

Tips for seniors on managing health care costs

Finding the Medicare coverage that best fits their needs and their pocket-books is challenging for many seniors. Health care plans make changes to their coverage. People's health conditions change. Not keeping on top of these changes can mean problems. Suddenly seniors may find they don't have needed coverage, their doctor no longer takes their plan, or they face steep medical or prescription drug costs.

That's why it's essential to review Medicare coverage and individual needs each year, and to use the Medicare annual open enrollment period to make changes to coverage.

1. Be an informed consumer.

Millions of seniors, their families and caregivers will be pleased to know that for the third straight year the average basic Medicare prescription drug premiums will remain steady. Since enacted, the Affordable Care Act has helped more than 5.4 million people with Medicare save more than \$4.1 billion in out-of-pocket prescription drug expenses. Seniors



iors can capitalize on those savings by knowing exactly what they are paying for and shop around for better prescription prices and ask about costs. For additional savings, use generic medications.

2. Ask for help. In addition to guidance on retirement, estate and long-term care planning, seniors can rely on professionals to help them with health care choices. If you need assistance sorting through the overwhelming number of options, it's important to know that help is out there for you and don't be afraid to ask. Grace Hercules used Allsup to research her Medicare needs and found she could save more than \$1,000 a

year by switching drug plans. "I thought a mail-order prescription plan was best for me, but their specialists proved me wrong about this, and I am so happy," she says.

3. Be proactive. Having known and been around seniors, Hercules says she is saddened that so many settle for high costs or keep the same Medicare plan year after year because of a lack of understanding.

Just as seniors review their finances or taxes each year, Medicare annual enrollment is the ideal time to review health care coverage, Walters says. "It's OK to admit it's confusing and that help will be valuable. Look at all your Medicare options and take charge of your health care."

In addition to annual Medicare enrollment, special enrollment periods happen throughout the year for specific situations. For an evaluation of Medicare options, call an Allsup Medicare Advisor specialist at 866-521-7655, or go to medicare.allsup.com. (ARA)

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Many adults are not aware of important vaccinations they need

Even though many diseases can now be prevented by vaccines, there are still nearly 1 million cases of shingles (which is caused by the chickenpox virus) in the United States every year, and almost one out of three people will develop shingles in their lifetime.

Also, cases of whooping cough have increased significantly within the last year - there have been 26,000 cases of whooping cough reported in the United States as of early September, which is more than twice as many reported at this time last year.

To help people get the vaccinations they need, Sam's Club is offering 10 vaccines this cold and flu season at all locations with a pharmacy. In partnership with Mollen Immunization Clinics, the retailer is providing an expanded menu of vaccines administered by registered nurses through Nov. 15.

Specific vaccines include the following:

- **Flu** - Protects against influenza



(also known as the flu), which is a contagious respiratory illness

- **Pneumococcal** - Protects against pneumococcus, which can cause several infections, such as pneumonia
- **Varicella** - Protects against chickenpox
- **Herpes zoster** - Protects against shingles, which is caused by the chickenpox virus
- **Tdap** - Protects against tetanus, diphtheria and pertussis (also known as whooping cough), which is a highly

contagious respiratory tract infection

- **HPV** - Protects against human papillomavirus, which is a sexually transmitted infection that can cause common conditions, such as warts, as well as more serious diseases, such as cervical cancer
 - **MMR** - Protects against measles, mumps and rubella (also known as German measles)
 - **Meningitis** - Protects against meningococcal disease, which is a serious bacterial illness that can cause bacterial meningitis
 - **Hepatitis A** - Protects against hepatitis A virus infection, which causes a liver disease
 - **Hepatitis B** - Protects against hepatitis B virus infection, which also causes a liver disease
- Many adults have not received one or more of the vaccinations that they should be getting, and undervaccinated communities are at a higher risk for local outbreaks of disease. (ARA)

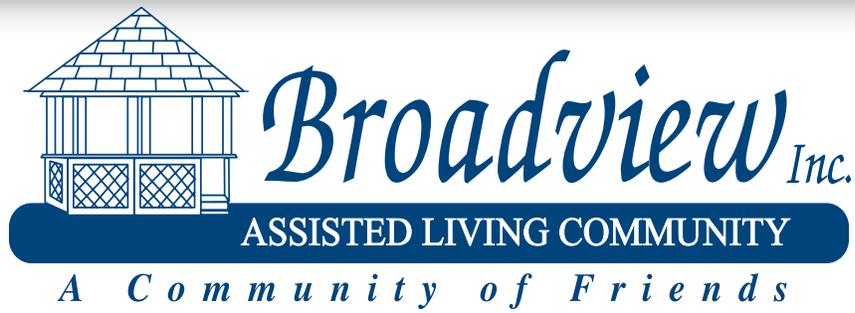
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Depression: not a character flaw but a real illness

Depression is a serious illness affecting one in 10 Americans. And while the medical establishment has long known how serious depression can be, it still remains something of a mystery to many people.

