



LIVING HEALTHILY IN THE NH WINTER BY AVOIDING SEASONAL AFFECTIVE DISORDER

Do you find yourself slipping into mild depression as the temperature drops, the snow builds up and the days get shorter? There are many things you can do that will allow you to enjoy winter!

For those who are more active and can take advantage of sports, winter in NH offers many opportunities. From a health conscious point of view: cold can increase your resting metabolism, exercising in the cold takes more energy than exercising in the summer, and being out in the sun can help avoid winter depression and add some vitamin D to your body. It is important to eat healthy foods, and practice good anti-flu hygiene.

If you can, get outside and enjoy the snow and ice. Simple easy skating can burn 300 calories per hour. Make sure you know the ice is safe and that you are dressed appropriately. Play hockey and burn over 500 calories per hour! Not that active? Try curling, there are several clubs in NH. Looking for an adventure, check out ice climbing at the International Mt Climbing School in North Conway NH.

Snow in the mountains means skiing & snowboarding; sports that involve strength, balance & coordination. Most ski areas offer lessons for all ages, and some offer discounted rates for seniors and small children. If you don't like the steep slopes or the speed then cross country skiing or snow shoeing might be just the thing that lets you enjoy the majestic beauty of a NH winter. If you want to enjoy a winter hike check out the AMC NH Chapter Winter School classes in Feb 2019 at amc-nh.org. Remember, as you enjoy all these winter sports, to avoid frostbite & snow blindness. Wear appropriate clothing (wool not cotton), helmet, eye protection and make sure your 'gear' is safe.

A day spent outside enjoying the NH winter will improve your mental and physical health. Stress will be reduced, and you will be more productive at your job. You will enjoy your friends and family and have many great stories to tell.

The Bow Times can be picked up at these locations!

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| Alltown Gas & Store | Hampton Inn |
| Baker Free Library | Hooksett Northbound (I-93) |
| Blue Seal Feeds | Individual Fitness |
| Bow Mobil | Johnson Golden Harvest |
| Bow Recreation Building | Lakehouse Tavern |
| Bow Town Offices | Merrimack County Savings Bank |
| Chen Yang Lee | Mr. Mikes-Contoocook |
| Cimos | Patty Lee's Kitchen |
| Colonial Village Supermarket | South Street Market |
| Cracker Barrel-Hopkinton | Sugar River Bank, Concord Hts. |
| Concord Chamber of Commerce | Tucker's Restaurant |
| Crust and Crumb | Veano's, Manchester St. |
| Dimitri's Pizza | Wellington's Marketplace |
| Dunbarton Town Office | White Rock Senior Center |
| Everyday Café | |

“FOR THE LOVE OF MUSIC: A TRIBUTE TO PERRY COMO”

Submitted by “The Music Lady”

“Mr. Nice Guy,” “Mr. Casual,” “Mr. C”. What a wonderful legacy for such a beloved American singer and TV personality, Perry Como.

Born to an Italian immigrant family in 1912, as a child Perry had music lessons on various instruments, but not for voice. He followed in his family tradition and became a barber. For a little extra income, he began to book weddings and became a true “wedding singer.”

Throughout his life, Perry Como was known for his good manners, good deeds and good taste. He met the love of his life, Roselle, at a high school picnic. They fell in love and eventually married. When Roselle gave birth to their first child, Perry was out of town singing with a traveling band. Threatened with dismissal if he left the band to be with his wife, he didn't hesitate and flew to her side when Ronnie was born. That was Perry.

He decided not to travel again for work, and was offered a deal to do a gig on a radio station. That move led him to a recording contract.

His career took off with radio shows and a string of hits that led to several TV shows, including the “Chesterfield Supper Club”, the “Kraft Music Hall” and numerous Christmas specials. Some of his biggest hit recordings were “Magic Moments,” “Catch A Falling Star,” “Don't Let The Stars Get In Your Eyes,” “Hot Diggety,” “And I Love You So” and “It's Impossible” to name just a few.

Perry was a very private man, who kept his wife and family out of the spotlight. He said “I'd perform with the world's greatest artists, and then come home to the world's greatest family.” There was never a whiff of scandal or impropriety in his long marriage to Roselle. It was Bing Crosby who called Perry “Mr. Casual.” But as casual as Perry might have appeared on his TV shows, he was exquisitely meticulous at rehearsals, paid attention to every detail, and insisted on trying out every single song in different keys and tempos.

His number one most requested song was “Ave Maria.” He did not take that song lightly and would only sing it in proper, respectful settings.

What a wonder memory Perry Como is to those of us who followed his long, illustrious career. “Sing to me, Mr. C, sing to me.”

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