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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:

Antrim: Antrim Market Place, T-Bird, Rick & Diane's

Bennington: Harris Convenience Store, The Country Store

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Henniker: Harvester Market, Pharmacy, Pop Schultz, St. George Cafe

Hopkinton: Cracker Barrel, Fireside Tavern
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Manchester: Shaw's, Stop & Shop, Hannaford's

Newbury: Marzelle's, Quick Stop, General Store

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Non-adherence is killing us, needlessly

Millions of Americans are plagued by chronic diseases such as heart disease, cancer, diabetes and arthritis. These are among the most common, costly, and preventable of all existing health problems in the United States, according to the Centers for Disease Control and Prevention. There is a condition that's taking a huge toll on Americans' health: non-adherence, a problem caused when patients don't follow their doctors' orders.

Beyond the financial cost is the health impact: Non-adherence can lead to additional complications, which in turn lead to more medical tests, emergency room visits and hospitalizations - all avoidable by simply taking medications as prescribed.

A new Express Scripts survey found that more than 90 percent of the 40,000 adults polled agree that taking their medication is important for their health, ranking higher than avoiding smoking, eating healthy and getting enough exercise. Despite these findings, Express Scripts' 2011 Drug Trend Report shows



that for many diseases requiring drug treatments, less than half of patients take their medication as prescribed. The main reason for non-adherence has nothing to do with the cost of the medicine or fear of its side effects. In fact, more than two-thirds of patients are non-adherent simply because they forget or procrastinate, according to survey responses.

The good news is that there are some very simple solutions for treating the common condition of non-adherence:

Visual or auditory reminders: Keep your medication in a location where it can

be easily found. Tape a note to your refrigerator or set an alarm that will help make taking your pills part of your daily routine.

Home delivery: Having your prescriptions delivered to your home in 90-day supplies has been proven to increase adherence. Go to www.express-scripts.com to learn more.

Automatic refill reminders: Some prescription insurance plans provide automatic refill reminders to ensure you refill your prescriptions on time. Check your pharmacy plan to see if these alerts are available and how you can sign up to receive them.

On-time prescription renewals: Long before you near the end of your final refill, it's important to schedule an appointment with your physician to renew the prescription. If you wait until the last minute, you might not be able to get there in time to stay on your medication therapy. It is important to remember that better decisions today lead to healthier results tomorrow. (ARA)

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Creating a bathroom that maximizes safety and style

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. Its slippery surfaces and tendency to be crowded with products and objects makes it a hazard for slipping, tripping and other mishaps. As you consider making alterations to your home that enhance security and safety, it’s the logical place to start.

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 or call 888-378-7953. (ARA)

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How to tackle household chores quickly this fall

Ever wondered how to clean more effectively and quickly, to actually find some extra time to spend on your favorite things this fall?

One idea is to get the whole family involved and not let cleaning become an insurmountable chore. With some planning and teamwork, you can make cleaning a fun event in your household and teach your kids (and significant other) to take pride in their home by taking responsibility to each keep up with a few simple tasks so your home never becomes a disaster zone.

CLR (www.clrbrands.com) cleaning experts share top tips to help you make the most of your time and clean more efficiently. For more inspiration on how to transform your home, see below. Tips and tricks for speedy fall cleaning:

Figure out who likes doing what best. If someone prefers to handle the yard work and the kids love polishing silver or unloading the dishwasher, divide it up so the act of doing chores doesn't seem as tedious. Or, designate a family cleaning day and clarify who will

be doing what and when.

Pre-game. Before the big day, assign each person a room to prep so that once you attack with your gloves on and product in hand, you're not wasting precious time and energy figuring out what goes in the junk drawer, what should be thrown out and what should be kept.

Multitask. Several products can do double (if not triple) duty. For example, CLR works on showerheads, porcelain, chrome, glassware, fiberglass, stainless steel and grout, and can even remove sprinkler spots on outdoor windows and remove stains and mold smells from your washing machine. Grease Magnet cleans grills, smokers and tenacious garage floor stains and Stone Cleaner brings the sparkle back to delicate, hard-to-clean surfaces like granite, marble, Corian and tile.