Often, the advice to someone who admits to a friend that they have depression is "it'll pass" or "shake it off." Because there are no bandages or crutches involved, there's a tendency for friends, colleagues and even family to mistake clinical depression as simply a case of the "blues." While studies vary somewhat on the exact percentages, it is generally believed that about 50 percent of Americans see depression as a personal weakness and a similar percentage of people suffering from depression don't seek treatment.

One can observe the "understanding gap" in everyday life. The word "depression" is often used to describe simply "feeling down" - the bad days or weeks that soon pass. But when those feel-

ings last two weeks or more, they could be signs of actual depression (formally called major depressive disorder or clinical depression).

According to the National Institute of Mental Health, symptoms of depression may include the following:

- Difficulty concentrating, remembering details and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- Persistent sad, anxious or "empty" feelings

- Thoughts of suicide, suicide attempts

Looking at the list, it's not hard to see how someone suffering with depression could conceivably "explain away" their depression. But this situation is gradually changing. If you, or someone you know, may be suffering from depression, you can visit www.helpyourselfhelpothers.org to take a screening. It is free, anonymous and available 24/7. Another step along the education road is National Depression Screening Day, which occurs on the Thursday of the first full week of each October. The screenings are held on college campuses, in high schools, community halls and other public venues.

If you or someone you know is in immediate danger because of thoughts of suicide, call 911 immediately. If there is no immediate danger but rather a need to talk to someone, call the national suicide prevention line at 800-273-TALK (800-273-8255). (ARA)

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James Montgomery at Hometown Heroes' Blues Festival

Blues legend James Montgomery headlines the Hometown Heroes' Blues Festival at the Rochester Opera House on Saturday, October 13 at 8:00 p.m. (Doors 7:00 p.m.). Montgomery "brings it on home" for a fantastic blues concert on our stage with Brothers in Arms and Touch of Gray, featuring singer/song-writer Chris Cartier.

Since Montgomery formed his band in Boston in 1970, he has recorded six albums and toured with dozens of major artists including Aerosmith, Bonnie Raitt, Bruce Springsteen, the Allman Brothers and Steve Miller. Montgomery learned blues harmonica first-hand from the masters...James Cotton, John Lee Hooker and Jr. Wells...at the legendary Chess-mate Club in Detroit. Recently, Montgomery found an unexpected visitor in his dressing room after a concert at Trax in New York City. "Hey man, that's cool stuff. Show me." Mick Jagger wanted harmonica lessons from a master!

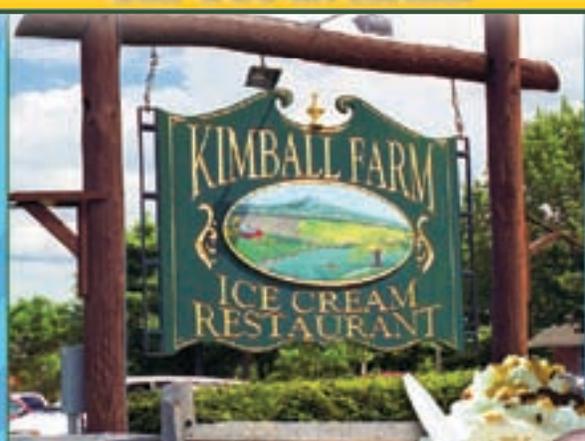
Reserve tickets online at www.rochesteroperahouse.com www.roch-esteroperahouse.com



esteroperahouse.com or call/stop by the box office (603) 335-1992, M/W/F from 10-5 and two hours before the show. Cash bar. Patrons age 17 and under must be accompanied by an adult. This show is sponsored by Eastern Propane and Oil, L. Wynn Sound, Foster's Daily Democrat,

Shaheen and Gordon, P.A., Norman Veter Foundation and Harvey Bernier, Ins. The Rochester Opera House is located in City Hall, 31 Wakefield Street, Rochester NH. The season continues with Annie 10/19-11/3 and King Michael 10/10. Tickets: \$20/\$22/\$25 .

