

# SENIOR

*A Guide for Active  
New Hampshire Seniors*

# Lifestyles!

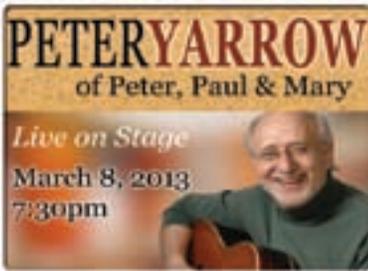
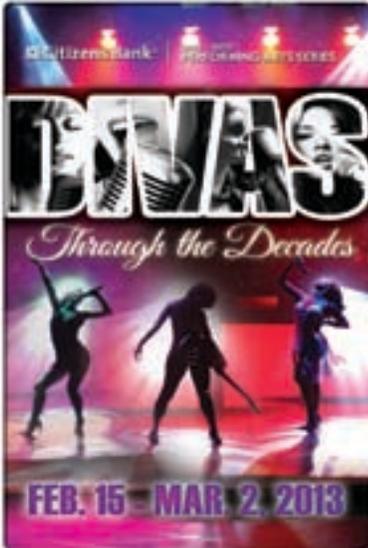


Geo. J. Foster & Co. Inc.  
Postal Customer  
33 Central Ave.  
Dover, NH 03820

Presorted Standard  
U.S. POSTAGE  
**PAID**

**FEBRUARY 2013 • FREE**

See us online at  
[www.granitequill.com](http://www.granitequill.com)



FOR TICKETS:  
**(603) 668 - 5588**  
 JOIN OUR E-MAIL CLUB!  
[WWW.PALACETHEATRE.ORG](http://WWW.PALACETHEATRE.ORG)  
 MANCHESTER, NH



## How to shop your way to free retirement

For the first time, every American can now build their own nest egg by just doing their normal day-to-day shopping at places that they know and like.

Accumulating a retirement nest egg after a lifetime of hard work has always been a core part of the "American Dream." That dream, however, is now in jeopardy -- but help is finally here for all Americans to secure their financial futures.

A first-of-its-kind company, XtraPlan, Inc., has launched a unique program in which national and local retailers and service providers help fund each XtraPlan's member's nest egg or retirement account when shopping at their locations or online. Members save up to 20 percent for each purchase they make, which goes directly into their nest egg or retirement accounts. There are thousands of national and local merchants in the program, such

as Target, Sears and Apple, and additional merchants are being added every day.

"XtraPlan was created to help tackle the problem of saving for retirement by empowering consumers to build their own personal savings account as they shop," said Kuba Farbiarz, XtraPlan's CEO. "Membership is fast, easy and free, just by logging on to <http://www.xtraplan.org>."

There's also a special program that can earn a member additional cash for referring a new consumer to XtraPlan -- 4 percent of the new member's earnings.

"So many people are afraid that they won't be able to build a nest egg, so we're offering them an 'Extra Plan' that will be funded by the XtraPlan network of businesses," Farbiarz said.

To learn more about XtraPlan's free membership program that can help you save for your nest egg or retirement, visit <http://www.xtraplan.org>. (NewsUSA)

**Country Cobwebs**  
 42 Kearsarge Mtn. Road  
 Warner, New Hampshire

**CHECK US OUT ~**  
*You'll be glad you did!*

**WINTER HOURS:**  
 Thurs., Fri., Sat.  
 from 10AM-4PM  
 We welcome your call  
**603-456-3033**  
[www.countrycobwebs1.net](http://www.countrycobwebs1.net)

**IN New Hampshire**  
 Your Guide to What's Happening in the Granite State!

**Leigh Bosse:** Publisher  
**Joyce Bosse:** Editor  
**Christi Macomber:** Advertising Design  
**Gail Stratos:** Publications Design & Layout, Advertising Design, Production, Website  
**Deborah Belanger:** Sales Representative  
**Mary Yuryan:** Sales Representative  
**Granite Quill Publishers**  
 246 West Main St., Hillsborough, NH 03244,  
 Phone: **603-464-3388**

## Many boomers turning their passions into new careers

For many years, the average 50-something American looked forward to a leisure-based retirement. But as Americans are living longer and feeling younger, many are finding it necessary to remain professionally active beyond traditional retirement age -- forging new paths that supply both money and meaning.

"Boomers are opting to stay in the game, or better, change the game by leaving a mark and making a difference," says Marci Alboher, vice president of Encore.org, an organization helping people transition to the nonprofit world and public sector.

While moving into a new kind of work is not always quick or easy, some experts say that middle-aged Americans are well-equipped to handle it.

"With midlife comes a newfound capacity to tap into your accumulated experience and wisdom to accomplish new things you may have been unable to do earlier," says Alboher, whose new book "The Encore Career Handbook," is a comprehensive guide for anyone looking to make such a shift.

Whether you're looking to jump right



chance to work more closely with people you can help.

- Transitions will take longer than you think, so be patient.
- Be prepared to face age discrimination. You can counter employer prejudices by ensuring your skills are up to snuff, especially when it comes to technology. Show you understand the job market today by having a great LinkedIn profile. Consider tailoring your resume to show your strengths as an adviser and mentor.
- Don't be discouraged by today's tight job market. The nonprofit sector has added jobs over the past decade and our government's need for highly skilled

in or make a plan first, here are some tips and things to consider:

- Your new work may involve a trade-off. You may trade money for meaning and flexibility. You may trade power and influence for the

employees in a variety of sectors continues to grow. Between now and 2018, experts say that there may be as many as 1.7 million jobs available at all levels of government.

- Instead of jobs, think about projects. Instead of thinking about what you want to do forever, think about what you want to work on for a year or two. Think about a series of engaging commitments with periodic gaps for a personal break, retraining or travel in between.

- Rarely can you find and craft the job opportunity you want, simply by applying to job postings. Create your role through networking, volunteering and retooling for a new kind of work. Consider going solo as a freelancer, consultant or entrepreneur.