Get the hardest part out of the way first. Medical professionals are taught to sanitize a room by starting with the dirtiest area and working toward the cleanest, and you should do the same. Tackle the most time-consuming areas



(scum-soaked shower doors, greasy grills, or dirt and dust on top of fans) first and then work toward the less time-intensive ones.

Create rewards or foster healthy competition with kids. For enterprising children, showing them how you can find silver treasures and polish them to sparkle is a great way to get kids involved. You can even make it a game by suggesting that the person who can get an old piece of silver the shiniest will be awarded a prize. (ARA)

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Ways to manage diabetes and its expense

Managing diabetes often comes at a great financial cost. Just ask the nearly 26 million people living with the disease, many of whom pay out of pocket for treatment and self care. Whether you pay out of pocket or through your insurance co-pay system, you're not alone if you feel you're paying too much to gain control of your condition.

The American Diabetes Association recommends insulin-dependent diabetes patients test their blood sugar three times a day, which can set a patient back \$1,000 a year in average costs of glucose strips alone. It's a costly scenario, but medical doctors such as John Agwunobi, president of Walmart U.S. Health and Wellness, agree it should be considered a health priority.

"In recent years, diabetes has been ranked the fifth leading cause of death in the U.S. and is now the fastest growing disease in the country," says Agwunobi. "It is imperative that we help the millions of Americans who are struggling to manage their diabetes alleviate some of the financial burden."



The American Diabetes Association offers these tips for people with diabetes to manage the disease and lower risk for complications and expenses:

- Schedule regular visits with your doctor and dentist to stay on top of the disease; your local pharmacist also can be a great resource for diabetes-related questions.
- Eat a healthy diet that limits carbohydrates and calories.
- Exercise with 30 minutes of moderate physical activity five days per week.
- Join a local diabetes community group to stay motivated and find a support system.

To help people ease mounting expenses associated with diabetes management, Walmart has lowered prices on a wide selection of high-quality ReliOn brand treatment products, which could end up saving you or a loved one up to \$800 a year on glucose strips alone. This commitment includes low prices on many essential diabetes treatment products including blood glucose monitoring meters and strips, insulin and 15 different diabetes prescriptions for only \$4 each for a 30-day supply.

"We've worked closely with our suppliers and found a way to significantly reduce the cost of diabetes products for all of our customers, but this is just one example of a larger commitment to provide affordable healthcare solutions to Americans," adds Agwunobi. "We want to make sure Americans can afford to stay healthy - whether managing their diabetes or treating the common cold."

For more information, please visit <http://health.walmart.com/health-tips/diabetes>. (ARA)

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With the cool weather we have Fall bug prevention basics

The cooler weather signals squirrels to store away nuts, birds to fly south and leaves to fall from trees, but cooler weather also means that bugs will be looking for a comfy, cozy place to spend the winter. Unfortunately, your house fits that bill. Insects start to come inside when fall arrives and their natural food sources disappear. Whether your house is the preferred winter home for crickets, boxelder bugs, spiders, silverfish or any other creepy crawlies, stay one step ahead by bug-proofing your home now. You can defend your home from unwanted insects by following a few simple steps:

Make your home less attractive:

Bugs are attracted to food and water. Store food in tightly sealed plastic, glass or metal containers, clean up crumbs from counters and floors daily, cover trash cans with snug lids, rinse out recyclables and eliminate standing water or other moisture sources. In addition, be sure to clean dishes and laundry in a timely fashion. Outside, be sure to keep



plants, debris, mulch and firewood away from the foundation of your home, especially doors and windows.

Deny entry:

If there's a hole in your screen or a crack around a window, you can be sure that bugs will find it. Repair screens and windows. Check all doors for a snug fit and use caulking or weather-stripping to fill in any gaps. Use concrete or foam filler to seal cracks and openings around the home foundation. Taking the time to make sure everything is sealed up tight won't just keep out unwanted pests; it will also save money on energy bills too.