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Five ways to get real and consistent savings at the pump

By making a few adjustments like changing driving habits and shopping smart, you can make the most out of each gallon you pump into your tank. Here are five tips for getting real and consistent savings at the pump.

- **Follow simple maintenance procedures.** The most practical way to improve your fuel economy is making sure your tires are inflated properly. You can find the correct tire pressure for your vehicle on the placard inside of your door, or in your car's owner's manual. Using the recommended grade of motor oil can also increase your fuel economy by 1 to 2 percent, according to the Environmental Protection Agency.

- **Use rewards programs to your advantage.** As an example the new ExxonMobil Smart Card, a credit card issued by Citibank, N.A., saves users 6 cents/gallon on Exxon- or Mobil-branded gasoline and diesel fuel when they use the card to purchase at least 45 gallons in a billing cycle. Savings apply from the first gallon up to 100 gallons each



qualifying billing cycle, and are reflected as a monthly statement credit. While a few cents may not seem like a lot, the dollars add up quickly over the course of time when you consistently use rewards programs. The ExxonMobil Smart Card can save you up to \$72 in one year. You can apply for the ExxonMobil Smart Card at www.exxonmobilcard.com.

- **Reduce weight and drag.** You might not notice your carrying rack affecting the quality of your ride, but racks

and other add-ons to your vehicle cause a lot of drag, taking a big bite out of your fuel efficiency. It pays to take them off when you aren't using them. Removing extra weight, by cleaning out everything you don't need that's stashed in your trunk or car, can also help.

- **Watch the way you drive.** Most cars travel with highest fuel efficiency in the 50 mph range which begins to drop significantly the faster you go. Keeping your highway speed to the posted speed limit not only keeps you safer, but can greatly improve gas mileage. Aggressive starting and stopping also puts more stress on your engine, and uses more gasoline.

- **Technology is your friend.** Your mobile GPS unit can help you get where you need to go in the most efficient way possible.

Shopping smart at the pump may be easier than you thought. By putting a few of these simple fuel-saving tips into practice, you can get real and consistent savings. (ARA)

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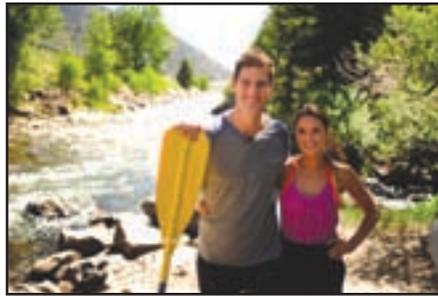
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Five ways to become a tourist at your home

For most people, vacation time and money are finite resources. So what can you do if you're interested in exploring and trying new things before your next vacation? Become a tourist in your own hometown. If you're looking for something new to do in your community, often the best sources of information are people who love to explore just like you do.

By going online, you can learn more about what like-minded people in your city recommend as fun and unique activities. One great place to look is www.livelifelocal.com, where users can find and share their favorite activities. There you can search by city or category to find both special events and ongoing activities from other locals, making it a helpful "insider's guide" that can be used with more traditional resources like the events section of your local paper. To help you get started here are five ways to discover new things close to home:

- **Find fun ways to get active.** Click around on the LiveLifeLocal map to find bicycle-friendly routes that take you somewhere you haven't explored. Or take a hike through a park that you've never visited. If you have a favorite lake, experience it a new way by renting a



stand-up paddleboard and going for a paddle.

- **Explore regional food options.**

A great way to reconnect with your local culture is eating and drinking at establishments that offer flavors unique to your town. Farm-to-table restaurants allow you to enjoy the fruits of the local harvest, which taste all the better if you are able to wash it down with a pint of carefully crafted brew from a local brewer. Or head to the nearest farmers market for a fun diversion before preparing a delicious and fresh home-cooked meal.

- **Take advantage of free events and festivals.** Enjoy local art, food and music at a free weekend festival, as often you can find them all in one place. Festivals are also a great place to learn about

new restaurants, galleries or musicians, all of which you may want to see or visit again on another excursion.