For tips on making the most of this chapter of your life and work, visit [www.encore.org](http://www.encore.org).

Don't approach your mid-life and beyond with trepidation. With skills, experience and care, you can launch a successful new career that combines your passion with a paycheck. (StatePoint)

PHOTO SOURCE: (c) Civic Ventures

## Four Score Insurance Services

William J. Bull

15 Shady Hill Rd., Weare, NH 03281  
Tel: (603) 529-3300 Fax: (603) 529-3303  
email: [bulz@comcast.net](mailto:bulz@comcast.net) Cell: (603) 860-9020

- Medicare supplements / Advantage plans • Medicare drug plans
- Long term care insurance • Life insurance • Major medical health • Fixed annuity



Although medicare open enrollment has ended, this is the best time to look at **Medicare supplement plans**. The **new rates** are in for **2013** so please call and **compare** your benefits and costs. I think you will be pleased at what you find.

I am an **independent producer** representing several companies. **You don't pay** a nickel more going through me as compared to dealing directly with companies. **Local service matters.**

\*\*Four Score Insurance Services and its agents are not affiliated with Medicare.

# Local Farms & Farmers Markets

**Canterbury Community Farmers' Market:** Canterbury Elementary School, 15 Baptist Rd., Nov. 14, Dec. 12, 4-6:30 p.m. Vegetables, fruits, flowers/plants, dairy, maple, baked goods, meat, woolens, wood products, jams, mixes, candy/fudge, more! 783-4589.

**Contoocook Farmers' Market:** 656 Gould Hill Rd. Sat., 10am to 1 p.m., Nov.-May. Vegetables, fruit, dairy, maple, breads, baked goods, meat, crafts. Entertainment and demos. 508-282-0094.

**Henniker Community Market:** Parish Hall, Congregational Church of Henniker, Thurs., Nov. 1-May 30, 4-6p.m. Vegetables, fruits, flowers/plants, dairy, maple, baked goods, meat, crafts. 568-1562.

**Farmers' Market of Keene:** Colony Mill Marketplace, West St., 2nd and 4th Sat. of the month, Nov.-Apr., 10a.m.-2 p.m. Vegetables, fruits, flowers/plants, dairy, maple, baked goods, meat, crafts.

**Laconia Indoor Winter Market:** Laconia Skate Escape, Thurs., Oct.-May, 3-6 p.m. (closed

school vacation weeks and holidays). Vegetables, flowers/plants, dairy, maple, baked goods, crafts. 455-7515.

**Lebanon Winter Farmers' Market:** Lebanon United Methodist Church, 18 School St., third Sat. of the month Nov.-Apr., 10 a.m.-1 p.m. Vegetables, fruits, flowers/plants, dairy, maple, meat, prepared foods, crafts. Live music. 448-5121.

**Milford Winter Farmers' Market:** Milford Town Hall, Sat., Oct.-April, 10 a.m.-1 p.m. Vegetables, fruits, flowers/plants, dairy, maple, baked goods, meat. Weekly music. 673-2963.

**Newmarket Farmers' Market:** Carpenter's Greenhouse, 220 S. Main St. 1st & 3rd Sat. of the month, Oct.-Apr. 9a.m.-1 p.m. Vegetables, flowers/plants, dairy, maple, baked goods, meat, crafts, honey, soup, jams, soap, hummus. 659-3391.

**Peterborough Farmers' Market:** Peterborough Community Center (former armory), 25 Elm St., Weds. 3-6 p.m., Nov.- June. Local produce, dairy,

baked goods, meat, woolen items, soaps, crafts.

**Local Foods Plymouth:** Order online at [www.localfoodsplymouth.org](http://www.localfoodsplymouth.org) from Mon. afternoon through Weds. morning and pick up on Thurs. at the UPS Store, Main St., Plymouth from 4-6p.m.

**Raymond Farmers Market:** Lamprey River Elementary School, Old Manchester Rd., (off exit 4, Rte. 101), 3rd Sat. of the month Dec.-Mar., 10 a.m.-2p.m. Fresh eggs, goat milk and cheese, chicken, turkey, lamb, rabbit, bacon, sausage, honey, maple syrup, jams, pickles, relishes, baked goods, granola, vegetables, skin care products and crafts. 679-8656.

**Rindge Winter Farmers' and Crafters Market:** Rindge Meeting House, 6 Payson Hill Rd., Rindge Center. 2nd and 4th Thurs. except Dec. (Dec. is 1st and 3rd Thurs.), 4:30-7 p.m. Nov.- Mar. Vegetables, flowers/plants, dairy, maple, baked goods, meat, jams/jellies, soap, yarn, crafts. Live entertainment, face painting, spinning. 491-5482, [rindgefma@aol.com](mailto:rindgefma@aol.com).



*Lizzy Stitch*  
Quilt shop and longarm services

## FAT QUARTER SALE

All Fat Quarters \$1.50 ea minimum 20  
Thurs.-Sun. March 14, 15, 16 & 17

Mon., Thurs., Fri. 10<sup>AM</sup>-3<sup>PM</sup> (10-5 during sale); Sat. 10<sup>AM</sup>-5<sup>PM</sup>; Sun. 12<sup>NOON</sup>-4<sup>PM</sup>

Elizabeth (Betty) Desmarais - sole proprietor  
25 East Main Street, Warner, NH 03278

603.456.2351 • email: [LizzyStitch@LizzyStitch.com](mailto:LizzyStitch@LizzyStitch.com)

## RICHARDSON'S FARM



170 WATER STREET  
BOSCAWEN, NH  
603-796-2788

OPEN 10AM - 6PM  
WEEKENDS ONLY • FRIDAY,  
SATURDAY & SUNDAY  
North or South exit 17 off 93,  
bear right off exit, follow Route 4  
west then bear left at church, take  
left on Water Street at blinking light  
located 2.2 miles on right.

