up with a tax-free inheritance from the account. In contrast, distributions of inherited assets from a traditional IRA are taxed.¹

Under the 2019 SECURE Act, most non-spouse beneficiaries of a Roth IRA are required to have the funds distributed to them by the end of the tenth calendar year following the year of the original owner's death.⁵

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

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Citations

- 1 - U.S. News, January 27, 2022
- 2 - Internal Revenue Service, November 27, 2021
- 3 - Internal Revenue Service, November 5, 2021
- 4 - Investopedia, February 2, 2022
- 5 - Forbes, December 14, 2021



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BISHOP BRADY

HIGH HONORS

Claire Chimienti	Grade 9	Hopkinton
Emma Richardson	Grade 9	Hopkinton
Meghann Geiger	Grade 10	Hopkinton
Caroline Michaud	Grade 10	Dunbarton
Claudia Gutierrez Piris	Grade 11	Hopkinton
Nicholas Steigmeyer	Grade 11	Bow
J. Henry Maloy	Grade 12	Hopkinton
Camilla Simonetti	Grade 12	Bow

HONORS

Talon Perkins	Grade 9	Hopkinton
Paul Badau	Grade 10	Hopkinton
Nathan Steigmeyer	Grade 11	Bow
Julie Blais	Grade 12	Hopkinton
Garrett Cerda	Grade 12	Bow
Cameron Itt	Grade 12	Bow
Matthew Wiley	Grade 12	Bow

NORA'S DUNBARTON NEWS



READING TO DOGS Kids in grades 1 to 4 may have 20 minute sessions on Thursday, March 10, March 24, April 7, and April 21. Read aloud to Mr. T, a registered/certified therapy dog from Therapy Dogs Winter and Spring 2022.

Mr. T and Nancy will be at the library for three 1:1 sessions for each of the above dates: 2:45 pm to 3:10 pm, 3:15 pm to 3:35 pm, 3:40pm to 4:00 pm. Must register with the library. No walk-ins.

FRAUD WATCH Outsmarting the Con-Artist, a virtual presentation by the Dunbarton Police Department with NH AARP and the Dunbarton Public Library. Thurs, March 24 at 6:30 PM.

During the presentation, AARP and Officer Jason Patten will discuss common scams and frauds that are seen locally. This will be held via Zoom. The link will be posted as the event gets closer. Open to the public.

VIRTUAL MINDFUL MEDITATIONS via Zoom with Judy Caron, Living Mindfully NH.

Join for an hour-long virtual Loving-Kindness Meditation: Thurs. March 24 at 7pm and Thurs. Ap. 14 at 7pm. Please email dunlib@gsinet.net if you are interested in attending. They will send you the link.

MORE VIRTUAL PROGRAMS AT THE LIBRARY

Please email the library for the Zoom Link. A Beginner's Guide to Cemetery Sleuthin, a virtual presentation by Erin Moulton Thursday, March 31, 6:30pm.

A Recipe for Success: Finding Women Through Community Cookbooks a virtual presentation by Erin Moulton, Thursday, April 7, 6:30pm.

THIS MONTH DCC BOOK CLUB is reading the book *Braiding Sweetgrass* by Robin Wall Kimmerer. Discussion Thurs. April 7, 7:00pm to 8:00pm. Anne Hosts.

SAVE THE DATE FOR THE PTO EASTER BUNNY BREAKFAST & EGG HUNT

Make sure to add this fun-filled activity to your calendar! **The Farmhouse Breakfast and Children's Egg Hunt** scheduled for **Saturday, April 9**, (weather permitting) from **9:00 to 10:30 AM**.



DUNBARTON VOTES TO HAVE LIBRARY MEETING PLACE

At the March 8 town meeting in Dunbarton, the voters approved \$697,485 to renovate the 2nd floor of the library to provide meeting space for up to 250 people.

A town budget of \$2,784,297 was approved including a raise of 3% for town employees.