- **Try a night of local entertainment.** Do you wonder what goes on at the theater that you always pass on the way home? Take to the Web to see which plays others are recommending. One fun way to explore your local arts scene is to set a goal to see a new play, visit a new gallery or see a new musical act once a month.

- **Learn more about your community.** Take a tour of a historic building in your neighborhood in which you might find out something you never knew about where you live. Libraries are also a great place to look for fun classes or seminars about people or areas of interest in your town, as are local historical societies.

Part of the fun of becoming a local tourist is that you can share your experiences with others who have common interests, while getting ideas on new ways to explore your city. Visit www.livelifelocal.com for more ideas on how to make living life in your town more entertaining and to share some of your best-kept secrets about your city. (ARA)

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Quick fixes for a swift home sale

First impressions are everything when it comes to selling a home, and peeling paint, stained carpets and unpleasant odors can be an instant turn-off for buyers. 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. With 96 colors to choose from - from Marshmallow and Ice Pop, to Wild Strawberry and Inch Worm - you're sure to find a shade to help make your home memorable. And as you are updating walls with new color, use a paint that not only adds beauty but also reduces odors. Along with the exceptional coverage Dutch Boy is known for, Refresh features Arm & Hammer Odor Eliminating Technology to rid your home of unwanted odors, leaving your home smelling clean and inviting.

Little fixes:

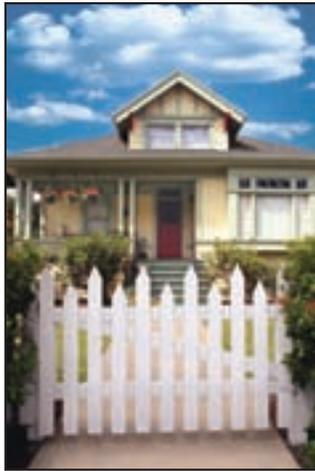
The little things can make a big difference when it comes to the appearance of your home. Many buyers are looking to make as few improvements as possible, and even tiny cosmetic repairs can seem like a huge project. The more move-in-ready your house appears, the faster it will sell, and more likely buyers 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. Organize your cupboards, closets and drawers to maximize the appearance of your home's storage capabilities.

Curb appeal:

First impressions can make a world of difference, so 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 few simple projects can vastly improve your home's overall appearance, and with these tips, your home will be sold in no time. (ARA)



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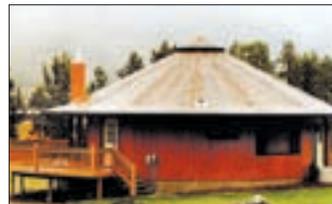


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Lift loved ones up when medical costs get them down

Medical costs are the leading cause of bankruptcy in the U.S., according to crowdsourcing.org. So how do you help family and friends struggling with sometimes overwhelming expenses? For many, crowdsourcing websites are becoming an empowering source of financial support, with estimates that more than \$2.8 billion will be raised by such sites this year.

Desiree Vargas, co-founder and CEO of GiveForward, a free, easy-to-use crowdsourcing site that helps raise funds for people affected by health issues. "Providing loved ones with financial and emotional support allows them to focus on healing instead of worrying about expenses."

Here are a few ways in which you can help a loved one, both emotionally and financially, during a medical crisis:

Listen - Simply lending an ear can mean the world. Let them express their feelings, even if those feelings are difficult to hear. Often we're tempted to say,



"You'll be fine." Rather, give heed to their expressions of fear, anger and doubt without offering advice.

Do your homework - Learn about your loved one's diagnosis and treatment options. Seek out recommendations and information from reputable medical professionals, health organizations and support groups. Take notes at doctor appointments and ask questions in order to be the best advocate for your friend or relative.

Ease the financial burden - The power to help is only a few clicks away. Online crowdsourcing sites provide free,

easy-to-use platforms from which anyone can create a fundraising webpage. GiveForward focuses on medical fundraising, offering tutorials, free resources and one-on-one assistance to help hold a successful fundraiser and lighten your loved ones' financial load.

Lend a helping a hand - It's never easy to ask for help, even during trying times. Be assertive in offering to assist with household tasks like cooking and cleaning. Organize schedules with friends and neighbors to help with daily tasks like running errands and walking the dog.

Laughter is the best medicine - Bring humor to your loved ones' lives. It's crucial to be sensitive to their need to grieve, but it's also important to give them something to smile about.

Tell jokes, plan a comedy movie night and talk about good times shared together.

