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# Lifestyles!

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*Farmers Market*

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# SENIOR *Lifestyles!*

**Senior Lifestyles**, formerly Golden Granite, is your guide for active New Hampshire Seniors!

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# Publisher's Perspective by Leigh Bosse

## ► To Our Readers

With Senior Lifestyles entering it's second year, we know that the whole concept and definition of a "Senior Citizen" has evolved over the years. Today's seniors are more health conscious and active than prior generations. They are living longer and are generally more affluent than their parents, and are savvy consumers of goods and services. Thus we make the fol-

lowing promise to our readers. Senior Lifestyles sole purpose is to provide you with the knowledge you need and the information you want to maximize the potential of your retirement years. If we can both inform and entertain our readers, we will have succeeded. Please let us know how we are doing and what we can do to improve our product.

## ► To Our Advertisers

In keeping with our understanding of senior citizens today, we urge our advertisers to join us in adopting the following philosophy, first expressed by nationally syndicated author Frank Kaiser.

1. Never think that the elderly market is "old." They don't consider themselves old, so don't you.

2. Never attempt to scare our readers into buying. Fright tactics turn them off. Let's tell them about independence.

3. Always treat our readers as equals. They value connect- edness, independence, per- sonal growth and revitalization, and so should you.

4. Never pander or talk down to our readers. They're not dumb, in fact, they're probably smarter than us both.

5. Never try to bamboozle. All seniors are from Missouri and skeptical.

6. Don't broad stroke. All seniors are not alike. Above age 50 there are doz- ens of mature and independent minds.

7 Give them a guarantee. Seniors fear being taken. A simple "no ifs, ands, or buts guarantee" pleases them im- mensely.

8. Don't razzle-dazzle. Seniors are conservative about consuming, and many grew up during the Great Depres- sion.

9. Don't rely on glitz. Ads should look like ads.

10. Always treat our readers with respect.

**25,000 copies available at all American Legion, VFW Posts, New Hampshire Senior Centers and at the following locations:**

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**Washington:** General Store

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# A decade of scientific breakthroughs for patients with GIST

In the past decade, some life-threatening diseases have evolved from being untreatable diseases to chronic conditions with the help of significant medical advances.

Gastrointestinal stromal tumors, or GIST, are a rare and life-threatening cancer of the gastrointestinal tract. Advances in the treatment of this cancer exemplify the leaps and bounds in scientific innovation and improvements in patient care that are possible within a 10-year span.

People living with a rare cancer such as GIST - a condition with a reported incidence of 4,000 to 5,000 cases each year in the United States - can often feel isolated and overlooked. Patients diagnosed with GIST a decade ago found little information about the disease, encountered underdeveloped support networks and faced an uncertain future given the limited treatment options.

"When my wife was diagnosed with GIST, we felt like we had no one to turn to for support or information about living with this disease," said Norman Scherzer,



Executive Director of the Life Raft Group, a leading patient advocacy group for GIST patients. "Today, patients have access to a wealth of information, established support networks and the legacy of many patients living with this disease, like my wife."

In the last decade, there has been significant clinical research focused on understanding the specific pathway of the disease.

But despite the significant advances made to date, scientific understanding of the disease continues to be a priority for researchers and clinicians. A key area of focus is to further improve patient out-

comes by working to improve the measurement of risk of recurrence in patients - a challenging task given that multiple factors are associated with risk for relapse or decreased survival after surgery, including the size and location of the tumor, the occurrence of tumor rupture and the proportion of tumor cells undergoing cell division (mitotic rate).

"The treatment of GIST has come a long way, but we still have a long way to go. Questions about how to best measure risk of recurrence need to be addressed to ensure we are providing consistent and appropriate treatment for each patient, with the ultimate goal of optimizing the final outcome for patients," said Anthony Conley, M.D., Moffitt Cancer Center, Tampa Florida.

In addition to the difficulties in assessing chances of recurrence, the treatment of the disease also presents challenges.

For more information about GIST, please visit [www.GISTTheFactsInfo.com](http://www.GISTTheFactsInfo.com) and speak with a health care professional or local advocacy organization. (ARA)



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# Creating a bathroom with safety without sacrificing style

For today's generation of aging adults, individuality and independence are values they've lived out for decades. As the years go by, lifestyle changes become a necessity, due to limited mobility and health concerns, but it doesn't necessarily mean giving up personality.