At the polls, Dunbarton voters elected incumbents Clement Madden and Jarrett Duncan to the school board with 258 and 225 votes respectively, beating challengers Raymond Plante (136 votes) and Lori Rouleau (123 votes).

Justin Nault won the open seat on the Board of Selectmen with 252 votes, beating out the other candidate Raymond Plante, who received 169 votes.

VISIT AND SUPPORT DUNBARTON BUSINESSES



Twisted Maple Sugar Shack is a family-friendly farm that processes Maple sugar every spring.

We also have animals to see and pet including ducks, chickens, goats, cows and pigs.

We're open and boiling and bottling away! Come on by and see us to get some fresh syrup, whoopie pies, cotton candy, sugar and more.



Dunbarton's **School Street Cafe** is a small-town cafe built around the importance of spending time with family and friends.

We to use sustainable products as well as source our food and drinks from local NH businesses.

Hours: Tuesday-Friday: 7 AM-2 PM
Saturday: 8 AM - 2 PM

Online Ordering is encouraged and Catering is Available

1007 School Street, Dunbarton
603-774-2233



Curios On The Common, a non-profit thrift & gift shop, is a second hand shop sponsored by The Dunbarton Congregational Church. Donations are welcomed and needed for ongoing sustainability. Please feel free to stop by with your usable household items. Phone: (603) 774-2682

Hours: Wednesday 10AM – 4PM Saturday: 9Am – 4Pm

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9:00 AM
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- Baking mixes
- Condiments
- Salad dressing
- Mac and cheese
- Spaghetti
- Boxed Rice
- Boxed Potatoes
- Snacks (Crackers/protein bars/cookies)
- Personal Care Items (TP/Kleenex/Paper towels)
- Cleaning Products
- Laundry Detergent



Collection Locations:

- Baker Free Library
- Bow High School
- Bow Middle School
- Bow Elementary School
- Bow Community Center

**GIRL SCOUT
TROOP 12553**

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**Baker Free
LIBRARY**
The Foundation

Baker Free Library Foundation thanks the generous donors to our Annual Appeal, whether you gave by check or donated through NH Gives.

Your kind generosity, helped us raise over \$12,000 toward enhancement of the Children's Section of the Library.

While this project is still in progress, you can be proud that you contributed toward the enjoyment of the Library by all children who visit.

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I'M LEAVING MY ESTATE TO...
UGH... PLEASE HELP!

I'm sure we can all agree that coming to terms with our ultimate demise is no doubt difficult, even for those who may be pretending it is not (like me). On top of that, you must do some estate planning, such as advance directives, durable powers of attorney and either a Last Will & Testament or Trust as your final disposition tool, which for many is an uncomfortable experience to say the least.

The best-known section of a Will or Trust is the final disposition of your assets. Depending on your circumstances this may be a breeze. For example, to my children, equally, or unto their descendants if any of them should predecease me. No real thought involved, easy, done!

I have learned, from years of practice and more meetings with clients than you can shake a stick at, the simple solution is not a one size fits all. Luckily, seasoned attorneys have numerous tools in their arsenal to counsel clients to a satisfactory outcome (well, 99% of the time, and sometimes the best outcome means choosing the disposition option you dislike the least).

A Real Life Example: Recently I met with Valerie (a real client), let's call her Val since it is a made-up name anyway and Val sounds way cooler. Val was lost, she really did not know what to do regarding her final disposition of her estate. Val had been writing all kinds of notes (they were all over her table and counter (I was at Val's home, yes I do house calls) trying to figure out who would she benefit upon her passing and to what extent she would benefit them?