• Our Own Homemade Ice Cream,  
Apple Crisp & Pies

## Experience Our Shaker Legacy



- Historic tours and exhibits
- Special events, festivals and concerts
- Educational activities and youth programs
- Unique and handmade gifts in our gift shop
- Herb and community gardens
- Acres of trails
- Rent the Museum for your special event!

Open Year Round

### ENFIELD SHAKER MUSEUM

447 NH Route 4A • Enfield, NH  
(603) 632-4346  
[www.shakermuseum.org](http://www.shakermuseum.org)



## TILTON WINTER FARMERS' MARKET

NOW OPEN Saturdays &  
Sundays 10am-2pm  
for your shopping convenience

Final Market Day Saturday, March 30 • 2013

Discover an abundant variety of winter produce & greens, meats, pasta, cheeses, breads, dairy, pastries, coffees, fudge, cider, composting worms, body-care, maple syrup and other prepared foods.

Exit 20 • Tilton, NH

Market Sponsored by:



Conveniently located minutes from I-93  
Check out our ever-expanding list of vendors; look  
for updates • [www.tiltonwinterfarmersmarket.com](http://www.tiltonwinterfarmersmarket.com)

Joan O'Connor, Farmers Marketeer • [joconnornh@yahoo.com](mailto:joconnornh@yahoo.com)

# Dogs foster activity while improving vascular health

Man's best friend provides more than mere companionship. Dogs encourage humans to exercise daily -- come rain or shine.

"The need to take a daily walk provides dog owners with a great form of exercise," said Leila Mureebe, a member of the Society for Vascular Surgery. "Exercise is good for the body's blood supply, for maintaining proper body weight and for controlling blood pressure."

For persons with high blood pressure -- and that's one in three Americans over age 20, according to a 2010 Centers for Disease Control and Prevention report -- Fido's calming effect can be a life saver.

Studies have disclosed that petting a dog reduces blood pressure and heart rate. This stress buster provides positive health benefits for the owners of 77.5 million dogs that reside in 39 percent of households, according to The Humane Society of the United States.

High blood pressure and stress contribute to the fourth leading cause



of death in America: stroke. The National Vital Statistics Report indicated that 137,000 Americans died of stroke in 2010. The American Stroke Association estimated that Americans spent \$73.7 billion for stroke-related medical costs and disability in 2010.

"Every 40 seconds, an American suffers a stroke," said Dr. Mureebe. "Strokes occur suddenly and without warning. Two million brain cells die every minute during a stroke. Eighty percent of strokes are preventable through risk factor management."

Thirty minutes of daily exercise, not smoking, and proper nutrition are included in "risk factor management." A United States National Institutes of Health-funded study of 2,000 adults discovered that persons who regularly walked their dogs were more physically active and less likely to be obese than non-dog walkers.

"I've seen improvements in high blood pressure, high cholesterol, and diabetes when patients enter into a routine of daily exercise, not smoking, and healthy eating," said Dr. Mureebe. "A brisk 30-minute walk with your dog is good for both of you."

For more information on vascular health, log onto: [VascularWeb.org](http://VascularWeb.org). (NewsUSA)

**THE ARBORS OF BEDFORD**  
*Specialized Assisted Living*

[www.arborsofbedford.com](http://www.arborsofbedford.com) • 603-647-9300

# New Hampshire Maple Syrup

## The New Hampshire Maple Experience

3/16/2013 (10:00AM)

Event Fee: Adults \$15 Children \$12

Maple tours are back on tap at The Rocks Estate this spring. Discovering the history of maple sugaring, participating in the process of tapping trees and making syrup, horse-drawn wagon rides through the scenic Rocks property, and tasty treats have made these tours a favorite springtime tradition. "Last year nearly 800 visitors participated in the Maple Experience at The Rocks in just seven days," said longtime Rocks Estate manager Nigel Manley. "We collaborate with a number of other area businesses to provide a fun and

educational program for visitors of all ages." Reservations are recommended. Visitors learn how to identify the sugar maple trees that produce the sweet sap for making syrup, hear the history of maple sugaring, and see part of the process demonstrated at the on-site New Hampshire Maple Experience. In continuing its tradition of partnering with area businesses, The Rocks has again teamed up with the famous Polly's Pancake Parlor in nearby Sugar Hill to offer a tasty twist to the popular sugaring program. Polly's will offer an abbreviated menu at The Rocks from 10 a.m.-2 p.m. each day of The New Hampshire Maple Experience. Polly's waffle and pancake mixes will be available for sale again this season. Kingdom Kernels Kettle Corn of

Lower Waterford, Vt., will also be onsite, offering fresh-popped corn in two varieties Original of course, Maple Kettle Corn. With the 2010 opening of the N.H. Maple Experience museum, The Rocks also offers off-season tours during the summer and fall. For those looking to turn the springtime Maple Experience into a weekend-long North Country stay, The Rocks collaborates with local inns to offer weekend vacation packages. Visit [www.therocks.org/vacations.php](http://www.therocks.org/vacations.php) to find participating lodging establishments.

The Rocks Estate  
4 Christmas Lane, Bethlehem, NH 03574  
Phone: 603-444-6228  
Email: [info@therocks.org](mailto:info@therocks.org)  
Website: [www.therocks.org](http://www.therocks.org)



## The New Hampshire Maple Experience

*is a hands-on learning adventure. Visitors not only see how syrup is made, but also learn about the history, basic tree identification techniques, and the economic importance of natural maple products. Visitors help tap our maple trees so that they can enjoy and understand this rural aspect of New England.*

**March 16, 23, 24, 30, 31 and April 6**

- Chef Demo's
- Sap Relay
- Demonstrating techniques used by Native Americans & early settlers and the modern day sugar maker.
- Continual Tours & Horse Drawn Rides throughout each day. Enjoy Maple Syrup and Donuts!
- Learn how to drill and tap a Maple tree.
- Visit the Maple Museum that houses artifacts from 200-300 years ago.
- Everyone welcome! Or Maple Vacation packages available! Call for special weekend vacation package deals with area hotels and inns.