Aging in place, in the comfort of your home, is a priority for countless people. That often means making adjustments to your home, but some alterations can contribute to making your space feel more institutional and less "you." A balance between style and safety is the key - and finding it is easier than you might think. One of the most hazardous rooms in the home is the bathroom.

► **Clear away clutter.** Bottles and jars and grooming tools frequently crowd counters, closets and the corners of tubs and showers. Make use of hangers, shelves and wall-mounted baskets to keep things neatly tucked away, providing a cleaner environment that's also better looking and less likely to cause trips or spills.

► **Bathe in safety.** With limited mobility, moving in and out of the tub can be difficult, if not downright dangerous. One renovation solution to that



problem is installing a walk-in tub. Premier Care in Bathing, the leader in walk-in bathtubs, offers a variety of tubs that homeowners can simply walk into, close the water-tight door, and fill for a comfortable, relaxing bathing experience. The company's Walk-in baths and EasyAccess showers configure to your existing space and allow you to maintain the look of your bathroom while enjoying greater ease.

► **Choose rugs carefully.** Bath mats and rugs are both functional and decorative. They can add a splash of color while also effectively collecting water that might otherwise pool on the floor and lead to slipping. However, rugs that don't stay in place can present a problem of their own and lead you to trip. Opt for

mats and rugs that have non-skid backing, but which still look harmonious with the rest of your bathroom decor.

► **Bring things up to the right height.** Your bathroom routine can be an active one, which can present problems if your health limits your ability to move or bend easily. Having a commode and a sink at a higher level that prevents you from overexertion during your daily routine will add to the comfort and safety of your bathroom. And with options like Premier Care in Bathing's easy-access sink, you can integrate these new fixtures into your room while maintaining your existing decorative theme.

One of the most important parts of maintaining independence throughout aging is being able to uphold your sense of self.

Taking a holistic approach to creating a home environment that meets your needs but still expresses who you are enables you to live life as you choose for a long time to come. For a free brochure including more information about Walk-in bathtubs and other solutions for making living at home more convenient, visit [premiercarebathing.com/saferbathing](http://premiercarebathing.com/saferbathing) or call 888-378-7953. (ARA)

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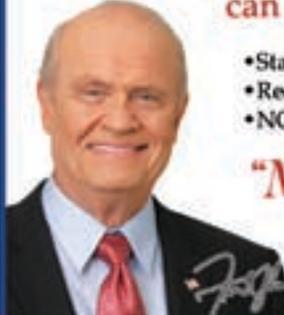
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# Steps you can take to ease arthritis pain

For the 50 million American adults currently suffering from arthritis, symptom management is the name of the game. Although it's the leading cause of disability in the U.S., and the second most frequently reported chronic condition, there are currently no cures for the family of musculoskeletal disorders known as arthritis, according to the Arthritis Foundation. Therefore, arthritis treatment focuses on relieving symptoms and improving joint function.

The most common forms of arthritis include osteoarthritis, rheumatoid arthritis, lupus, gout and fibromyalgia.

There are numerous types of arthritis - more than 100 in all - and therefore many treatments, including prescription and over-the-counter medications, physical therapy, lifestyle and home remedies, surgery and alternative medicine. Many arthritis sufferers will benefit from some combination of these options.

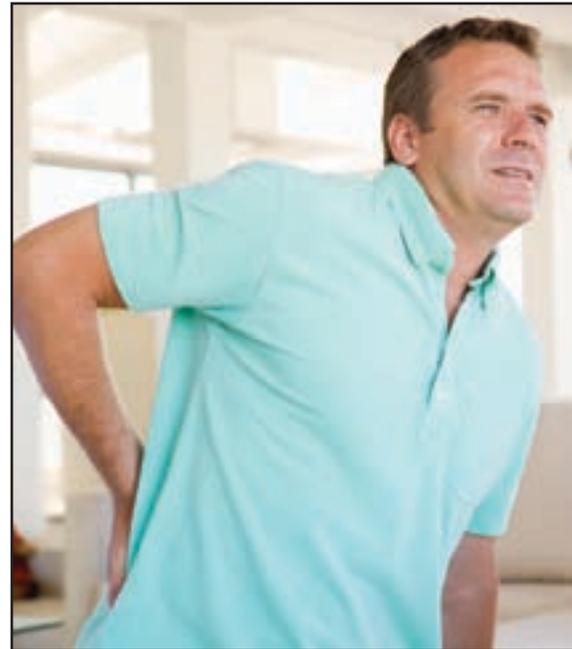
One of the most commonly used arthritis medications is a category called NSAIDs, or nonsteroidal anti-inflammatory drugs, which reduce both pain and inflammation. Popular over-the-counter NSAIDs include naproxen sodium, as well as ibuprofen, both of which are available under a wide variety of retail "store-brand" labels.