Part I - Who do you love, and how much? First, I grabbed a legal pad and we started by making a list of beneficiaries down the left side of the paper and grouped them into categories (not necessary, but was a good avenue in Val's case): five children, eleven grandchildren, three great grandchildren (two more in gestation), two nieces that she is close with, a couple good friends, her alma mater, and her church (see chart). Okay, so now we know who made the list (some family members were omitted due to bad behavior). Next, I wrote "100%" at the top right-hand side. Next, I asked Val to give me an approximate percentage she would like to provide to each category of beneficiaries, and NOT to overthink it. Well, she did overthink it and froze up in frustration. Luckily, I have had a few meetings with Val and had the opportunity to listen to the numerous stories about all the people she desired to benefit (yep, Val is a real talker). For example she said her "children didn't need her money" and that she "really did not know her great grandchildren all that well."

I then told Val that I was going to assign percentages to each of the categories and when I showed her the numbers I made up (I know, some gall I have picking percentages for her family, people I don't even know) she would likely have a few different reactions: a very negative reaction (how could I be so wrong), I could get close and her reaction would be somewhat neutral, or I could nail it and she would think I was a genius or a mind reader. No matter what the response, this technique generally leads to some valuable information as the response provides us with the direction we would need to amend the percentages in each category.

I turned the paper over to Val and she was shocked at how close the numbers represented her wishes and she asked how I did that. I reminded her of some of the things she said about the people in her life, how she said them and the number of times she mentioned a grouping as my guide.

We then worked together to move some numbers up, and some down, but we were not done.

PART II: Another tool of value is Greater than, Less Than.

Sometimes people would like to benefit, well, everyone! Practically speaking, this is not workable unless you have enough value to spread around. Val had twenty-seven people on her list and some of them have not even been born yet (Val even chose to benefit her unborn great grandchildren in gestation at the time of her death). When we went over what the approximate dollar amount of benefit would be for each person (these numbers go to the right side of the percentages, see chart), the result appeared to be borderline reasonable in today's dollars, but what if Val lives a long time or has an extended stay in long-term care and spends much of what she has accumulated? The result may be that some parties would receive very little benefit and the cost of providing the benefit would be unreasonable in some respects (when a person passes on there are steps that must be done in administering the estate and when you provide for smaller gifts, the cost of administration may outweigh the value of the gift).

I proposed that we create a second list of beneficiaries (oh boy, this could be challenging) and break the disposition into two possibilities based on greater than or less than. The first disposition list in Part I, above, would now be applicable only if her estate upon her passing, after all final expenses and cost of administration have been considered, is greater than \$500,000. We now needed to make a new list of beneficiaries and percentages of benefit if her final estate is less than \$500,000. As you can imagine, we worked those numbers a few different ways. Ultimately, Val's children and friends were removed as beneficiaries, her great grandchildren received less and her charities would receive more and the bulk of her estate would go to her grandchildren.

Ultimately, we utilized these tools to get closer to a result that Val felt was correct for her. A result that was much closer than her existing estate plan and one which would allow her to sleep well at night. If you are struggling with not moving forward with your estate planning due to paralysis analysis on the topic of your final disposition, perhaps the methodology discussed below will be of some assistance to you. If not, then perhaps we can get together for comfortable conversation regarding your struggle to see if we can find our way to a solution utilizing a different method.

IF ESTATE IS > \$500,000		
Beneficiaries	100%	Value of Gift
5 Children	4	\$0.00
11 Grandchildren	38	\$0.00
3 or More Great Grandchildren	38	\$0.00
2 Friends	10	\$0.00
Alma Mater & Church	10	\$0.00

IF ESTATE IS < \$500,000		
Beneficiaries	100%	Value of Gift
11 Grandchildren	70	\$0.00
3 or More Great Grandchildren	20	\$0.00
Alma Mater & Church	10	\$0.00

ON AGING – IS IT THE TRUTH?

by Donna Deos

As those of you who read this column regularly know, I am a proud Rotarian and have been for 20 years now. Every spring Rotary International holds a contest for high school students called “The Four Way Test Speech Contest.” It is based on the Rotary Four Way Test, which states:



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“Of all the things we think say and do ask yourself these questions: 1. Is it the truth? 2. Is it Fair to all concerned? 3. Will it build Goodwill and Better Friendships? And 4. Is it Beneficial to all concerned?”