For more tips or to start a fundraising page, visit www.GiveForward.com (ARA)

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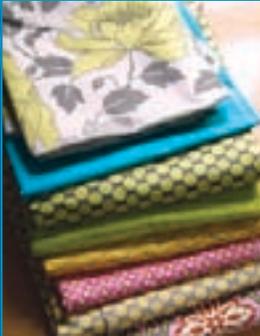
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9 Center Road, Canterbury, NH. Phone: 603-783-9649, Email: canterburyfarmersmarket@gmail.com, Website: <http://www.ccfma.net/>

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www.MilfordNHFarmersMarket.com

Scary Happenings

Haunted Overload - Daytime Haunts for Kids

10/7/2012, (11:00AM), Event Fee: \$5.00 per person. LEE: A New England autumn would not be complete without the thrills and chills of Halloween. Award-winning Haunted Overload is back performing at DeMeritt Hill Farm this October. Consistently rated one of the TOP haunted attractions in the United States and ranked among the Top 20 Most Influential Haunted Attractions of All Time. Haunted Overload blends its astounding handmade sets, gigantic monsters and spellbinding costumes with spectacular sound and lighting to create a twisted, terrifying Halloween experience like no other. The vibrant, organic design of Haunted Overload will be more frightening than ever as it moves into a patch of the spookiest woods that the farm has to offer. Fear fans will not be disappointed, and can expect the bloodcurdling horrors for which Haunted Overload is well known--along with quite a few new ones. The faint of heart can visit us on Frite Nite Lite, to see the incredible visuals without the scares, and if you're a true coward (or just too young to deal with the full experience) there



is a day haunt throughout the end of October where patrons may visit the sets and props in the reassuring sunlight. Please visit www.hauntedoverload.com for more information. 66 Lee Road (Route 155), DeMeritt Hill Farm, Lee, NH. Phone: 603-868-2111, Email: info@demerithillfarm.com, Website: www.demerithillfarm.com

Wicked Woods Weekend

10/26/2012, (12:00AM), Event Fee: Varies

Come spend your Halloween in the Wicked Woods of the Great North. A long-continued tradition at Omni Mount Washington Resort, this weekend of witches' cauldrons, black cats, superstition, mischievous acts and spooky tales is fun for the entire family. Be sure to stop by the campfire for Halloween tales and treats on Friday or Saturday night, and if you're up for it, catch a scary movie for families at 8pm or for adults at a little before 10pm in our Grand Ballroom on Friday only. Don't forget to bring your own costume on Saturday for the Family Fall Festival and Kids' Halloween Party that will take place over at the Bretton Woods and feature the first official "Trunk-or-Treat"! As for the adults, we will host a "Wicked" costume party later in the evening up in the Slopeside Pub for you to let loose and howl at the moon!

310 Mt. Washington Hotel Rd., Bretton Woods, NH. Phone: 800-843-6664. Email: resortinfo@mount-washingtonresort.com, Website: <http://brettonwoods.com/activities/event>

Riverfire

10/20/2012m (1:00PM)

BERLIN: River Fire is presented by the Androscoggin Valley Chamber of Commerce, Berlin Main Street Program, Northern Forest Heritage Park and Theatre North. Voted "Best of NH" 2007 by New Hampshire Magazine. Riverfire burns bigger and brighter every

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Historic Trolley Tours
Pumpkin Cook-Off**

**October 13-14
Goffstown Village**

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**Crotched Mountain Center,
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Drawing begins at 6 PM

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For more info, to purchase tickets or make a donation, please contact:
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Scary Happenings



year! Last year's event drew an estimated 5,000 people! There will be a duck race on the Androscoggin River at 3:00 PM. There will be hayrides, a Children's Costume Parade and bouncy houses. Stroll on the beautiful River Walk, warmly illuminated with Tiki Torches. The River Walk leads to a wonderful and sometime eerie display of intricately carved and lighted pumpkins on the walking bridge. Rounding out the evening is a variety of entertainment, an impressive number of food & beverage vendors and the spectacular Riverfire lighting ceremony at dusk! The Logging Camp will be turned into a haunted village presented by Theatre North. The haunted village grows more chilling and creepier every year and promises to be a thrilling and spooky experience you will not want to miss nor will you soon forget! Come and enjoy all of this and more! 942 Main Street, Northern Forest Heritage Park, Berlin, NH. Phone: 603-752-6040, Email: info@androscogginvalleychamber.com, Website: www.androscogginvalley.com

Vampires in Film & Literature

Vampires are everywhere in popular culture today - from Twilight to Buffy the Vampire Slayer, True Blood, and The Vampire Diaries.