"Pain and swelling have a serious

impact on quality of life for many arthritis patients," says Dr. John Tower, president and medical director of Arthritis Physicians LLC in Rochester Hills, Mich. "In combination with other therapies, NSAIDs like naproxen sodium and arthritis pain-relieving topical ointments can provide some symptomatic relief, and therefore can be an important part of a patient's treatment plan."

"For patients prescribed an NSAID by their physician, I would encourage them to purchase store-brand naproxen sodium or ibuprofen sold at leading retailers and pharmacies," Tower continues. "These products are regulated by the FDA and use the same active ingredients, but cost significantly less than the brand names." Physical therapy and regular exercise help to keep joints flexible and strengthen muscle surrounding joints, which can result in improved range of motion for arthritis sufferers. Additionally, home remedies, such as hot and cold therapy, may help relieve arthritis pain, while use of assistive devices, such as a cane or walker, can help protect joints and improve a patient's ability to perform daily tasks.

Alternative medicine, such as acupuncture, may offer some promise as a remedy for reducing symptoms of arthritis, but patients should bear in mind



that there is still little reliable evidence to support the use of such treatments in managing arthritis. "Arthritis is a complex disorder with many causes and no cure, but there are effective treatments to manage the symptoms," says Tower. "Symptom management looks different for every patient, so arthritis sufferers should consider all of the options in partnership with their physician." (ARA)

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# The most-overlooked financial planning tool that's free to all

What did you do with that envelope that used to arrive once a year with estimates of your future Social Security benefits? You might have reviewed the information. You may have even filed the statement away as a reference. Now, this powerful financial planning tool is as close as the nearest computer.

"Often, people don't think of their Social Security statement when thinking of their financial well-being," says Rod Griffin, director of public education for Experian. "But your statement can be a valuable financial planning tool."

Your SSA statement is now available online at [www.socialsecurity.gov/mystatement](http://www.socialsecurity.gov/mystatement). It provides an estimate of the amount of Social Security benefits you could receive upon retiring, but it can also help you with retirement savings strategies, estate planning and making decisions about disability insurance.

### ► Retirement saving

Knowing how much your Social Security payments will be can help you better understand how much you'll need to save in other vehicles to fund your lifestyle during retirement. After reviewing your statement online, you may decide to adjust your 401(k) contributions,



open an IRA or seek other avenues for funding your retirement. The statement can also help you work with your current employer to ensure they're withholding the appropriate amounts.

### ► Estate planning

Your online statement will also give you an estimate of how much your survivors might be eligible for if you die. This information covers both spouses and minor dependent children.

"This could be useful information when you're planning how you will financially take care of your loved ones if you pass away," Griffin says.

Estate planning often involves considering what sources of income will be available to survivors, and knowing how much Social Security benefits yours could be eligible for can help in the planning

process.

### ► Disability decisions

According to the SSA, 62 is the earliest age people can collect a reduced Social Security retirement payment, and the full retirement age is 67 for people born after 1960. But a 20-year-old worker has a three in 10 chance of becoming disabled before reaching retirement age, and the average age of people receiving Social Security disability benefits is just 53 years old. If you have a health problem that you know will lead to disability, knowing how much you could expect to receive from Social Security may help you make decisions about how much disability insurance you'll need.

With the availability to access your Social Security earnings and benefit information online, it's easier than ever to make use of this important financial planning tool. The SSA uses Experian's fraud prevention services to securely authenticate and safeguard the identities of people accessing their earnings and benefits information online.

To access your statement, go to [www.socialsecurity.gov/mystatement](http://www.socialsecurity.gov/mystatement), create an account and provide the information as prompted. (ARA)

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# Labeling meds as 'gluten-free' helps those with celiac disease

Celiac disease is a condition that affects certain individuals whose bodies react negatively to foods containing gluten - a protein found in wheat, barley and rye - causing damage to the lining of the small intestine.