Why am I bringing this up? Well, many say that getting old is hard, difficult, unfair, not for sissies, etc. As we get older we face a lot of changes and adversity. We experience a lot of loss and we find our well-meaning friends and relatives exerting themselves into our lives to help us. This test could be applied in so many ways to each of us on a daily basis.

In my experience, it is quite a challenge to find things that fit all of the criteria. Let’s try it out on when someone in your life is “trying to help” but you feel they are taking over, being bossy and controlling and not taking your thoughts, feelings and preferences into consideration.

Even though they feel they are coming from a good place, is that the truth? Is what they are trying to do fair to all concerned? Is it building goodwill and better friendships? Will it be beneficial to all concerned?

I bet if the people on each side of this situation applied these questions the answers would be very different. I am certain that your adult child does think what they are saying is the truth and that what they want is fair. A lot of times those well-meaning adult children have a lot going on in their own lives and they are stressed and frustrated – NOT just at or by you. They likely have their own

kids and grandkids and spouses and friends – and jobs – putting pressure on them.

This is why it is not fair that they try to make their life easier by encouraging (and perhaps forcing you, or strongly urging) you to do what they think is best. Them pressuring and bullying you into doing what they

want is certainly not going to build goodwill or better friendships and it will not be beneficial to ALL concerned.

Now, let’s put the shoe on the other foot. Sometimes they really do have your best interest at heart and do have a great idea and/or solution to the issues you are facing. If you dig in your heels, don’t listen to them and just decide an instant No, that is not fair to all concerned. That adds extra stress to them as well because they really do want what is best for you.

Typically what is true is that you love each other, you both want happiness for yourselves and your loved one. You both believe that your way is the right and best way.

What is fair is if you try and put your life long accumulated baggage aside and look at things openly and from all points of view. Sharing feelings is hard, however, in the end it will get you closer to what truly is beneficial to all concerned and that will build goodwill and better friendships.

Having all four parts of the test is a challenge to say the least. When you need help figuring out how to approach these things, let me know. I certainly don’t have all of the answers – no one does. I genuinely do want what is best for you and your family. Our time is limited. Making the most of what we have left is where it all comes together.

As you apply this test to your own life and situations I look forward to you letting me know your thoughts and opinions on it!

Yours in Rotary Service, Donna



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SOUTHERN NEW HAMPSHIRE UNIVERSITY ANNOUNCES AREA SCHOLARS

The following local students were name to the president’s list for the fall semester at Southern New Hampshire University. **Bow:** Paul Antuono, Autumn Cohen, Abigail Connor, Kaitlyn Flynn, Catherine Gallagher, Eric Hodgkins, Eynas Jarrar, Ethan Paige, Liam Shelton, Nicholas Sheppard, Charlotte Ulrich. **Dunbarton:** Ty Christian Cannon, Suzanne Araldi, Dillon Cate, Shannon Luby. **Hopkinton:** Karissa Carr, and Kimberly Ventola.

The following local students were named to the dean’s list for the fall semester at Southern New Hampshire University. **Bow:** William Cohen, Connor Gagan, Connor Griffin, Ben Tobeler. **Hopkinton:** Chloe Wood.



share your *student's*
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If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.

Feature your child's academic achievements, artistic endeavors or sports accomplishments in The Bow Times!

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BOW FIRE DEPT.

JANUARY 2022 ACTIVITY & PREVENTION LOG

RESPONSE ACTIVITY January 2022

Basic Life Support Transports	31
Advanced Life Support Transports	18
Non-Transport/Care Refusal	24
Paramedic Intercepts	0
Fires/Hazardous Conditions/Alarms	34
Service Call Incidents/Good Intent	20
Average Responders per call	3
Overlapping Incidents	18

The members of the **BOW FIRE DEPARTMENT** wish to remind residents to always be aware of the dangers of thin ice.