Reservations advised, program space limited. Contact The Rocks or [info@therocks.org](mailto:info@therocks.org). Motor coach tours, school groups & private tours welcome!



**The Rocks Estate**  
4 Christmas Lane, Bethlehem, NH  
Please call 603-444-6228  
[www.therocks.org](http://www.therocks.org)





**Everyone welcome!**

## March Maple Madness Dinner

3/3/2013 (5:00PM)

Event Fee: \$23.95 age 16-adult; \$12.95 per child age 5-15; \$7.50 age 2-4 plus tax & gratuities

Winter may be here right now, but soon the sap will be running for the maple season. Join us as we celebrate this timely tradition with a delicious maple feast and live music at our Maple Madness dinner. Hors d'oeuvres begin at 5:00 p.m. and the sit down meal will begin at 6:00. The evening will also feature a silent auction to benefit the Monadnock Travel Council. Please call for reservations. This is a BYOB event.

460 Monadnock St.

Troy, NH 03465

Phone: 603-242-6495

Email: [info@east-hill-farm.com](mailto:info@east-hill-farm.com)

Website: [www.east-hill-farm.com](http://www.east-hill-farm.com)



### Smith Farm Stand

Gilford, New Hampshire

*Enjoy the first taste of spring.  
Fifth generation producers boiling  
in a wood fired evaporator in our  
historic 1947 sap house.*

*Visitors welcome for touring & sampling.  
Call ahead for tour & boiling times.  
Syrup available year-round at the farm.*

**95 Sleeper Hill Road, Gilford, NH • 603-524-7673**

## Senior Tai Chi

at Jewish Federation of NH  
698 Beach St. Manchester  
\$60 / 8 Week Session

**Tuesdays 10:00 - 11:00am**

Call 627-7679 to Register or  
Email: [jwinner1@comcast.net](mailto:jwinner1@comcast.net)

## PARKER'S MAPLE BARN

*One of New Hampshire's Top Restaurants*



Yankee Magazine's  
Editor's Choice Award  
*2011 Best Place to Visit*  
and NH Magazine's 2011 Reader's  
Choice Award *Best Pancakes*





Open for the Season Feb. 6<sup>TH</sup>

IN OUR EXPANDED GIFT SHOP  
AND COUNTRY STORE...

- Native American Arts & Crafts
- Lots of Affordable Jewelry
- Tons of Maple Products & Gift Baskets
- Mail Orders Available
- We Ship Anywhere

"You Want To Be Here"  
MAPLE SUGAR TOURS  
DAILY

Starting 1st Week  
of March.  
Call for info.

Call to  
find out  
when we are  
boiling

MASON, NEW HAMPSHIRE

(only 3 miles off Route 13) Call for Best Directions  
**(603) 878-2308 or 1-800-832-2308**

Restaurant & Gift Shop Hrs:  
Mon.-Fri. 8<sup>AM</sup> - 2<sup>PM</sup>; Sat. & Sun. 7<sup>AM</sup> - 4<sup>PM</sup>

Visit our online store!  
For more info: <http://www.parkersmaplebarn.com>

# New Hampshire Maple Syrup

## Climate Change Impacts on New Hampshire

3/2/2013 (1:30PM)

Event Fee: free; donations appreciated

Dr. Barrett Rock, Ph.D., professor Emeritus, University of New Hampshire, will present an illustrated program, "Climate Change Impacts on New Hampshire." His presentation will focus on both the science behind our understanding of these current trends in climate change, as well as its specific impact on NH's changing seasonal patterns. Discussion will include current research at UNH of potential impacts of climate change on sugar

maple, including spring sugar season and fall color displays. This program is co-sponsored by The Little Nature Museum and Greener Hopkinton. Call 746-6121 for weather-related cancellations. Library directions: [www.hopkintontownlibrary.org](http://www.hopkintontownlibrary.org). Museum information: [www.littlenaturemuseum.org](http://www.littlenaturemuseum.org). Greener Hopkinton information: <http://greenerhopkinton.wordpress.com>

Community Room, Hopkinton Town Library  
61 Houston Drive  
Contoocook, NH 03229  
Phone: 603-746-6121  
Email: [info@littlenaturemuseum.org](mailto:info@littlenaturemuseum.org)  
Website: [www.littlenaturemuseum.org](http://www.littlenaturemuseum.org) or <http://greenerhopkinton.wordpress.com>

## Cooking with Maple

Pure maple syrup is a wonderful ingredient to use in your favorite recipe as a substitute for white sugar. Check out recipes on our Maple Recipes pages. Maple syrup is 100% natural and contains calcium, zinc, antioxidants, riboflavin and niacin. It can be used in a variety of desserts and baked goods as well as complimenting sour or salty ingredients in salad dressings, glazes for meat, poultry and fish. Substituting Maple Syrup for Granulated Sugar: Instead of 1 cup of granulated sugar in recipes, use ¾ cup of maple syrup. In baking, reduce the liquid by 2-4 tablespoons per 1 cup maple syrup used, add 1/4 tsp baking soda and reduce the oven temperature by 25 degrees.

**Visit us on Maple Weekend!**

**FADDEN'S**  
EST. 1896  
General Store & Maple Sugarhouse  
100% PURE NEW HAMPSHIRE  
**Maple Syrup**

**Maple Syrup | Maple Candies  
Gift Boxes | Candles & Souvenirs**  
*See our full product list online.*



**We ship Everywhere!**

*Five-time winner "NH's Best Maple Syrup," and judged once as "Best in North America."*

**603.745.8371 | NHMapleSyrup.com**

109 Main Street, North Woodstock, NH 03262  
Open Daily 8am to 7pm

**BEN'S Sugar Shack**  
603-562-6595

**Stop by for our FREE Samples:**  
Maple Cotton Candy  
Sugar on Snow  
Maple Syrup on Ice Cream  
...and Much More Available!  
• Tours Given •

**Join Us For New Hampshire Maple Weekend!  
March 23<sup>RD</sup> & 24<sup>TH</sup>**

Come see us at one of our locations:  
83 Webster Hwy.      693 Route 103  
Temple, NH              Newbury, NH  
[www.bensmaplesyrup.com](http://www.bensmaplesyrup.com)

**Horse Drawn Sap Gathering Contest**

**MARCH 23<sup>RD</sup>  
10AM START TIME**

Teams of draft horses compete at gathering maple sap at Stonewall Farm. Sugar house and farm stand open. Information at [www.stonewallfarm.org](http://www.stonewallfarm.org) or 603-357-7278.