Control the situation:

Kill bugs indoors and keep bugs out by applying Ortho Home Defense Max Insect Killer Indoor & Perimeter around your home's foundation, both inside and out. Spraying a band along the foundation and in areas of recurring bug infestations will control listed bugs for up to 12 months indoors. It's a good idea to treat baseboards, doors and windows too. Just be sure to follow the instructions on the label. If you already have a lot of bugs inside, Ortho Elementals Home Insect Killer acts as a great way to stop them in their tracks. It's safe for use around kids and pets when used as directed. Simply spray directly on insects until they are thoroughly covered. For more great tips on how to defend your home from unwanted pests, visit www.ortho.com. Controlling insects and keeping them from invading your home is not as difficult as it seems. Just a few precautions can ensure a winterized home that's warm and inviting for you and not for bugs. (ARA)

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Open your house parties up to the beautiful outdoors

Having guests over to your house doesn't necessarily mean you have to keep everyone contained inside. Open the doors of your home to your backyard to provide a relaxed ambiance for your guests. And with good lighting and comfortable seating, they'll enjoy socializing and hanging around until well after the sun sets.

To prepare your backyard for such a gathering, make certain you have the following so guests will be comfortable the entire evening:

Seating: Make certain your patio, deck or grassy area has small groupings of chairs and benches within a short distance of food and drink tables, allowing

guests to group together to share stories.

Tables: Place small tables throughout the backyard on which guests can easily rest plates and drinks.

Lighting: Chase away the darkness with recessed, low voltage accent lighting from Deckorators in stairways, railings and pathways so guests can easily negotiate these walkways, and provide a soft glow over the gathering with illuminated balusters and post caps, allowing guests to see and interact with other guests. Deckorators accent lighting features the latest energy-efficient LED technology which is inexpensive to run and perfect for late-evening entertaining. (ARA)

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Easy ways to support veterans at home

Do you carry a deep appreciation for soldiers of past and present wars, but aren't quite sure how to show it? There are a number of ways, big and small, to express your support that can directly affect the life of a veteran in a positive way. Here are a few quick tips on how to show your gratitude for a veteran this Patriot Season and throughout the year:

Donate money to charities that help veterans. A great way to give back is to support organizations such as Heroes at Home and Rebuilding Together as they build, repair, improve or modify homes for veterans. Your donation can help extend the impact of the work these organizations do.

Volunteer with organizations that help veterans. Get your hands dirty and your family involved. Many organizations can benefit just as greatly from your time as they can from your money. The Sears Heroes at Home initiative is just one of many that support veterans and rely on the help of volunteers. Your local Ameri-



can Legion or VFW post is a good place to start if you need help finding a charity.

Send a care package to a soldier serving overseas. A simple way to bring a smile to the face of a serviceman or woman is to send a package of fun items: candies, cookies, books,

games, magazines - any taste of home. There are a number of organizations that coordinate the sending of care packages to soldiers stationed across the world. Operation Gratitude is one of many organizations that coordinate these efforts.

Shop at stores that make efforts to employ or otherwise help veterans. Today's veterans face numerous challenges when reintegrating into civilian life - one of which is finding steady employment. You can help ease this transition by supporting businesses that are committed to hiring veterans and supporting reservists on staff who get called into active duty.

For example, Sears provides recruitment programs to help place veterans in jobs within their organization and will hold positions for deployed veterans for up to five years. There are also a number of nonprofit organizations that help provide job skills and career counseling for veterans, which could also use your support. (ARA)

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Tips and ideas for a hot autumn vacation

Whether a group of singles looking for some fun time together, a couple seeking a long weekend break from the daily grind, or grandparents who want to spend quality time with their pre-school-aged grandchildren, travelers can find great opportunities - and deals - when they visit traditional summer destinations during the fall.

With autumn's approach, temperatures become cooler and more comfortable for outdoor



adventures. And with families focused on school obligations, crowds thin at popular spots like Myrtle Beach, S.C. (www.Visitmyrtlebeach.com).