There is no cure or medication therapy for celiac disease but it can be managed by a change of diet. What many people don't realize is that it's not just the obvious foods that need to be avoided. Even small or trace amounts of gluten in the form of coating on some over-the-counter medications, can be harmful.

Recently, Perrigo - the world's largest manufacturer of "store-brand" over-the-counter medications for the nation's leading retailers - implemented a gluten-free labeling system and assurance program to make it easier for people with a gluten sensitivity to identify medication that is safe for them. Now, many store-brand over-the-counter medications have an easy-to-identify gluten-free statement or seal.



"It's important for those with celiac or gluten sensitivity to be educated about everything they ingest that could cause them harm," says Dr. Stefano Guandalini, Medical Director of the University of Chi-

cago Celiac Disease Center and President of the North American Society for the Study of Celiac Disease. Detailed labels and raised awareness are great ways to keep everyone informed." (ARA)

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**All skill levels welcome!** Track events only open to age 45+. Awards of Gold, Silver, Bronze Medals and Fourth Place Ribbons.

Email: [NHgssg2@myfairpoint.net](mailto:NHgssg2@myfairpoint.net)  
Phone: 603-504-8425

[www.NHSeniorGames.org](http://www.NHSeniorGames.org)




# Local Farms & Farmers Markets

## Let fresh summer produce star in Apricot Chicken Rice Salad

This summer, why not head to your local farmer's market for tasty seasonal fare at the peak of freshness?

Think outside the box with your farmer's market finds, such as apricots, eggplant, asparagus and summer squash, by incorporating them in a healthy summer salad. Salads are quick and easy, require minimal cooking and are the perfect way to enjoy the simple tastes of summer. Incorporate rice in your salad for a quick, healthy and more filling summertime option.

"Using plain rice in salads just makes sense," says Deborah Locke, product manager for RiceSelect. "Because it's so versatile, you can save time by cooking a few recipes' worth at a time and store the leftovers in the refrigerator for up to a week. The next time you prepare a pilaf, casserole or rice salad, you are halfway there."

Grab some apricots and try out the following recipe for Apricot Chicken



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# Local Farms & Farmers Markets

Rice Salad with all-natural Texmati white rice.

## APRICOT CHICKEN RICE SALAD

Start to finish: 1 hour

Servings: 6

1/2 cup lime juice

2 tablespoons vegetable oil

3 tablespoons honey

1/4 teaspoon ginger

1/2 pound boneless, skinless chicken breasts, cooked and chopped

6 cups cooked Texmati Rice

1 cup chopped dried apricots

1 cup thinly sliced green onions

3/4 cup raisins

In a small bowl, whisk together lime juice, oil, honey and ginger; set aside.

In a large bowl, combine chicken, rice, apricots, onions and raisins.

Cover and chill about 1 hour.

Just before serving, drizzle dressing over salad.

For more salad recipes, visit [www.riceselect.com](http://www.riceselect.com). NewsUSA

## New Earth Organic Farm Open House

8/4/2012, (9:00 a.m.)

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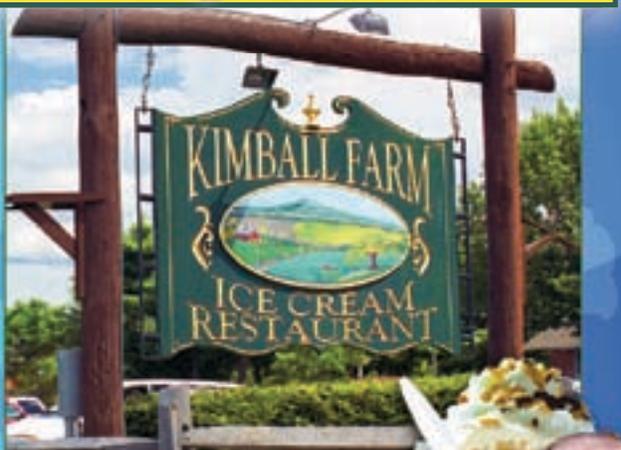
New Earth Organic Farm, 120 Angels Road, Colebrook, NH 03576

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# Taking strides to stop diabetes

Every year, rain or shine, walkers across the country join together to bring awareness to a deadly disease. They walk for their friends, family, co-workers and themselves.