## March 23th & 24th NH Maple Producers Open House Weekend

Check Back to view this year's participating Sugar Houses' schedules of events.

This page allows you to locate New Hampshire Maple Sugar Houses by county. If you would like to purchase pure New Hampshire maple products, all of these houses offer the finest maple delicacies you'll find anywhere

Choose a County you'd like to visit from the map to the right, then jump to a listing of that county's Sugar Houses by clicking the appropriate link below.

Belknap County  
Hillsborough County  
Carroll County  
Merrimack County  
Cheshire County  
Rockingham County  
Coos County  
Strafford County  
Grafton County  
Sullivan County

Over 110 sugar houses statewide were open for the 17th Annual NH Maple Weekend on in 2012. Join the fun and learn why we are celebrating the sweetest season of the year!! This year Maple Weekend will be held March 23 & 24, 2013! Visit [www.nhmapleproducers.com](http://www.nhmapleproducers.com) for more information.




***The Grant Family  
Maple Sugarhouse***

**Invites you and your family  
to attend our**

**Thirteenth Annual  
Open Sugarhouse**

**Sat., March 23<sup>RD</sup> &  
Sun., March 24<sup>TH</sup>, 2013  
from 10 AM - 4 PM**

- ***Come see how maple syrup is made!***
- ***Free refreshments!***
- ***Free gift for first 50 children!***

Visit us at our website: [www.nh-maple.com](http://www.nh-maple.com)

**Just follow the signs from  
Route 114, 149, and 77.  
Mt. Dearborn Road  
Weare, New Hampshire**

**Hunts Sugarhouse**

28 Gleason Falls Road • Hillsboro, NH  
(603) 478-5568 • [cmhunt@gsinet.net](mailto:cmhunt@gsinet.net)



Tour of sugarhouse, maple syrup, cream, dry sugar & candy.

Visitors welcome during season.

Candy made to order, call ahead.

**Maple Products Available Year-Round at The Corner Store in Hillsboro & Eccardt Farm in E. Washington**

**NH MAPLE WEEKEND MARCH 23 & 24**

# Dental health matters for pets too

Dental health is crucial for overall health. And you may not think about it as often, but pets also require regular dental care.

February, which is Pet Dental Health Month, serves as an excellent reminder for pet owners that good dental health is vital. And experts say that the stakes are a lot higher than maintaining pretty teeth and avoiding dreaded doggy breath.

"Untreated plaque and tartar will eventually lead to gingivitis and periodontal disease in the mouth," warns Dr. Rod Van Horn, a veterinarian and member of the American Veterinary Dental Society. "And those same bacteria could enter the blood stream, leading to heart disease or filter through the kidneys and liver." Here are some top dog dental care tips that will keep teeth their sparkly best:

- Veterinarians recommend once-a-day brushing for optimum health. If you're time-strapped or your dog is resistant, remember, the more often you brush, the better.

- Starting early is always best, as



puppies can get used to brushing more easily. But even old dogs can learn new dental tricks. Start by letting your pooch taste pet toothpaste from your finger on several occasions. Then put some on their pet toothbrush to get them used to the texture.

A paste with a food flavor should make the process easier. For example, SENTRY Petrodex Veterinary Strength Poultry Fresh Mint Twin Power Toothpaste has enough poultry flavor to encourage dogs to lick it up and a mint scent to freshen breath.

When your pet is ready, (some dogs take days, others take weeks) gently rub

your fingers on their gums and lips to get them used to the sensation.

- When you're finally ready to start brushing, keep it safe, gentle and effective with a brush especially designed for dogs' needs. One example is the SENTRY Petrodex Dual Ended 360 Brush. It has a soft bristle 360-degree head on one end and a traditional head on the other, as well as a plaque scraper.

Opt for an ergonomic handle to make it easier to keep a firm grip while brushing. If your dog doesn't take to the regular pet toothbrush, consider a finger toothbrush, which is softer.

- Chewing is great for dogs, helping to improve dental health by scraping away existing plaque and tartar. Give pets a better alternative than your slippers, such as a dental chew that activates the body's natural defense system, killing plaque-forming bacteria.

- For dogs with bad breath, consider a breath spray that fights odors and controls tartar. Opt for something easy-to-use that has a veterinary-strength potency. (StatePoint)

## Bellamy and Watson Fields Assisted Living in Dover, NH



"Geriatrics With A Sense Of Humor"

Bellamy Fields (603) 516-8888 Watson Fields (603) 516-8810

[www.bellamyfields.com](http://www.bellamyfields.com)

# Tips for protecting your family's financial future

Do you lay awake at night wondering if you'll have enough money to pay the bills, let alone retire? Could you pay the bills at \$170 to \$350 daily if you or your spouse were disabled? Do you have an extra \$100,000 a year for this care?

Expect the unexpected. Be prepared. Many challenges which can ruin your financial life can be avoided in less than 60 minutes, according to financial experts.

"No one relishes talking about emergencies, layoffs, long-term illness and death. Planning for such circumstances is crucial to protecting your family's financial future," says Kris Miller, a retirement and living trust expert.

Here are some of her best tips on taking the right steps early on:

- Start Saving Money Now. Even if you just eliminate a few expenses, such as that extra cup of coffeehouse coffee, and use that savings to invest in retirement, it will make a big difference.