While some attractions will likely close for the winter at seasonal destinations, during fall months most will remain open. That means you can find a spot to sun yourself on the beach. When high season ends and crowds thin, lodging options in destinations like Myrtle Beach open up. From top resorts with indoor waterparks to waterfront condos or economy motels - many hotels offer discounted rates and incentives to encourage fall and winter travel.

It could be a good opportunity to try a more luxury property you've had your eye on or stay a bit closer to the ocean than you'd usually be able. Look out for prime lodging at a fraction of what you might pay during summer. Plus, many hotels will partner with area attractions, entertainment venues and even restaurants to provide discounted rates or deals, adding further value to your fall vacation. (ARA)

An apple a day

An early spring bloom followed by a hot summer means early apples in New England, beginning with varieties like Ginger Gold, Jersey Mac, and PaulaRed. The crop is running one to two weeks ahead of schedule in many locations, meaning that PaulaReds are already available for picking, and McIntosh could be ready as early as Labor Day weekend. Check your orchard's listing and click through to their website at Find a New England apple orchard to see where they

are available.

PaulaRed apple

PaulaReds are striking, red in color with light yellow or green striping and prominent lenticels, the tiny dots on an apple's skin through which it respire. PaulaReds have a sweet-tart flavor with a hint of strawberry. Their flesh is white, firm, and slow to brown. They are good for both cooking and fresh eating. PaulaReds launch the fresh harvest but they are not available for long and should be eaten soon after picking, as they do not store well.

PaulaRed is a relatively new variety, discovered in Sparta Township, Kent County, Michigan in 1960, by grower Lewis Arends, who named the new variety

after his wife, Pauline. PaulaReds came from a chance seedling near a block of McIntosh trees, and their sweet-tart flavor and two-toned color suggests they may have McIntosh in their parentage.

Here is a cool summer recipe featuring PaulaReds and another local ingredient, fresh mint.

Baked Apples with Fresh Mint

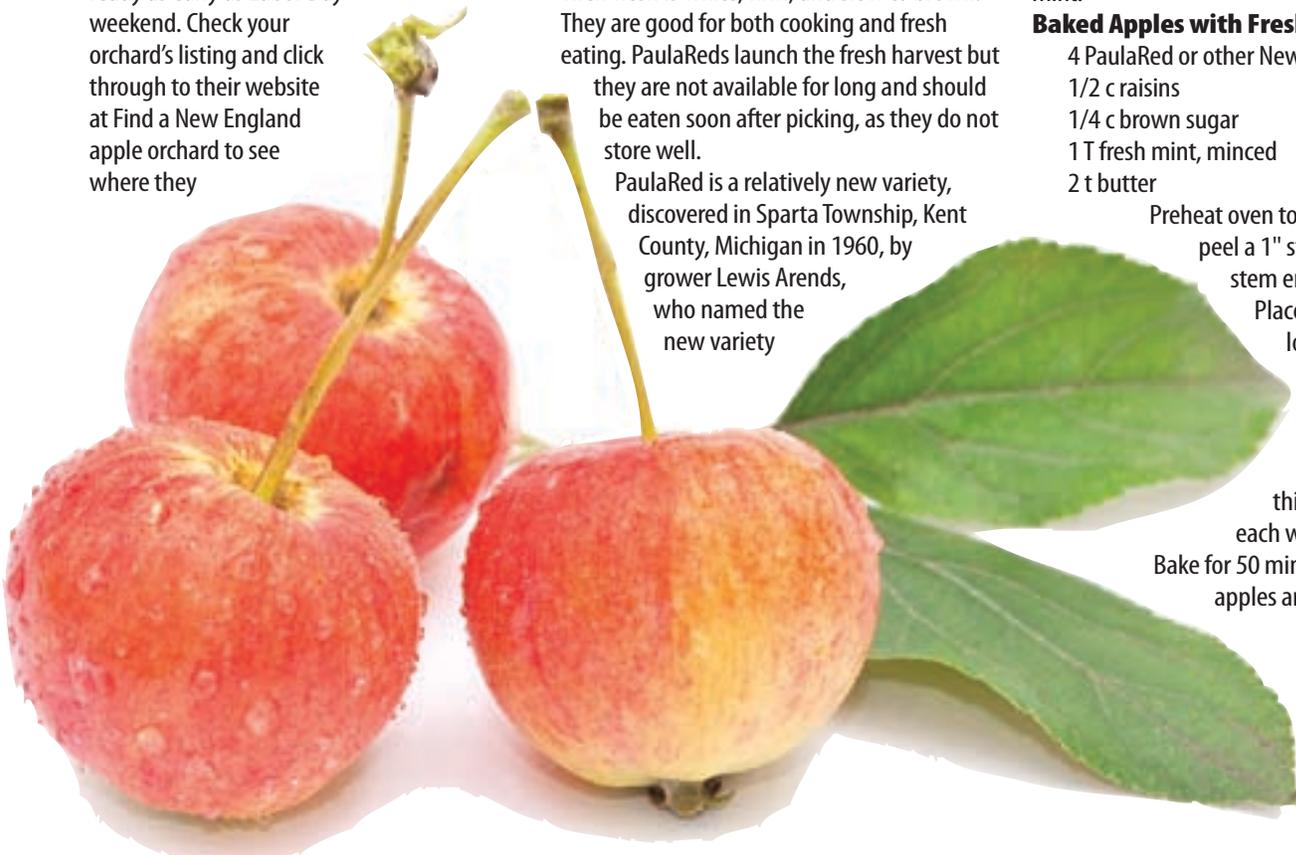
- 4 PaulaRed or other New England apples
- 1/2 c raisins
- 1/4 c brown sugar
- 1 T fresh mint, minced
- 2 t butter