ICE THICKNESS SAFETY GUIDELINES

- **Never go onto the ice alone.** A friend may be able to rescue you from shore or go for help if you fall through the ice.
- **Go out onto the ice prepared.** Make sure to have a cell phone with you in case of emergency, as well as rope or ice picks to help you or someone you're with should someone fall in.
- **Always keep your pets on a leash.** If a pet falls through the ice do not attempt a rescue. Call 911 instead.
- **Beware of ice covered with snow.** Snow can insulate ice and keep it strong, but can also insulate it to keep it from freezing.
- **Slush indicates that ice is no longer freezing** from the bottom and can be weak or deteriorating.
- **Ice formed over flowing water** (rivers or lakes with a large number of springs) is generally more dangerous and should be avoided.



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MINIMUM GUIDELINES FOR NEW, CLEAR ICE

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BOW POLICE LOG

JANUARY 2022 ARREST LOG

- 1/1** Shawn Dowell, 47, Concord, was arrested for driving under the influence, Marquise Johnson, 30, Dorchester, MA was arrested on a bench warrant for failure to appear, Doreen Koller, 48, Ansonia, CT was arrested for aggravated driving under the influence, A juvenile received a summons for driving after revocation/suspension; subsequent offense
- 1/3** Julie Tomchak, 46, Manchester, was arrested on a warrant for criminal trespass, Taylah Messia, 20, East Wareham, MA received a summons for operating without a valid license
- 1/5** Jeremiah Goodbread, 44, Bow, was arrested for driving after revocation/suspension, and a bench warrant for failure to appear
- 1/6** Ricky Bailey, 49, Concord, received a summons for operating without a valid license, Faith Smotrilla, 19, Washington, received a summons for driving after revocation/suspension, Shawn Egan, 46, Litchfield, was arrested for stalking
- 1/8** Justin Patrick, 34, Concord, was arrested on a bench warrant for failure to appear; Kevin Meacock, 37, Manchester, was arrested for false E-911 information; Dana Dwinell-Yardley, 34, Montpelier, VT was arrested for criminal trespass, disorderly conduct, and breach of bail; Leif Taranta, 24, Burlington, VT was arrested for criminal trespass, and disorderly conduct; Cody Pajic, 23, Dorchester, MA was arrested for criminal trespass, disorderly conduct, and breach of bail; Julie Macuga, 30, Burlington, VT was arrested for criminal trespass, and disorderly conduct
- 1/11** Justin Meaney, 39, Henniker, was arrested for driving under the influence; 2nd offense
- 1/13** Julie Newcombe, 50, Goffstown, was arrested for resisting arrest/detention, and a bench warrant for failure to appear; Kurt Hoffman, 51, Hollis, was arrested for resisting arrest/detention, obstructing government administration, and hindering apprehension/prosecution
- 1/19** Tyler Matthews, 22, Concord, was arrested for reckless conduct w/ a deadly weapon, driving after revocation/suspension, resisting arrest/detention, disobeying an officer, and suspended registrations; Jake Evans, 28, Concord, was arrested for willful concealment; Charles Dexter, 34, Concord, was arrested for possession of a controlled drug, driving after revocation/suspension; subsequent offense, and transporting drugs in a motor vehicle
- 1/21** Craig Oxley, 37, Manchester, was arrested for possession of a controlled drug, and a warrant for the same
- 1/25** Katherine Price, 31, Concord, was arrested for disobeying an officer, and a bench warrant for the same
- 1/26** Dylan Montoya, 25, Manchester, was arrested for driving under the influence, yellow line, and unregistered vehicle
- 1/27** Gary Blake, 49, Boscawen, was arrested for driving under the influence, and possession of a controlled drug; Colleen Audet, 49, Boscawen, was arrested on a bench warrant for failure to appear
- 1/28** Wayne Wight, 26, Bow, was arrested on warrants for theft by unauthorized taking and criminal mischief
- 1/29** Ricky Brodeur, 47, Manchester, was arrested for operating after certified as a habitual offender, disobeying an officer, and drive after revocation/suspension; subsequent offense
- 1/31** Kara Hanan, 39, Concord, was arrested for possession of a controlled drug X2.

