



Progress On Purpose

Fall 2018

Construction Break



Additions and Renovations

The Excitement Continues at Hampton Academy



With approval last year by the community of Hampton, NH, a major two year renovation and addition project began at the Historic Hampton Academy facilities. BPS is providing construction management services and is joined by project team members the H.L Turner Group, and Trident Building Advisors.

The historic nature of the campus will be preserved while the project is phased-in over two years and will include over 50,000 square feet of new space as well as major renovations to the existing facilities.

New features will include a new gymnasium, laboratories, auditorium, additional classrooms, improved security, as well as upgraded cafeteria and kitchen space. Please enjoy the sampling of progress photos included here.



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Have You Checked It Out?

We are continually updating our website at www.bpsnh.com. When you have a moment check it out, and follow us on Facebook, too. Hope to see you there. Use the QR code at left to take you to our website.



Where on a horse would you find the body part called a “frog”?

Trivial Trivia

- 1) What condiment do the Dutch traditionally dip French fries in?
 - a) mustard
 - b) mayonnaise
 - c) chutney
 - d) gravy
- 2) Which famous American coined the Maxwell House slogan “good to the last drop”?
 - a) Annie Oakley
 - b) Ed Muskie
 - c) Teddy Roosevelt
 - d) Leo Burnett
- 3) Where on a horse would you find the body part called a “frog”?
 - a) Neck
 - b) Hoof
 - c) Mouth
 - d) Abdomen
- 4) The Nickelodeon cable network premiered in 1979 under what name?
 - a) Pinwheel
 - b) Playdate
 - c) Jigsaw
 - d) Toboggan
- 5) Which publication celebrated its 35th anniversary in 2017?
 - a) *Mademoiselle*
 - b) *Esquire*
 - c) *Prevention*
 - d) *USA Today*

Answers: 1) b 2) c (Strangely, Coca-Cola was also using the slogan at the time.) 3) b (It's the triangular indentation on the underside of a horse's hoof.) 4) a 5) d

These Foods Keep Your Brain Healthy

Some foods help keep your heart in shape. Others help your bones. What keeps your brain and memory healthy? The CNN website offers this list of what to eat to maintain a healthy brain as you grow older:

- **Berries.** Studies suggest that eating at least a half-cup of blueberries, or one cup of strawberries, on a weekly basis may help stave off cognitive decline. Berries have anthocyanidins, whose antioxidant and anti-inflammatory effects may keep the brain in shape.
- **Green leafy vegetables.** One study of almost 1,000 adults found that a daily serving of spinach, kale, collard greens, or arugula appeared to maintain cognitive health to the extent that participants were considered to be 11 years younger than people who rarely or never consume such veggies.
- **Eggs.** Eggs contain choline, which is an important brain nutrient. In a study of 1,400 people, participants with high intakes of choline scored better on visual and verbal memory tests than those who ate fewer foods with choline. In addition, people with a high intake of choline over the long term seem to have better MRI brain scans, suggesting that choline may protect people against dementia.

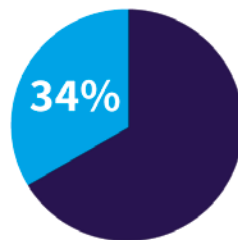


“Great things are done by a series of small things brought together.”

—Vincent van Gogh

Millennials Leading In Home Purchases

Millennials are buying more homes than Gen Xers, baby boomers, and other age groups, according to the Builder Online website, citing a survey by the National Association of Realtors.



Thirty-four percent of all home purchases in the United States in 2017 were made by millennials, followed by Generation X (28 percent), baby boomers (30 percent), and people born from 1925-1945 (6 percent).



In 2018, the typical millennial home buyer has a higher household income than last year (\$88,200 vs. \$82,000). He or she bought the same size home, 1,800 square feet, for more money at a higher price—\$220,000 versus \$205,000 in 2017.



Millennials in 2018 have higher student debt balances than those in previous years, and more of them say that saving for a down payment is the most difficult task in buying a home.

Take These Steps To Plan Your Budget

A budget is an essential tool for your financial stability. If you don't have one, the *U.S. News and World Report* website offers these basic steps for getting started on your budget plan:

- **Review the previous year.** Take a look at your cash flow to see where problems arose. Go through your checkbook and credit card bills in detail to find out where your money went and where you could cut back spending.
- **Look ahead.** Think about the coming months and next year. What expenses can you predict? Will your income change? Are you planning a vacation or a major purchase?
- **Set some goals.** If you want to buy a house, decide how much you need for a down payment and start saving. You might set up a savings account for each major goal.
- **Plan your spending.** With your income, expenses and goals laid out in black and white, is your budget realistic? If not, look for areas where you can trim spending or increase your income. Be prepared to adjust goals to meet reality.
- **Prepare for contingencies.** Unexpected expenses can hit at any time. Be sure you have enough money set aside for emergencies, changes in the tax code, or other unpredictable events.