- Max out your 401(k). All you have to

do is fill out a form to increase it to the maximum contribution. And if your employer matches a percentage of contributions, that's free money. Best of all, you get a tax deferral which can save you lots of money.

- Start a Roth IRA. It's best to have multiple investments, instead of just your 401(k) which might not be sufficient for your retirement needs. A Roth IRA will let you receive your money tax free.

- Get Some Life Insurance. If you have a spouse or children consider some life insurance and disability insurance. Experts advise getting insurance covering 60 percent of your current income.

- Build an Emergency Fund. You want at least 3-6 months of expenses for an emergency fund.

- Get Real with Retirement Planning. Learn about estate planning. For example, creating a revocable living trust allows individual choice and control over legal and financial decisions today, tomorrow and in the future.

- Properly Create and Execute a Will. Identify what you want done with your property, identify a guardian for your children, and sign and date Powers of Attorney and Assisted Living Directives to avoid probate, reduce medical expenses and make things easier for your loved ones if something happens to you.

More helpful financial tips can be found online at [www.readyforretirement.com](http://www.readyforretirement.com).

"The number one cause of problems in retirement is procrastination," says Miller, a Certified Senior Advisor and Chartered Federal Employee Benefits Consultant with over 20 years of experience. "Don't be like an ostrich. Face the world and take action so you can leave everything you have worked for to your loved ones."

Will you be able to create a nest egg that gives you 70 percent of your pre-retirement yearly salary? Start saving now.

(StatePoint)

## MORSE SPORTING GOODS

Everything for the outdoor enthusiasts!

# SPRING OPEN HOUSE • MARCH 16<sup>TH</sup>

STOREWIDE SALES • FACTORY REPS ON HAND



### NEW 2013 PRODUCT IN STOCK!

- Fishing Supplies & Accessories
- New & Used Firearms
- Archery Supplies
- Mathews • Hoyt • PSE • Prime



85 CONTOOCOOK FALLS ROAD • HILLSBORO • 464-3444

[WWW.MORSESPORTINGGOODS.COM](http://WWW.MORSESPORTINGGOODS.COM)

9 TO 6 MONDAY - SATURDAY • 9 TO NOON SUNDAY

# New treatment for patients with coronary artery disease

Whether you are at-risk for developing a heart condition or you're one of the 13 million Americans who suffer from coronary artery disease, arming yourself with the facts you need to stay healthy can help.

February is National Heart Health Month and it's a great time to learn about coronary artery disease, its symptoms and about the latest developments in treatment.

## Coronary Artery Disease

Coronary artery disease is caused when plaque buildup creates blockages or narrowings in the arteries. The blockages restrict blood flow and reduce the amount of oxygen delivered to the heart, potentially putting a person at risk for a heart attack.

Common symptoms of coronary artery disease include chest pain, shortness of breath, fatigue and overall weakness.

Simple lifestyle changes can help prevent and manage coronary artery disease. These include managing obesity and high blood pressure, living an active lifestyle, making healthy dietary choices and stopping smoking.



## Improved Treatments

Staying on top of the latest medical advances helps ensure you and loved ones secure the best treatment available.

One advancement in treatment is supported by new results from the FAME 2 Study funded by St. Jude Medical and published in the New England Journal of Medicine. The study found that use of a blood-flow measurement technology, called Fractional Flow Reserve (FFR) during treatment of stable coronary artery disease will result in better health outcomes.

FFR technology offers physicians a

better assessment of where blood flow blockages occur in the coronary arteries and whether treatment to open an artery narrowing, along with medication, can help lower a patient's risk of chest pain and heart attack.

From less likelihood of a patient being readmitted to the hospital for urgent care, to a reduction in health care costs, FAME 2 research demonstrates that patients who receive FFR-guided treatment experienced better outcomes than those treated with medication alone.

"The FAME 2 Study results offer further evidence that FFR should be considered the standard of care for treating patients with coronary heart disease," said Frank J. Callaghan, president of the Cardiovascular and Ablation Technologies Division at St. Jude Medical.

If you believe you have coronary artery disease, consult your physician for additional information and to determine best treatment options.

More information on FFR is available at: [www.sjm.com/ffr-fact-sheet](http://www.sjm.com/ffr-fact-sheet).

PHOTO SOURCE: (c) Ryan McVay - Think Stock. (StatePoint)

THE NEWPORT OPERA HOUSE ASSOCIATION PRESENTS

# SCHOOLHOUSE ROCK LIVE!

Tickets: \$12 & \$16.00  
603-863-2412

More than twenty-five years after the first clips aired, "Schoolhouse Rock" is bigger than ever.

Now, Schoolhouse Rock Live! Junior brings the magic of Schoolhouse Rock to the stage.

From the opening notes of "A Noun Is a Person, Place or Thing," through the rousing closer, "Interjections!" Schoolhouse Rock Live! Junior will deliver hit after hit to the delight of audiences and performers of all ages.

**FRIDAY-7:00**  
March 22, 2013

**SATURDAY-7:00**  
March 23, 2013

**SUNDAY-2:00**  
March 24, 2013

## Indian Head Resort

[www.indianheadresort.com](http://www.indianheadresort.com)

### Heated Outdoor Pool OPEN All Year!

**Winter Vacation Headquarters!**

FREE USE OF ALL RESORT FACILITIES INCLUDING:

- 50" HDTV IN ALL RESORT UNITS
- 60+ HD CHANNELS!
- INDOOR & POOL, HOT SPA, SAUNAS
- OUR \$30<sup>PP</sup> MEAL PLAN IS A GREAT VALUE!
- "CHOICE OF MENU" BREAKFAST & DINNER • KIDS STAY & EAT FREE!\*
- FREE WIRELESS INTERNET • ENTERTAINMENT (WEEKENDS & HOLIDAY WEEKS)
- GAME ROOM • FITNESS ROOM • GIFT SHOP
- FREE SHUTTLE TO LOON & CANNON SKI AREAS

**Discounted Ski Tickets • All Local Areas!**  
Snowmobilers: Corridor 11 • Ride From Room to Trail!  
Local Snowmobile Rentals Nearby

Resort Units From Only **\$99**. per night for 2  
Subject to availability, call for details, restrictions apply.