“If the main pillar of the system is living a lie, then the fundamental threat to it is living in truth.”

Czech dissident Václav Havel

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CHESTER "CHET" JORDAN

Retired Sheriff Chester "Chet" L. Jordan, died at age 78 on January 29, 2022, surrounded by his family and friends at his home in Bow.

After graduation from Hillsboro High School, he began his life of service in law enforcement as a member of the U.S. Air Force Military Police with two tours in Vietnam and two Purple Hearts.

Chet began his civilian career as a patrolman with the Concord Police Department, before joining the Hopkinton Police Department, where he was a patrol officer for seven years, subsequently serving as the chief of the department for an additional 12 years.

Chet left Hopkinton to become the elected Merrimack County Sheriff. His leadership reelected him eight more times and he held the position for 19 years, retiring in 2006.

Quiet random acts of kindness filled Chet's retirement years. Please pass one on in memory of him and smile.

WALTER G. PARKER

Walter G. Parker, 100 of Bow died February 3, 2022, at Granite VNA Hospice House surrounded by his family.

Walter was born on March 2, 1921, in Newport Landing, Nova Scotia, the son of Margaret and George Parker. He had four siblings, Florence Filledes, Helen Gassett, John Parker and Jean Lamont. Walter was married to Helen Parker for 68 years, until her death in 2013. He was also predeceased by his two children Janice Lattuca and Michael Parker. Walter is survived by his son, James Parker and his wife Catherine Parker of NH; his son-in-law, Russell Lattuca, of MA; his grandchildren, Nicole Lattuca, of NY, John Lattuca, of MA, Kristen Parker and her husband David Wolk, and Elissa Parker, of NH.

Walter served in the Army Air Corps in the European theater in WWII and received a bronze star. He was a lifelong ballroom dancer and entered many competitions with his wife, Helen. He was an avid reader, averaging about 3 books a week until his death. Walter volunteered at the Baker Free Library in Bow, and the Pope Memorial SPCA, in Concord, NH. He always spoke fondly of his coworkers, the 'library ladies'.

In lieu of flowers, please consider a donation to the Baker Free Library in Bow, or the Pope Memorial SPCA, in Concord.

CITIZEN OF THE YEAR AWARD TO BRYCE LARRABEE



Richard Oberman presents the 2021 Citizen of the Year award to Bryce Larrabee on March 9, 2022. Eric Anderson | Photo