Step Out: Walk to Stop Diabetes, the American Diabetes Association's signature fund-raising walk, raises more than \$20 million a year to support the Association's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes. The event has been taking place for more than 20 years and has raised over \$150 million to Stop Diabetes.

One walker stepping out this year is Mary Ellen Quigley of Indianapolis. Quigley did her first Step Out walk last year after having recently lost her mother, Ellen, to complications from diabetes. This year she has formed a team to walk in her memory called "Ellen's Warriors."

"Diabetes changed my life because it changed my mother's life. Losing my mother to this disease motivated me to try and make a difference. I decided to



become involved with Step Out and did the walk almost exactly one month after her death. I cried the whole time, but I knew she would be proud that I was helping others," says Quigley.

Walk teams can come in all sizes - two or more people make a team. There are all types of teams including corporations, families, clubs and organizations, and school groups, who build teams to walk for those who have been touched by diabetes. People with diabetes can choose to walk as a Red Strider. A Red

Strider is someone who has diabetes - type 1, type 2 or gestational.

"Programs like Step Out help keep the fight going," Quigley adds. "The biggest misconception of diabetes is that it is a death sentence. It doesn't have to be. There are ways to take care of yourself that can help you live a very long and full life, and exercise is one of those ways."

Step Out is a one way to show support for the nearly 26 million children and adults in the U.S living with diabetes and the 79 million more who are at risk. Research shows you can lower your risk for type 2 diabetes by 58 percent if you lose 7 percent of your body weight (15 pounds if you weigh 200 pounds) and exercise 30 minutes a day, five days a week (this can include a brisk walk).

There are 125 Step Out events around the country. For more information or to register for a walk in your community, visit [www.diabetes.org/stepout](http://www.diabetes.org/stepout) or call (888) DIABETES (888-342-2383). (ARA)

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# High temperatures increase health risks for people with diabetes

For the nearly 26 million Americans living with diabetes, high temperatures and increased sun exposure can pose particularly dangerous health risks. During warm weather, experts caution that people with diabetes must take extra care to avoid serious, heat-related conditions. "Heading to the beach, the pool or the park is a great way to cool down and stay in shape when the temperature rises, but people with diabetes may not realize the heat can place them at greater risk for serious, heat-related illness," says Dr. Deneen Vojta, senior vice president and chief clinical officer of UnitedHealth Group's Diabetes Prevention and Control Alliance (DPCA). "Diabetes actually impairs a person's ability to sweat, which means that hot, humid weather can dangerously reduce the body's regulation of blood sugar levels. That's why it is critical that people with this disease take proper precautions to avoid conditions like heat exhaustion and heat stroke."

Vojta offers seven simple tips that may help people with this disease to stay active, healthy and safe when temperatures are high:

**1.** Check your blood sugar levels



often. Changes in activity and heat levels can affect your body's insulin needs.

**2.** Wear sunblock. Sunburn can tax your body and trigger increased blood glucose levels.

**3.** Stay cool. Take regular breaks from the heat in air-conditioned areas or designated cooling centers, if possible. Make sure to exercise in an air-conditioned place or exercise during early morning and evening hours when temperatures are cooler.

**4.** Keep medication and supplies cool and away from direct sunlight. Extreme temperatures and sunlight can have a

damaging effect on diabetes medication such as insulin, causing the drug to break down or become less effective.

**5.** Stay hydrated. Dehydration stresses the body and affects glucose levels.

**6.** Avoid caffeine and alcohol in high temperatures. Both alcohol and caffeine have diuretic effects that can increase risks of dehydration.

**7.** Be alert for common signs of heat exhaustion. Signs of serious health-related illnesses can include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting and fainting.

Vojta advises that people with diabetes should be on the lookout for signs of heat exhaustion or heat stroke and seek medical attention right away if they experience symptoms.

Additional resources on managing and preventing diabetes can be found by visiting the websites of the American Diabetes Association ([www.diabetes.org](http://www.diabetes.org)) and the National Diabetes Education Program ([ndep.nih.gov/resources](http://ndep.nih.gov/resources)). UnitedHealth Group also offers a range of helpful tips and information on the disease at [www.unitedhealthgroup.com/diabetes](http://www.unitedhealthgroup.com/diabetes). (ARA)

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# River cruises: Allowing travel to intimate places

River cruises allow travelers to see the most notable sights in their chosen destination, but they also offer the opportunity to experience daily life in places where tourism is secondary to authentic culture.