Winter 2012 - 2013 midweek rates, tax & gratuities, subject to availability and rate change

Exit 33 off I-93 • Lincoln NH 03251 • 1-800-343-8000 (603) 745-8000

[www.indianheadresort.com](http://www.indianheadresort.com)

# How to save more of your money

How can you make sure that you keep your promise to take control of your finances and make your money work for you? Here are some tips:

- Figure out what your objectives are -- be it paying off debt, buying a first home, or saving for vacation. Identifying your goals can help you stay motivated. Consider placing a visual reminder somewhere you'll see all the time, like the refrigerator.

- Many people have no idea how much money they spend monthly. Creating a spending plan is vital if you want to make your money do for you what you want it to. If you share your finances with someone else, make sure he or she is part of this process as well.

- Many financial services companies offer free tools to help you easily see what you've been spending and ways you can save. For example, the non-profit Family Credit Management offers spending plans, savings guides and a comprehensive personal financial goals workbook that help you to lay out a strong plan in an easy



way. Visit [www.FamilyCredit.org](http://www.FamilyCredit.org) to see these and other financial tools.

- Make the small changes that add up to big savings. Most people have small expenses that they can live without. Maybe for you it's a coffee every morning on your way to work. If you do this every weekday, that adds up to \$1,300 per year! If that's important to you, then fine. But if it's not worth the annual amount you're spending, cut the cost.

The idea is not to strip the fun from your life, but to save money on things that you really don't care about. For more areas to save in your daily life, visit [www](http://www).

StopThinkSave.org.

- Involve your whole family. Many parents feel the need to shelter kids from financial strain, but budgeting is an invaluable life lesson that you can teach them by including them in the process.

- Ask for help! If you feel you could use some guidance, reach out to a certified credit counselor who is licensed by your state's banking department and has an A+ rating with the Better Business Bureau. Visit [www.FamilyCredit.org](http://www.FamilyCredit.org) to find a certified counselor.

- Finally, figure out what to do with your new found savings! If you're not sure where you'd like to keep or invest your money, you can visit [bankrate.com](http://bankrate.com) and investigate high interest, low balance requirement savings accounts.

Once you've completed these steps, you are on your way! Saving money is habit forming -- when you get your monthly statement and you see money building up, you'll want to put more and more away. (StatePoint)

PHOTO SOURCE: (c) Rangizzz - Fotolia.com

## HOUSING FOR THE ELDERLY

APPLICATIONS ARE NOW BEING ACCEPTED FOR HOUSING AT

PROPERTY	LOCATION
APPLEWOOD	WALPOLE
AUTUMN LEAF	KEENE
BEECHBROOK	MILFORD
BITTERSWEET	NEW LONDON
BUTTERCUP	HUDSON
CLEVELAND	KEENE
HOLLYBERRY	HOOKSETT
MAPLELEAF	HILLSBORO
MONADNOCK	COLEBROOK
ROLLING HILLS	HINSDALE
SUNRISE	WINCHESTER
WATERVIEW	N. SWANZEY

Elderly - 62 or older, handicapped or disabled - Qualify under income set by HUD. All units are one bedroom and include utilities.

FOR MORE INFORMATION, PLEASE WRITE OR CALL:

**EJL MANAGEMENT CO.**

603-352-9105

P.O. Box 565 • Keene, NH 03431



## DARIEN EYEWEAR

**VARILUX<sup>®</sup>**  
NO LINE PROGRESSIVE LENSES

**FREE** SINGLE VISION RX  
**SUNGLASSES**

with complete purchase of Varilux No Line Progressives

**FREE UV & SCRATCH COAT PROTECTION**

Offer valid thru 3/30/13 with this coupon on new orders of Varilux Progressives.

**NO LINES, BUT CLEAR SAVINGS.**

OUR PRICES ARE



Single Vision -  
Frame with Lenses  
**ONLY \$49.95**

FT 28 Bifocals -  
Frame with Lenses  
**ONLY \$119.95**

We Can Fill Any Doctor's RX or Copy Your Present Eyeglasses!  

**Quality Eyewear at Affordable Prices!**

172 Emerald St., Keene, NH 03431 • 355-2020  
Tues.-Fri. 10-5; Sat. 10-2; Closed Sun. & Mon.

Like Us on



## Tips for buying and maintaining a fuel efficient vehicle

Driving is getting more expensive. According to a recent study by AAA, the cost of owning and operating a car rose nearly 2 percent on average over the past year. That's why so many consumers who are in the market for a new vehicle are putting a premium on fuel efficiency. Luckily, the experts at shopautoweek.com have identified the top fuel-efficiency performers in each vehicle category. So before driving that car off the lot, consider those cars that top their respective categories:

- Two-Seaters: Honda CRZ HEV – 37 MPG
- Mini-Compact: Scion iQ – 37 MPG
- Subcompact: Mitsubishi i-MiEV (electric) – 112 MPG
- Compact: Focus BEV FWD (electric) – 105 MPG
- Midsize: Nissan Leaf – 99 MPG (electric)
- Sedans: Hyundai Sonata – 28 MPG
- Small Station Wagon: Audi A3 – 34 MPG
- Midsize Station Wagon: Toyota Prius V Hybrid – 34 MPG



- Small Pickup Trucks: Toyota Tacoma 2WD – 22 MPG
- Standard Pickup Trucks: GMC Sierra 15 Hybrid tied with Chevrolet Silverado 15 Hybrid – 21 MPG
- Minivan: Mazda 5 – 24 MPG
- Sport-Utility Vehicle: Lexus RX450h – 30 MPG

No matter what vehicle you purchase, you'll save some pain at the pump with proper maintenance. Increase your fuel efficiency with these great tips:

**Give your engine a tune-up:** If your engine is in need of a tune-up, chances are you are compromising your fuel economy. Replacing a faulty oxygen sensor for

example can improve your MPG.