Preheat oven to 350° F. Core and peel a 1" strip around the stem end of each apple.

Place apples in a shallow baking dish.

Combine raisins, brown sugar, and mint, and fill apples with this mixture. Top each with 1/2 t butter.

Bake for 50 minutes or until apples are tender.



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One of the ways Americans have made the apple distinctly our own is in the kitchen. Of course there is the Waldorf Salad, introduced at the Waldorf Astoria Hotel in New York City in 1893. The original recipe of maître d'hôtel Oscar Tschirky comprised diced red-skinned apples, celery, and mayonnaise. Eventually, chopped walnuts were added to the mix, and today a wide variety of apples of any color can be used to make this unique salad.

Then there are a trio of desserts that share simple crusts and colorful names: Apple Brown Betty, Apple Cobbler, and Apple Pandowdy. All were favorites in early New England for their economy and ease of preparation, and, of course, their rich apple flavor.

Apple cobbler has a thick, biscuit-like crust over a deep-dish filling. In some versions, the crust encloses the filling like a pie, in others the batter is dropped in spoonfuls on the top. While popular in New England, cobblers may have originated in Europe, deriving their name from their uneven crust resembling cobblestone streets.

Apple Brown Betty is a pudding-like dish featuring apples baked between layers of buttered breadcrumbs. Betties also have European roots, originating in England and closely related to the French Apple Charlotte. This was a popular dish during Colonial times, although the name Apple Brown Betty only dates back to the mid-19th century.

Pandowdy is another deep-dish apple dessert, spiced and sweetened with maple syrup, molasses, or brown sugar. Pandowdy differs from cobbler in that its biscuit-y topping gets pushed down into the fruit as it bakes, allowing the apple juices to bubble up through. Apple Pandowdy has been traced to the early 1800s, but the origin of its name is unclear. It may refer to its simplicity and dowdy look.




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Nothing beats a McIntosh apple

COMPARED TO MANY VARIETIES, THE McINTOSH IS A FINICKY APPLE. The creamy flesh beneath their thin skin bruises easily, and, more than most varieties, it is essential that they be kept cold after picking, or they go soft.

Macs break down easily when cooked, and their flavor, so tart and crisp in the fall, mellows with age over time to a sweeter taste and pear-like texture.

Their color is a variable mix of red and green, lacking the bold intensity of monochromatic varieties like the uniformly green Granny Smith or the ubiquitous Red Delicious.