Award-winning tour operator Tauck, a leader in European river cruising, takes travelers around the world with carefully planned itineraries that make it easier to see some of Europe's hottest destinations in-depth, at costs savings often up to 40 percent over independent planning.

Seeing the world atop the flow of a river gives travelers a fresh perspective, no matter the destination. And that's perhaps the best part: picking out the destination.

► **Western Europe.** The classic destinations of the Old World get a new coat of polish when viewed from river cruises. Explore the romantic landscape and medieval castles of Germany's Rhine and Moselle rivers, or be charmed by the bucolic countryside in Belgium and the Netherlands.

Themed river cruises like A Taste of France, which features an array of food-related excursions and experiences,



give travelers the opportunity to indulge one's interests in unique settings.

► **Eastern Europe.** A river voyage from the Black Sea to Budapest will have travelers sailing through beautiful scenery as well as dramatic history. Many of the destinations on the journey, like towns and cities in Bulgaria and Romania, are hidden gems that only in-the-know travelers count among the must-see destinations in Europe. Danube River cruises will also provide a glimpse of the Czech Republic and Slovakia, along with destinations in Austria, Germany and Hungary.

► **The Middle East.** What river could be more considered famous than the Nile? Taking a cruise on this legendary waterway counts among life's ultimate experiences, and Tauck's river

cruises ensure that travelers can take this trip in style. The austere allure of the desert landscape is an attraction in its own right, but travelers will also be able to see the ancient monuments that have made Egypt a travel destination for generations of adventurous spirits. Land experiences include four nights in Jordan where guests see the majestic ruins at Petra and the desolate beauty of Wadi Rum.

► **Asia.** China's powerful Yangtze is one of the world's great rivers, and cruising down it onboard one of Tauck's river cruises will be the travel experience of a lifetime.

Its atmospheric landscape of gorges and green hills are spellbinding, compelling travelers to visit pavilions and pagodas in riverside towns and villages. Another river, the Li, is the perfect place to observe fishermen plying their trade from onboard bamboo rafts – an unforgettable glimpse into the old-world cultural heart of China.

Spin the globe and pick a destination – no matter the destination, river cruises offer travelers the chance to see the world from a different point of view. (ARA)

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# Ham on the grill? New life for an American classic

Summer is here, and with it comes the aroma of delicious home-cooked meals prepared for family and friends out on the grill. To keep dishes interesting and to serve crowd-pleasing meals, you'll need just the right recipes and ingredients.

In the never-ending search for new dishes from the grill, ham is an unexpected, delicious and easy-to-prepare option. It's versatile enough that it can be used for a variety of meals, giving you even more flexibility when it comes to menu planning.

The experts agree that the secret to preparing a delicious grilled meal is to choose the highest quality products you can find and it doesn't hurt to pair them with some great seasonings.

"The quality of the meat you serve is important, and it all starts with perfecting the process of cooking; look for products that guarantee freshness," says Brian Hendrickson, Hormel Foods Curemaster. "Ham is also a great protein for adding your own seasonings, or you



can look for products with brown sugar, honey or pepper-based flavoring."

To help create a memorable meal, Hendrickson shares his tips:

► **Know your numbers:** When grilling for a large crowd, count the number of guests scheduled to attend. It's a good idea to get about a pound of your preferred protein for every three to four people. Don't forget to estimate a little extra for unexpected guests, and everyone's favorite - leftovers.

► **Customize the grill-and-serve process:** When grilling a variety of items, make sure you know how long

each must be on the grill. If you're grilling ham, it's typically sold as a fully cooked product, so when preparing, all you need to do is heat it through, making it a simple solution when you're pressed for time. Look for the ham to reach a temperature of 140 to 145 degrees.