SPEED BUMP

Dave Coverly



A Once-In-A Billion-Year Spin

Galaxies rotate, just as Earth and other planets do. However, their spin is remarkably consistent, regardless of size. *The Discover Magazine* website reports that scientists have determined that all galaxies rotate approximately once every billion years, whether they're massive spiral galaxies or small irregular dwarfs.

Researchers measured the velocities of hydrogen in the outer discs of a variety of galaxies differing in size. The measurements allowed them to calculate the rotation period of each galaxy. "Discovering such regularity in galaxies really helps us to better understand the mechanics that make them tick," one scientist says.

"If you want to achieve excellence, you can get there today. As of this second, quit doing less than excellent work."

—Thomas J. Watson

Learn Assertiveness To Get Ahead

Assertiveness will help you build positive relationships at work. Like most constructive traits, it can be learned. Here's what to do:

- **Target your goal.** Take a moment to identify what you want from an interaction with a co-worker or manager. Our desire to please others can get in the way of what we really need. Think about your own objectives and constraints before agreeing to requests for help.
- **Be specific.** The fewer mixed messages you send to people, the more likely you'll get what you want from them. For example, instead of saying, "I need that sometime today, if possible," specify when you need something from a colleague.
- **Ask for more information.** You need information to make good decisions for yourself. If you think a boss is making an unreasonable request, ask for clarification. That way you can understand the request more fully, and you'll have the confidence to say "yes" or "no."
- **Take ownership of your message.** Use "I" phrases instead of trying to pawn off responsibility. Say, for example, "I need that report on my desk by the end of the day," instead of "They want the report today."
- **Say "no" when you have to.** In an attempt to seem cooperative or nice, many of us don't know how to say "no." When you must turn down a request, provide a short reason why you can't do it. Don't be overly apologetic—just be firm and polite.



"Curiosity about life in all of its aspects, I think, is still the secret of great creative people."

—Leo Burnett

Remembering Douglas S. Stone

From all of us at BPS, it is with heavy hearts that we reflect on the loss of one of the original founders of our firm. Doug passed on June 22, 2018 at the age of 79 after a lengthy battle with amyloidosis. Doug was one of the original founders of our company that began in 1969 and, although he retired more than 20 years ago, he would still stop by to say hi, have a coffee, and check on the next generation to be sure all was well.

Doug served as president of the firm until the early 1990s. Doug was respected by his peers, customers and employees as a good business man, commercial contractor, and real estate developer. For many, he was a mentor and a teacher. He was the leader in the early days of our firm and will be fondly remembered by those of us who had the pleasure of working alongside him.

Doug and his team had a significant impact on saving and restoration of many of Laconia's landmarks as well as others across New Hampshire. The many buildings that he touched will stand as a legacy to the care and pride that he placed on his work.

Our thoughts are with his family.



Douglas S. Stone, 1938-2018

BPS welcomes our new clients...

- Auburn School District
- Fireside Inn of Gilford, NH
- Lake Winnepesaukee Waterfront Residence
- Harbor Homes of Nashua, NH
- Lake Winnisquam Waterfront Residence
- Hampton Academy, Hampton, NH
- Nashua Fire Department, Nashua, NH
- Webster at Rye Skilled Rehab, Nursing Care and Assisted Living Facility, Rye, NH
- Belknap Economic Development Council
- 609 Main Street LLC
- Colonial Theater Restoration, Laconia, NH

- Riverbend Mill Housing Rehabilitation Project, Franklin, NH
- Presentation of Mary Academy, Hudson, NH

and thanks our returning clients...

- All Metals Manufacturing, Belmont, NH
- Bank of NH / Meadowbrook Pavilion, Gilford, NH
- Cantin Chevrolet, Laconia, NH
- Coe Brown Academy, Northwood, NH
- Gilford School District, Gilford, NH
- Newfound School District, Newfound, NH
- Winnepesaukee Playhouse, Meredith, NH

BPS provides these services...

- Feasibility Studies
- Property Searches and Evaluation
- Design, Permitting and Approvals
- Management of All Project Scheduling
- Financial Assistance
- Full Commercial and Residential Construction Services
- Owner Training for Building Maintenance and Systems Operation
- Building Envelope and Energy Use Studies
- Application of Green Technology and Earth-Friendly Products

Considering a project? Give us a call at 603.524.3411 to explore concepts, ideas and feasibility or just stop in and say hello, the coffee is on us...

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