



COLON CANCER

In February of 2000, Former President Clinton dedicated March as **National Colorectal Cancer Awareness Month**. So let's hit the high-lights. Definition: Colorectal cancer is a cancer that occurs in either the colon (the large intestine) or the rectum. Who is at risk? We all are at risk. According to NIH statistics colorectal cancer is the second (after pulmonary cancer) leading cause of cancer related deaths in the US. It is estimated that in 2019 there will be over 100,000 new cases of colon cancer and over 40,000 new cases of rectal cancer. More than 50,000 people will die in 2019 from colon or rectal cancer.

What can increase my risk of developing colorectal cancer? According to the American Cancer Society there are the risk factors that you can control: Over weight or obesity; Lack of physical activity; Diet that is high in red meats & processed meats; Smoking; Moderate to heavy alcohol use. There are, of course, risk factors that you and I have no control over. They are: Aging; A personal or family history of colorectal cancer or polyps; Inflammatory bowel disease; Having a rare inherited syndrome; Type 2 diabetes; and being an African American or an Ashkenazi Jew.

What are the signs and symptoms of colorectal cancer? The most important thing to understand is that early colorectal cancer may have no signs or symptoms... you are unaware that anything bad is happening. Symptoms that can appear (and should not be ignored) include a change in bowel habits lasting longer than four weeks, blood with a bowel movement, persistent abdominal discomfort, constipation that you cannot correct, unexplained weight loss.

The U.S. Preventive Services Task Force and the Multi-Society Task Force on Colorectal Cancer recommend starting screening at age 50 and continuing until age 75 for people who are at average risk and asymptomatic. The American Cancer Society recommends starting screening at age 45. If you do not have an increased risk for colorectal cancer, screening should take place every 10 years. Individuals with a family history of colorectal cancer or advanced polyps in a first degree relative (parent, child, sibling) should be screened more frequently with screening starting 10 years before the age in which their family member was diagnosed, or at age 40 – whichever comes first. Screening after age 75 is an individual decision between you and your health care professional. It is estimated that 6 out of 10 deaths from colorectal cancer could be prevented if everyone over age 50 were screened. Most colorectal cancers begin as a benign polyp, which if found during screening and removed, will prevent a cancer from forming. Therein lies the real value of screening.

You have several screening options: Stool tests for blood and altered DNA; Endoscopic exams: Sigmoidoscopy and Colonoscopy; CT Colonography; Barium Enema. They each have their advantages and disadvantages. You can take the initiative and have a discussion with your health care professional about screening and which option would be best for you. Remember – many cases of colorectal cancer are preventable.

SCHOLARSHIPS AVAILABLE FOR BOW STUDENTS

Sam Yarnold died in 1994 at the age of 86. His life personified a full realization of the American dream. The son of poor immigrant parents, he assumed family economic responsibilities at a young age. During his working years, Yarnold and his wife successfully cultivated and farmed large tracts of blueberry fields and cranberry bogs on his farm in Toms River, New Jersey.

Annual scholarships in the range of \$1,000 - \$5,000 are currently available for New Hampshire residents who are already in the process of post-secondary education and who are pursuing studies in the fields of nursing, medicine or social work. Applications for this year's scholarships are due May 20, 2019, and will be awarded in Fall 2019.

Post-secondary students interested in scholarships should immediately contact the Alice M. Yarnold and Samuel Yarnold Scholarship Trust, 127 Parrott Ave., Portsmouth, New Hampshire 03801 to request an application.

(WATERLINES cont'd. from pg. 1)

Draft Framework for Bow/City of Concord Water Agreement (Excerpts)

The agreement would last for up to 20 years, but the Town of Bow must have an alternative system in place before the end of the agreement. This agreement will cover properties in the Bow Junction area of the Town of Bow, down Hall Street and the Exit 1 area of town known as Bow Mills. It is understood that Bow will bear any and all costs related to running in maintaining the lines within the Town of Bow. The Town of Bow would compensate the City of Concord in two ways:

1. Pay a premium of up to 10% over the current water rates that the City of Concord charges its commercial users.
2. Agree to share the increase in property tax assessments for Bow properties that are hooked up to Concord water as detailed in the following paragraphs.

The Town of Bow and Concord agree to share any increase in the property tax assessment for any property within the Town of Bow that is hooked up to Concord water after this agreement is finalized and City of Concord water is accessible by Bow property owners.

The base period to measure the valuation increase would be the property tax assessment for any property that is hooked up to Concord water as of April 1 of the year prior to the installation of Concord water to any specific property in the Town of Bow.

Valuation increases would be shared 50/50 for as long as the City of Concord is supplying water to the subject properties. Based on the current Town of Bow tax rate of \$27.77 per \$1000 of valuation, the 50/50 sharing would result in the following incentive to the City of Concord based on potential increases in access to value/development of subject properties.

For \$100,000 increase in valuation: Gross Tax Increase is \$27,770 Concord Share at 50% 13,885.

For \$10,000,000 increase in valuation: Gross Tax Increase \$277,700 Concord Share at 50% \$138,850.

If the Town of Bow provides its own water system solution before the conclusion of the 20 year agreement to any properties that the City of Concord is providing water to in the, the Town will provide Concord with additional minimum "bonus" sharing.

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