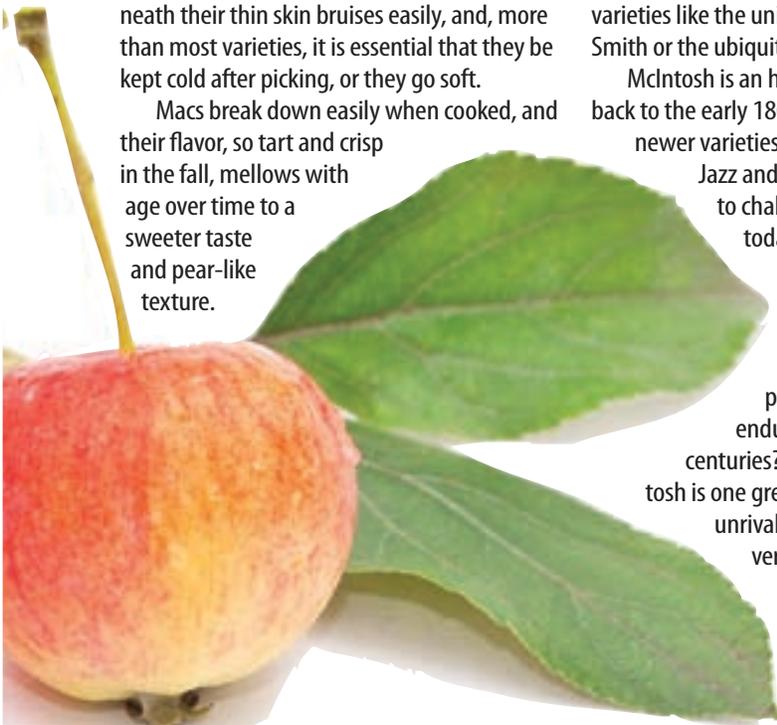
McIntosh is an heirloom variety, dating back to the early 1800s, and for years now, newer varieties with sexier names like Jazz and Pink Lady have attempted to challenge its supremacy. Yet today, McIntosh still accounts for nearly two-thirds of the New England apple crop. Given its quirky qualities, why has the popularity of McIntosh endured for more than two centuries? Simply put, the McIntosh is one great apple! Its fragrance is unrivaled, its flavor legendary, its versatility endless.

It may require handling with care, but it's well worth it. It wouldn't be fall in New

England without McIntosh apples.

No apple eaten fresh better evokes the feeling of a New England autumn than McIntosh. Its juiciness and distinctive sweet-tart flavor spectacularly usher in the fall harvest, and should be savored and celebrated at every opportunity, whether at the grocery store, the farm stand, the farmer's market, or the orchard. Whether you're making applesauce, pies, crisp, or cider, make McIntosh part of the mix. Some people, for that matter, favor a mushier pie, and use all Macs for their superior flavor. Almost any dish is made better by including this aromatic apple.

That New England grows some of the finest McIntosh in the world is no accident. Our rocky soils, long, hot summers, and crisp fall days are particularly well-suited for this variety, discovered on a farm in Ontario, Canada. With technological advances like cold atmosphere (CA) storage, McIntosh now retain their crispness and flavor throughout the year as long as they're kept cold from the storage room to your table.



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Hillsboro. Move right into this lovely colonial. Central air, walk-out basement to very private back yard, open concept with lots of light. Nicely landscaped, shed with overhead door. #1734. **\$165,000.**



Hillsboro. Just in time for summer. Contemporary home with 4 decks across from Emerald Lake on 2+ acres. **\$148,500** #1730

Quick fixes for a swift home sale

Fortunately, you can take simple and inexpensive steps to prep your home for a quick, top-dollar sale.

Freshen up:

Paint is an easy, cost-effective way to improve any interior, and a new coat can make all the difference in selling your home. Cracked or peeling paint will repel potential buyers, and faded or boring walls can create a lackluster overall appearance.

Make your home stand out with a fresh coat in a vibrant color, such as those found in Dutch Boy's Crayola palette. Perfect for showcasing a finished basement, kids room or accent wall anywhere in the home, these bright shades will make any space pop.