BOW POLICE LOG

FEBRUARY 2022 ARREST LOG

- 2/1** Ryan O'Donnell, 40, Bow, was arrested for breach of bail
- 2/2** Myles Kantor, 19, Merrimack, received a summons for driving after revocation/suspension; subsequent offense
- 2/3** Sarah Dorsch, 79, Bow, received a summons for conduct after an accident
- 2/4** Michael Drew, 60, Webster, was arrested for resisting arrest/detention, and simple assault
- 2/8** Matthew Roy, 42, Claremont, was arrested on two bench warrants for failure to appear
- 2/10** Maurice Hanks, 42, Manchester, was arrested for aggravated driving under the influence, driving after suspension/revocation, open container, and speeding; Juan Arce, 33, Manchester, was arrested for three counts of felon in possession of a dangerous weapon, driving after revocation/suspension, and transporting drugs in a motor vehicle; Ryan Monica, 32, Manchester, was arrested on a warrant for failure to appear and a bench warrant for the same; Samuel King, 32, Concord, was arrested for driving under the influence
- 2/11** Andrew Glum, 38, Concord, was arrested for aggravated driving under the influence, and two counts of possession of a controlled drug
- 2/13** Mark Wolf, 51, Derry, was arrested for stalking
- 2/14** Damai Sager, 21, Concord, was arrested on a warrant for bail jumping
- 2/15** Mark Lozeau, 46, Bow, received summonses for suspended registrations and driving after revocation/suspension; Jami Van Lier, 32, Hooksett, was arrested for deal/possess prescription drugs, and alter/display altered plates
- 2/16** Steven Rogers, 31, Londonderry, was arrested for driving after/revocation/suspension, open container and a bench warrant for failure to appear
- 2/17** Shannon Pellot-Sosa, 36, Hooksett, was arrested on a warrant for conspiracy to sell a controlled drug; Erik Wentworth, 45, Boscawen, was arrested for driving under the influence, and operating without a valid license
- 2/18** Frank Abbott, 53, Bow, was arrested on two counts of domestic violence; simple assault; June Branscom, 79, Bow, was arrested for driving under the influence
- 2/24** Sarah Fortin, 27, Dunbarton, was arrested for transporting drugs in a motor vehicle; Madison Howland, 18, Bow, was arrested on a bench warrant for failure to appear, and unlawful possession/intoxication
- 2/25** Javier Spiegel-Espinoza, 29, Stockbridge, VT was arrested for driving under the influence
- 2/26** Corrinne Von Kahle, 36, Henniker, was arrested on a bench warrant for failure to appear, and a warrant for the same
- 2/27** Tyrone Briggs, 32, Hooksett, received summonses for driving after/revocation/suspension and for driving with a suspended registrations.

ROLLINSFORD COUPLE'S LEGACY PROVIDES SCHOLARSHIPS FOR STUDENTS INTERESTED IN MEDICAL FIELDS

The Alice M Yarnold and Samuel Yarnold Scholarship Trust has awarded over \$1 million in scholarship assistance to approximately 1000 students with awards ranging between \$1000 and \$5000.

Applications for the award are available each year in early Spring with all application documents due by the June deadline.

To receive an application, interested students may contact the Yarnold Scholarship administrative representative, Laura Ramsdell at 127 Parrott Ave., Portsmouth, NH 03801 or at 603-766-9121.

HS SPORTS NEWS

BOW BOYS' HOCKEY

On February 20, Bow lost to the Trinity Pioneers 4 to 3 in a well contested game. Key players for Bow were Luke Hartshorn (goal), Ethan Tobeler (goal), Dom Jurcins (goal), Mason Marquis (23 saves).

BOW GIRLS' BASKETBALL

In the Division II Championship to UNH on February 20, top-ranked Hanover beat Bow in a 55-24 game. Bow's Alexandra Larrabee finished with 10 points and eight rebounds to lead her team in both categories, and Isabella LaPerle had three points, three rebounds and three steals for the Falcons.

BOW'S DIVISION II ALLSTARS

The New Hampshire Basketball Coaches All-State roster for the season included both Alex Larrabee, on the second girls team, and Owen Petretta of Bow on the second boys' team.

BOW SKIERS TO REPRESENT AT THE EASTERN REGIONAL HIGH SCHOOL CHAMPIONSHIPS!

Bow Alpine's Junior, **Patrick Wachsmuth placed 1st in Slalom (SL)** at the D2 State Championship Meet. Wachsmuth moved on to Meet of Champions where he finished 2nd in SL.

Bow Alpine's Senior, **Eli Gadbois placed 1st in Giant Slalom (GS)** at the D2 State Championship Meet. Eli moved on to the Meet of Champions where he finished 3rd in GS.

Both Eli and Patrick qualified to represent Team New Hampshire at the Eastern Regional High School Championships.



Patrick Wachsmuth on his way to a 1st place Slalom (SL) finish.



Eli Gadbois places 1st in his Giant Slalom (SL) finish.

HOPKINTON NORDIC SKIING

Classic Nordic skiing mimics an ice skating motion that takes endurance and skill. In the New Hampshire Coaches Series last month, the **Hopkinton Girls' Nordic** team placed 5th in the top 22 in the competition. Francie Trafton of Hopkinton placed 3rd out of 142 athletes.