► **Pairing partners:** To maximize your summer grilling options, pair meats with a variety of other food. The flavor profile of ham is versatile and works particularly well with both sweet and spicy flavors. Add a smoky barbecue sauce for bold, rich flavor or try lightly grilling stone fruits like plums or apricots to serve along with ham for an unusual palate pleaser. (ARA)



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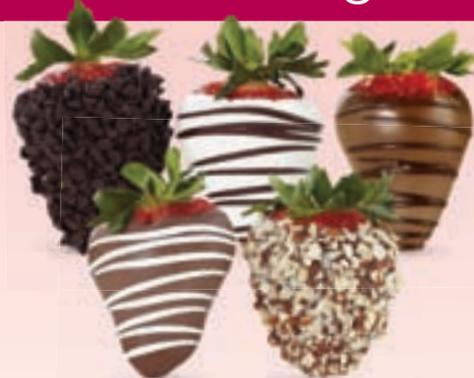
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## The secrets to successful outdoor entertaining

### Refreshments

An easy way to set the party mood is by choosing a menu appealing to everyone. Casual or formal, food can be easy to prepare and enjoyable for everyone to eat. Consider your guest list and the event that you may be celebrating. Be aware of common food allergies as well as any vegetarian or vegan friends. Make your menu simple by providing guests with a little variety and by relying on fresh produce. Locally grown fruits and veggies are abundant this time of year and are appealing to most people - even dieters. Drinks are essential to great outdoor entertaining as well. Whether you are entertaining children or adults, the drinks you choose can set the mood. A signature drink is always fun.



Try refreshing lemonade for the kids or a festive sangria for adults. Also, be sure to provide lots of ice-cold water to prevent dehydration in the heat of summer. Offer herb cuttings for garnish or float edible flowers in pitchers.

### ► No pest zone

Nothing ruins a party faster or more thoroughly than unwanted stinging bugs or prickly weeds. Take the proactive route and prevent these pests from showing up at the party.

Before the invitations are sent out, make a sweep of the yard and look for pesky weeds that could cause discomfort for guests. Keep unwanted plants like poison ivy, thistles or sand burrs from ruining the fun. In addition, it's always a good idea to head-off any annoying pests like wasps, mosquitoes, fleas and ticks to keep them from assaulting party guests.

### ► Seating

Nothing is more inviting than a comfortable seating area. Offer shady areas to help establish comfy conversations and be sure to provide ample seating for all your guests. Pull out all your folding chairs, borrow outdoor chairs and tables from neighbors, rent extras if needed and get creative. Ottomans, large buckets, logs, straw bales or even coolers can make great seats. As long as the surfaces are clean and sturdy, a cushion can always be added for a little extra comfort. Make sure to dust off and spruce up existing seating for a fresh look as well.

### ► Lighting

Nothing sets the tone of a party better than lighting. This important element can make a world of difference. Candles or torches can do double duty by providing soft, illuminating light and helping to keep bugs at bay. (ARA)

## Looking for a green vacation? Try a tall ship cruise

A 2012 TripAdvisor survey found that 30 percent of respondents choose a destination because it is considered environmentally friendly.

While a growing number of resorts and hotels have green certifications, when it comes to a cruise vacation, the obvious choice for an eco-conscious consumer is a sailing vacation aboard a tall ship cruise.

Star Clippers' fleet includes the world's largest and tallest sailing passenger ships -- Royal Clipper, Star Clipper and Star Flyer. "At Star Clippers, we maximize the time we are under wind power so our guests can experience a true tall ship sailing experience,"



said Captain Farhat Shamim, vice president of operations. "Of course, this also reduces the amount of fuel we consume and therefore is entirely environmentally friendly."

Shamim said that in the Caribbean, where winds are most predictable, the ships operate under wind power up to 60 percent of the time. But even when sailing, the ships run their engines to power air-conditioning, refrigeration, lights and more. The tall ships use high-quality low-sulphur gas oil. Star Flyer was the first ship in the world to receive the International Air Pollution Prevention Certificate, followed by Star Clipper and Royal Clipper.

The ships' size also contributes to a smaller carbon footprint. Unlike cruise ships carrying thousands, Star Clipper ships carry only 170 on Star Flyer and Star Clipper, and 227 passengers on Royal Clipper, which means less water is consumed and less waste is produced.

The ships also have an advanced water-treatment Bio Reactor system to treat sewage and water from sinks and showers. Treated water is clean enough to use for deck wash and can be discharged safely overboard. But that's the only thing that goes overboard. Oily bilge water from the engine room is offloaded to a facility on shore, and all waste and garbage is disposed of ashore. "We dump nothing in the water," said Shamim. (NewsUSA)



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