They appear in horror stories of course, but did you know that they are also used to address provocative topics, from sexuality, death, and disease to addiction, adolescence, and immigration? And why has the vampire morphed from a figure of evil to a handsome, self-hating outsider who wants to consort with humans?

Join Sue Weaver Schopf from the Harvard Extension School as she explores these questions in her lecture, "Vampires in Film and Literature," at the Nashua Public Library on Thursday, October 18, at 7 p.m.

Registration is required; go to www.tinyurl.com/npllectures. For more information call Carol at (603) 589-4610.

The library is located at 2 Court Street. For directions and information on parking go to www.nashualibrary.org/directions.htm.

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Leaf Peepers

Autumn Express

10/21/2012. Event Fee: Fares vary, and the F/C Dining Car package is available.

N. CONWAY: This Notch Train excursion, hosted by the Kiwanis Club of Mt. Washington Valley, is a fundraiser to benefit local children's charities, and the public is warmly invited to participate. The train departs Conway Scenic Railroad's vintage train station in North Conway Village at 11:00 and returns at 4:00. Included in the excursion is an hour's layover at Crawford Station. Passengers are encouraged to get off the train, stretch their legs, and explore their beautiful surroundings. This is the last Notch Train of the 2012 Season. 38 Norcross Circle, North Conway, NH. Phone: 603-356-5251. Email: info@conwayscenic.com, Website: www.conwayscenic.com

Fall fairs, festivals & events to peep a leaf by

North Conway, NH -- The hills are alive with the colors of autumn in Mt Washington Valley. Combine fall colors with fun festivals and you have the perfect leaf peeping excuse. Add in pumpkin tours, country

fairs and an Oktoberfest, and you're in for the perfect foliage getaway.

October 13: Guided AMC hike on Wildcat:

Combine two of the best fall activities -- hiking and a scenic gondola ride when you join a naturalist from the neighboring Appalachian Mountain Club Pinkham Notch Visitor Center for a guided hike with spectacular views of fall foliage on Mount Washington. Ride the scenic gondola for an environmentally educational summit tour and optional guided hike down Wildcat Mountain. The program is free with the purchase of a scenic gondola ticket. Info: 603 466-3326, www.skiwildcat.com.

September 30-October 7: Fryeburg Fair:

This is Maine's Blue Ribbon Classic and the largest agriculture fair in Maine! Eight days of entertainment and education for the whole family amidst gorgeous fall color. A variety of livestock, draft show horses and ponies, pulling horses and oxen, a forestry research center, an agricultural exhibition center, crafts, a flower show, educational exhibitions and demonstrations, sheep dog trials are all on the schedule, along with a huge parade on Saturday. A thrilling midway with amusement rides and delicious food top it all off. Live music all day and nightly entertainment too. The Fair attracts upwards of 300,000 visitors each year for fall fair and foliage fun. Click for more info: www.fryeburgfair.org.

October 1-21: 25th Annual Return of the

Pumpkin People Tour: From October 1-21, look for quirky unique and often down right hilarious Pumpkin People displays at businesses throughout Mt Washington Valley. Only in Mt Washington Valley will see Pumpkin faced people doing things you never thought possible; cooking, frightening you, taking photos of you, rocking, talking, driving, being tall, short, chunky, skinny, eating, skiing, running, diving, singing and so much more. Check into the Jackson Area Chamber of Commerce for a map for the self-guided tour then vote for your own favorite display. Pumpkin people amidst fall foliage -- what could be better? Info: www.jacksonnh.com/event/81/Return-of-the-Pumpkin-People.

October 12, 13, 14: Celebrate opening of Museum of White Mountain Art in Jackson:

To commemorate the opening of the museum, there will be an inaugural exhibit, "On the Road to Jackson, a Journey through the White Mountains of New Hampshire". Come see master artists who captured Mt Washington Valley's landscapes with unparalleled talent. Exquisite 19th century paintings will be on loan from private collectors. The exhibit will run through January 6th, 2013 in the new Museum of White Mountain Art. Info: www.jacksonhistory.org.