In **Boys' Nordic Skiing** the eight team Capital Area Championship at Gunstock went to the Hopkinton Hawks. Matt Clarner came in 5th and Bow's Oliver Dolcino came in 8th. Hopkinton won 386 to Bow's 370 and Concord's 350.

In the Division III quarter finals on February 18, the Hawks lost to Mascoma 48 to 40.

2022 BOW ROTARY CLUB FOUNDATION SCHOLARSHIP PROGRAM INFORMATION



The Rotary Club of Bow's annual Foundation Scholarship Applications are now available. Due to the tremendous support of our community, the Foundation will be awarding a total of \$26,000 in post-secondary scholarships in 2022!

Our Scholarship Program provides scholarships to graduating high school seniors who either attended Bow High School or who are Bow or Dunbarton students who attended other area high schools. Bow High School tuition student must be from a town or city either without a Rotary club or with a Rotary club that doesn't offer college scholarships.

Based on the student's goals, there are three different types of scholarships from which to choose. Bow Rotary offers a traditional scholarship to those who are currently a graduating high school or homeschooled senior or has been a student attending college within the last four (4) years. Use the application form titled "Traditional."

Rotary offers vocational school or certificate program scholarships to those student wish to attend a technical/vocational school two-year program or wish to attend a certificate program. These scholarships are open to a currently graduating high school or homeschooled senior or a student who has been attending a post-secondary school within the past 4 years. Choose the "Vocational" application form for this type of scholarship.

For older adults, if you have not been in school or college within the past four or more years regardless if you plan to attend a college or a technical or vocational school, use the "Adult Student" application form. This type of scholarship is for adult learners who have decided to attend school, either to finish a degree or acquire a new degree or skills.

The applications are available in PDF format for download from **bowrotary.org** under the Scholarships/Grants menu. The PDF forms can be filled in electronically and emailed or printed off and mailed. Forms are also available in the Bow High School Guidance Office.

The application must be received at the Bow School District Superintendent's Office or emailed to **bowrotary@gmail.com** no later than 3:00 p.m. on April 29th. Applications may also be mailed to the Bow Rotary Club, PO Box 1935, Bow NH 03304.

Selected recipients of this scholarship will be notified in writing by June 30. The actual scholarship award will be presented to the recipients in early January at an awards program held by the Bow Rotary Club. The scholarship award will be payable directly to the scholarship recipient for expenses.



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PRE-K ART & PLAY ON FRIDAY MORNINGS



Pre-K Art & Play is for children ages 3-5 with parent/guardian or adult caregiver. Come join us for a fun-filled hour, where you and your child will enjoy working on arts and craft projects together.

LOCATION: Bow Recreation Center,
21 Bow Center Road, Bow

WHEN: Friday, April 8 and 15 May 6 and 20
Makeup April 1 if needed.

TIME: 10:00 to 11:00 AM

COST: \$55 Bow Residents \$60 Non-Residents

Pick up a copy of
The Bow Times
at one these 29 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | 7 Eleven on 3A |
| Blue Seal Feeds | Hampton Inn |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irvings Circle K |
| 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 |
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In Des Moines, Iowa, a man armed with a handgun allegedly broke into an apartment around midnight on August 6, 2021. Once inside, the armed assailant threatened and assaulted the residents. During the attack, one of the residents was able to retrieve their own firearm and shoot the intruder once, causing him to run from the apartment. The accused intruder later showed up at a local emergency room with a bullet wound and is expected to live. Police confirmed the resident acted in self-defense. (kimt.com, Mason City, Iowa).

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She was buried and “in the red”



Laina and her boyfriend, Carl.



Laina, with her furry friend at The Farm at Sakari's Place, where she serves on a volunteer board to help rescue wolf dogs and other animals who need a safe place to live.

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