**Maintain proper tire pressure:** You can't just set the correct tire pressure and forget it. The volume of air in your tires is constantly changing due to the passage of time and shifts in environment. Keep your tires inflated to the recommended tire pressure found in your owner's manual to improve your gas mileage.

**Use the recommended grade of oil that is energy conserving:** Using a different grade than is recommended by the manufacturer can lower your gas mileage. To get the maximum fuel economy, the Department of Energy recommends using motor oil designated as "energy conserving," as it contains friction-reducing additives.

**Don't carry extra gear:** Extra weight can greatly reduce fuel economy. Take a look at what you are carrying around and remove anything you don't need on a daily basis.

More automotive tips and advice can be found at [www.shopautoweek.com](http://www.shopautoweek.com). (StatePoint)

## Does Your Insurance Cover the Cost of Hearing Aids?



**Call 856-8275  
to find out**



**New England™  
Audiology & Hearing Aids**

**Great Pricing Year Round**

**1 Pillsbury Street, Concord NH 03301**

# 2013's hottest home trends and easy upgrades

When you're ready to get started on your home's new look, let these trends of the year be your design guide.

## In the kitchen

Kitchens need to be functional, but in this hub of the home style is just as important. Upholding practicality while adding visual interest is a top trend this season. Two-toned upper and lower cabinet colors are rapidly growing in popularity as a way to let homeowners customize their kitchen spaces.

\* Maple is the style frontrunner when it comes to wooden cabinets, but painted cabinets in white, black and gray tones are also on the rise.

\* On the functionality front, innovative hands-free faucets simplify cooking and cleaning tasks while requiring minimal effort to install.

\* Open shelving is seeing a boost in popularity. Both glass-fronted cabinets and simple open shelves capture this trend.

## In the bath

By making a few on-trend updates,



you'll give your room designer appeal guaranteed to make an impression.

\* Updating the vanity, often the focal point in a bathroom, provides immediate results. Customizable modular options like those from the allen + roth Windelton line let you create a storage-savvy vanity that fits virtually any bathroom while also adding functional drawer and countertop space.

\* Tiling provides the perfect solution to add extra personality to your bath. Right now, trends offer two different but

equally chic directions - large-scale tile and small-scale mosaics. If it's your first time tiling, home improvement experts at stores like Lowe's can provide guidance to get started with your tile flooring.

## Throughout the home

When it comes to low-effort, big-impact changes, it's hard to beat a fresh coat of paint. For walls that feel drab, boring or outdated, new paint makes a color statement and draws attention to architectural details. Follow these paint tips to make an instant, dramatic impression:

\* Alter the dimensions of a space by painting ceilings a slightly lighter color than the walls.

\* Create patterns and shapes using painter's tape. Stripes, chevrons and ombre effects are perfectly on-trend.

\* Highlight architectural details by painting interior doors and trim in a colorful hue instead of traditional white.

In one weekend or less, these simple changes will make your home feel like an entirely new space. (BPT)

## Hearing Enhancement Centers

*Providing quality hearing care since 1986*



*"You're going to love the way you hear."*

### TRY ANY HEARING AID **FREE** FOR 30 DAYS

*No purchase necessary.*

### FREE Full Hearing Exam

*Not just a screening.*

### FREE Video Earwax Check

**Ringing in the Ears?**  
*Field trial the amazing SDS Tinnitus technology for **FREE!***

### \$2.40 for 8 Batteries

*Join our battery club for **FREE!***





**Our Best Price Promise:**

We guarantee the lowest prices on our hearing aids. If you find a lower price on your new hearing aid anywhere in NH, within 90 days, we will refund the difference plus give you an extra \$300.

**603-230-2482 • 6 Loudon Road, Concord NH**

Other NH Locations: Gilford, Rochester & Gorham

**HearClearNow.com**



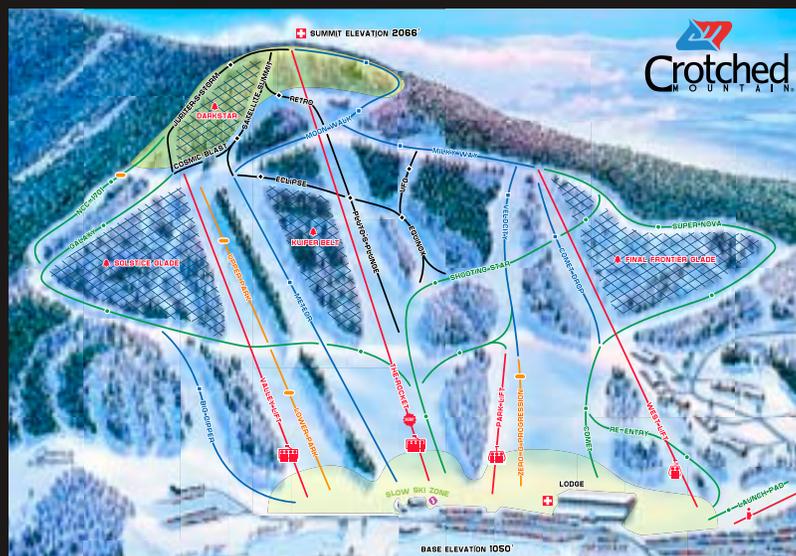
# THE ROTCHED ROCKET

*Southern New Hampshire's  
only High Speed Chairlift!*

*Crotched Mountain Ski & Ride*

## *12/13 Mountain Expansion*

- Capable of launching guests to the summit in just under 4 minutes.
- Access to over 100+ acres of skiable terrain.
- 1,000 feet of vertical skiing and riding.
- 100% night lighting & snowmaking coverage.
- 3 freestyle terrain parks for all ages & abilities.



[www.crotchedmountain.com](http://www.crotchedmountain.com)