Little fixes:

Many buyers are looking to make as few improvements as possible, and even tiny cosmetic repairs can seem like a huge project. The more move-in-ready your house appears, the faster it will sell, and more likely buyers will be willing to pay the asking price. Some easy fixes include replacing broken counter and floor tiles, patching holes in any surfaces, making sure all lights work properly and doors open and close smoothly.

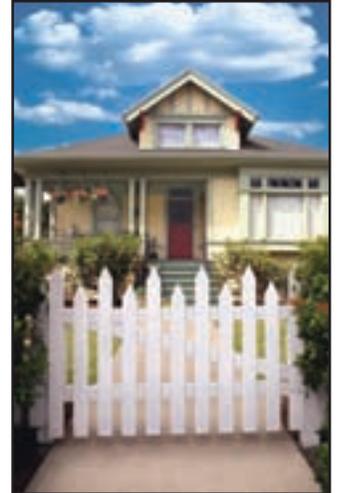
Organize and de-personalize:

To give your home a spacious showroom feel, take time to remove any superfluous stuff. Show off your kitchen countertops by storing unnecessary appliances, clear the sink and dishwashing machine, and organize refrigerator contents. Keep the bathroom vanity clear of personal items, neatly fold or hang clean towels, and clear or cover clothing hampers. Organize your cupboards, closets and drawers to maximize the appearance of your home's storage capabilities. Clearing your home of visible clutter will not only make it seem more spacious but also make it easier for potential buyers to picture it as their own.

Curb appeal:

Don't neglect your home's exterior as you prepare to sell. The mailbox should be in good condition and the house number easily visible from the street. Keep exterior doors, including garage doors, free of flaking or fading paint and freshen the trim around windows and shutters. A fresh coat of paint on the front door can add to your home's curb appeal and affixing a seasonal display of flowers or a festive wreath on the front door also makes a warm, welcoming statement.

A few simple projects can vastly improve your home's overall appearance, and with these tips, your home will be sold in no time. (ARA)





Autumn entertaining made easy with fabulous fall decor ideas

The golden days of autumn are upon us, signaling a new direction in home decor and entertaining. What are your plans for updating your house? These easy tips will bring the feeling of fall into your home without a lot of money or extra effort.

"Fall marks a time for entertaining as friends and families come back together," says Visual Merchandiser John Griffith. "The brilliant bursts of reds, oranges, and yellows mark the last vestiges of color until spring, and people are looking to grab onto those, especially those who appreciate nature as a decorating tool."

Many of us don't realize we can give our homes a refreshing seasonal style with what we already own. This starts with rethinking how you use your tableware. Fall is a great time to forgo form for function and use your dinnerware in creative ways that aren't only pretty, but a great conversation starter for fall entertaining.

While most people think about using their dinnerware for its intended purpose, finding new uses for those pieces opens up fun ideas to style your table. For example, Griffith suggests turning a balloon wine glass upside down over your favorite fall foliage, small gourds, or seasonal ornaments, and then placing a votive on the inverted base. This creates a pretty accent on the dinner table or anywhere in the home.

Look out in your yard for pine cones, nuts, seasonal berries or magnolia pods to arrange on silver serving trays, compotes or various sized serving bowls. You can even create unique centerpieces by mixing various natural elements and candles on single cake stands. If you are looking to expand your dinnerware collection for fall entertaining, experts say there is no shortage of options.

You'll find fall and Thanksgiving dinnerware in traditional browns and yellows, as well as this season's trend color, pumpkin orange. You can easily capture the spirit of the season simply by adding accent plates to the patterns you already own. Another great option is to add a decorated turkey platter or other serving pieces featuring colors and designs of the season to your table. You can also find more decorating ideas on Replacements YouTube channel and Facebook page. (ARA)

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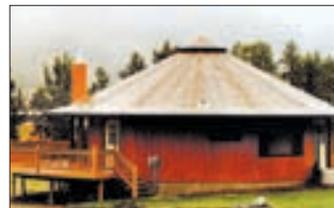


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