



ULTIMATE SPRING LIBATIONS FOR ST. PATTY'S DAY & EASTER BRUNCH CELEBRATIONS

Finally, Spring is on its way, it's been a long winter with heavy snow and while skiers rejoice, everyone else is ready for sunshine and warmth to grace our presence. Early signs of green and St. Patrick's Day excite the Irish. It is always fun to indulge in a spirit or two, that may include your favorite cup of Guinness, Irish Whiskey, or Cream Liqueur into a creative cocktail for dessert which compliments your traditional Irish fare of Soda Bread and Butter, Corned Beef and all the fixings. Coole Swan from County Cavan, Ireland is a traditional dairy farm that makes Irish cream made from fresh dairy, single malt whiskey, Belgian white chocolate, cocoa, and Madagascar vanilla. It's like indulging in your favorite "adult" vanilla ice cream for dessert and is amazing on its own over ice, over coffee, or for creative cocktails like a Grasshopper, known for its minty green glow.

NH Code #61612 Coole Swan Irish Cream Liqueur

750mL \$19.99-\$17.99 Save \$2 www.cooleswan.com

Check it out for incredible cocktail ideas for St. Patrick's Day and beyond. The first day of Spring officially is March 20th which gears us up for the next major holiday Easter on Sunday April 5th. The kids enjoy their baskets, and families gather to enjoy Easter Brunch or a nice family meal. Spring vegetables, ham, and homemade mac & cheese for the kids is always a big hit. I prefer to offer an adult indulgence to start, like a Hugo Spritz or a Ghost Elderita Cocktail to jazz up the celebration, serve wine for the meal, and then finish with Chocolat Deluxe Triple Chocolate Liqueur, Adult Easter candy. For wine lovers, crisp white wines like Sauvignon Blanc and light reds like Pinot Noir are usually a favorite, I choose wines from La Crema Winery meaning "best of the vine" to make the meal divine.

NH Code #14886 Francis Coppola Diamond Prosecco Brut

750mL \$27.99-\$14.99 Save \$4

NH Code #8413 St. Elder Elderflower Liqueur

750mL \$21.99 for a Hugo Spritz with Prosecco

www.mswalker.com/nationalspirits/st-elder-natural-elderflower-liqueur/

NH Code #3602 Ghost Spicy Blanco Tequila 750mL \$34.99-\$32.99

Save \$2 with Elderflower above to make an Elderita (Ghost & St. Elder Margarita with tajin rim, add prickly pear for another level).

<https://www.ghosttequila.com/>

NH Code #8135 Chocolat Deluxe Triple Chocolate Liqueur

750mL \$19.99-\$17.99 Save \$3

www.mswalker.com/nationalspirits/chocolat/

NH Code #18953 La Crema Sauvignon Blanc Sonoma, CA

750mL \$17.99-\$14.99

Save \$3 – Crisp, clean, fresh, and juicy with notes of fresh guava, peach, melon, and lime.

NH Code #24327 La Crema Pinot Noir Sonoma Coast, CA

750mL \$22.99-\$18.95

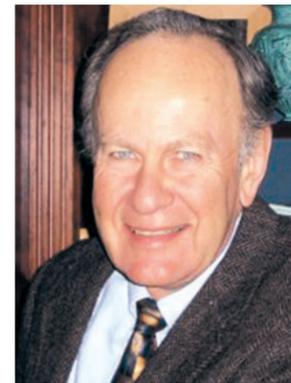
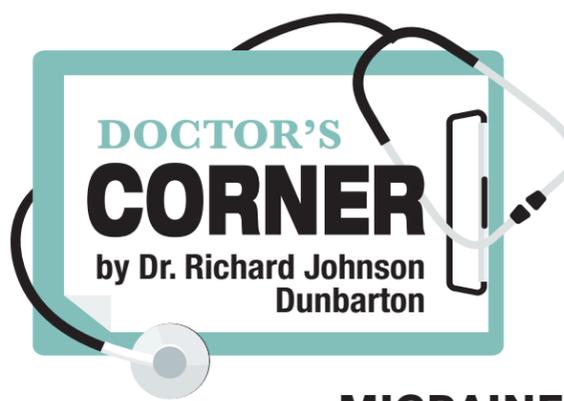
Save \$4.04 – Plush and polished with notes of red raspberry and cherry, with nuances of cocoa nibs and a lingering finish. **www.lacrema.com**

NOTE: March Sale Pricing at your local NH Liquor Stores. Sláinte to you all and Happy Spring! ~ Cheers ~ Annie



Annie Kenney is a General Sales Manager for MS Walker Wines & Spirits in Bow, NH where she has been passionate about her career for the last 23 years.

Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association. Annie is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.



by Dr. Richard Johnson
Dunbarton

MIGRAINE

The word migraine (hemikrania) originated with Galen, the Greek physician, meaning half-skull, because it is a one-sided headache. Through the old French language, and eventually into English, the word evolved into migraine. The common symptoms are a recurrent throbbing one-sided headache frequently accompanied by nausea and visual disturbances.

Although there are many individual variations in symptoms, in general a migraine has four phases.

- 1. Prodrome:** Symptoms that signal an impending illness. These can include such things as mood changes, sensitivity to light and sound, feeling cold and the list goes on. Probably no two people are the same.
- 2. Aura:** About 25% of people experience an aura which usually precedes the headache. The aura can be "positive" (a scintillating scotoma, which is an area of absent vision with shimmering borders), or it can be "negative" (an actual visual field defect). Some people experience language or motor auras.
- 3. Headache:** The headache is often unilateral with a throbbing sensation that increases in intensity. The headache can last from hours to days and be associated with nausea, vomiting and visual disturbances. Many patients seek out a safe, dark place and try to sleep.
- 4. Postdrome:** Following the headache it is common to have exhaustion, dizziness and difficulty concentrating.



The "cause" for a migraine is not fully understood. According to National Institutes of Health (NIH)¹: migraine affects 12% of the population. Women are more affected than men. Migraine headaches tend to run in families resulting in a 40% risk if one parent has a history of migraine, and it increases to 75% if both parents have the condition.

Migraines can be triggered by changes in sleep pattern, hormonal changes, even foods like cheese, chocolate, MSG, and processed foods.

There is no "cure" for migraines, which can be episodic or chronic, but your healthcare professional may be able to prescribe medication that could help prevent or stop a migraine.

1. <https://www.ncbi.nlm.nih.gov/books/NBK560787/>

Rotary Club of Bow



**4-Way Speech Contest
March 31, at the Baker Free
Library at 6:30 PM.**

High school students should submit entries no later than Monday, March 24. Application forms are at **bowrotary.org**.

Bow Rotary awards cash prizes to the top three speakers and sends the winner on to compete against winners from other clubs in the district, which includes much of southern New Hampshire and Vermont.

Bow Rotary Club Foundation Scholarship Program Deadline Nears

Applications are now available. The Foundation will award more than \$20,000 in post-secondary scholarships in 2026. Applications can be downloaded in fillable PDF format at **bowrotary.org** under the Scholarships/Grants menu. Deadline for scholarship submissions is April 6.