October 19, 20, 21: Take the Pumpkin Patch Express: All aboard the Conway Scenic

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Leaf Peepers

Railroad for a fall ride past colorful trees to Glen, NH where each child will pick out their own pumpkin in the pumpkin patch. Costumes are encouraged! Info: 603-356-5251 or www.conwayscenic.com.

Oct 19-21 & 26-27: Combine a fall B&B getaway with the newest fall event – Murder Mystery Train: This first-of-a-kind event combines mystery and intrigue with delicious food, a scenic and spooky train ride and a fall B&B getaway. Available only through participating inns and B&Bs in Mt Washington Valley, this is one fall escape we know you're just "dying" for – choose from a number of B&Bs offering exclusive tickets to the Murder Mystery Dinner Train. For participating properties and packages, visit <http://www.mtwashingtonvalley.org/events/MurderMystery.cfm>.

Celebrate the arrival of Fall Foliage Aboard the M/S Mount Washington

10/7/2012 (5:00PM). Event Fee: \$45 adults, \$23 children, \$113 (2 adults and 2 children)

Celebrate the arrival of New Hampshire's colorful

fall foliage season aboard the M/S Mount Washington. Cruising Lake Winnepesaukee offers the opportunity to enjoy some of New England's best leaf peeping from the comfort and perspective of the M/S Mount Washington. Passengers can view the variety of fall's colors and see the sun set on Lake Winnepesaukee during one of the most popular seasons in New Hampshire. The Sunday Fall Foliage Dinner cruises begin Sunday, September 16 and run through October 14. Departing from Weirs Beach, cruising time is from 5 to 7:30 p.m. The family price for the cruise, dinner, and entertainment is \$113 (2 adults and 2 children). Single price tickets are adults \$45 and children \$23. The M/S Mount Washington is a 230-foot ship with 4 levels, 3 dance floors, and several outside areas for enjoying the cruise during the daytime or evening. It is also possible to check in on a cruise from anywhere by accessing the web camera on the website www.cruisenh.com. The camera is mounted above the wheelhouse, providing a captain's view. The family-owned Mount operates May through October, offering daytime scenic, evening dinner & dance, and special themed cruises. With a capacity of 1,250 passengers, the Mount serves as the largest restaurant in the state and a popular gathering point for school proms, college reunions, large corporate celebrations and weddings. Approximately 700 happy couples have tied the knot aboard the M/S Mount Washington. To learn

more about Mount Washington Cruises, purchase tickets or gift certificates please call toll-free 1-888-843-6686, local 603-366-5531, or visit their website for cruise schedule information at www.cruisenh.com 211 Lakeside Ave., Weirs Beach, Laconia, NH. Phone: 603-366-5531, Website: www.cruisenh.com

Fall Foliage Art Studio Tour

10/6/2012 (10:00AM) Event Fee: free

The Fall Foliage Art Studio Tour takes place the weekend of October 6th and 7th, from 10 am -5 pm, featuring 24 of the Monadnock region's finest artists. Studios will be open to the public, and artists will be on hand to show and talk about their work. The tour route winds its way through New Ipswich, Rindge, Swanzey, Keene, Nelson, Stoddard, Spofford and Antrim, during the peak fall foliage of the Monadnock region. Please come to our Opening Reception to see a preview of artists work, Thursday, Oct. 4th from 7:00 – 8:30 pm, at The Works Bakery Café, 120 Main St, Keene. Video profiles of artists in their studios can be found on our website, www.fallfoliageartstudiotour.com. Pipe Dream Studio, 30 Hale Hill Rd., Swanzey, NH. Phone: 603-357-4356

Email: ltruslow@ne.rr.com

Website: www.fallfoliageartstudiotour.com

Lake Winnepesaukee is Beautiful in The Fall



Sunday Champagne Brunch

From Weirs Beach 10 & 12:30 • Alton Bay 11:15

Scenic & Fall Foliage Cruises

Join us aboard the M/S Mount Washington and enjoy the serene September scene on Lake Winnepesaukee. Relax in inside lounges or on outside decks. Breakfast, lunch and cocktails available.

From Weirs Beach daily at 10 & 12:30
From Wolfeboro Monday–Saturdays 11:15
From Alton Bay Sunday, 11:15



Dinner Dance Cruises

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From Weirs Beach Saturday, 6–9
From Weirs Beach Sunday, 5–7:30

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