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New Hampshire' American Legionnaires learn of ES Riders

Text & photo by Richard Dahlgren

At the annual fall Conference of the New Hampshire Department of the American Legion held in Rochester, NH, a presentation was made by Thomas C. O'Reilly, founder and current board member of ES Riders based in Manchester.

O'Reilly indicated that the ES Riders have as their goal: "to help veterans regain their freedom". They also provide assistance to handicapped children. Scooters and segways are given free of charge to these folks. The equipment is donated by various businesses and organizations to ES Riders and they in turn provide the equipment to a needy person.

O'Reilly has established an "ES Riders Club" which has as its motto – "Freedom to Ride," and is a place for members to get together and share experiences; a great rehabilitation feature. Many disabled veterans and children do not have the means to "get around town" and these scooters



and segways give them more mobility and really make a difference in their lives. Warren Mickle, a disabled veteran from Portsmouth, spoke about how his scooter "changed his life completely". He said that prior to the scooter, his life was very sedentary; now he is able to go to the Post Office, and do other errands without relying on others for rides. He did not have the funds to purchase a scooter and was very grateful for the presentation of a scooter by ES.

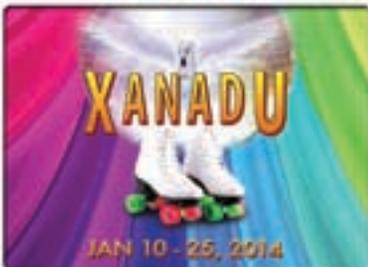
Center Woods School students honor Veterans

On Friday, November 22, Center Woods Elementary School held their tribute to Veterans, a program to honor those who have served. Hosted by fourth graders Abby Guillemette, Emma Edwards, Kaylee Montgomery, and Cam Lagasse, this school-wide assembly, now in its third year, was crafted by staff and students from various grades participating in a variety of ways. The presentations included celebration and recognition in the form of poems, songs, video presentations, and speeches. New this year was the addition of the John Stark Stage Band who combined with the Weare Middle School Band who together performed patriotic themed music.

"This very moving program is so important in so many ways,"

said Principal Jess Potter. "First, it is important to honor our Veterans and give them the respect that they are so deserving. It is also important to teach our children about our military history and the significance of those actions and the men and women who have served. It's one thing to read about it, it's quite another when you see pictures of soldiers who are currently serving in far away places and they are someone you know. Or when World War II veteran Rodman Wilson stands before you with a tear in his eye thanking you for making the effort to honor all Veterans. These are lessons that last a lifetime," Potter continued.

Prior to the program, the Weare PTO held a coffee with various baked goods for Veterans to enjoy.



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Hillsboro area seniors want "A Bus For Us"

For the past year the seniors in our area have been taking trips to various locations, through GHSS, around the state using the Town of Hillsborough "Student Services" Van. While this was an important and gracious offer from the town of Hillsborough, and much appreciated by GHSS, this van has its drawbacks. The van carries only 11 passengers and is built with small seat spaces and tight quarters for nimble young people. Seniors, as we all know, have some mobility problems and getting into and out of this van is difficult at best. We have heard from many of the seniors that they would love to go on these trips being offered by GHSS but were either afraid that they could not get into the van or were concerned by its tight quarters. So what could we do? Renting a more senior friendly bus we found was extremely expensive, well beyond our financial capabilities. And buying a new bus at \$70,000 was also out of the question. We also found in our research that including a hand-capped capability and an on-board bathroom, both of which were highly desired, pushed the cost of these "frills" way past any feasible budget.

We agonized for months about this dilemma and finally decided that we owe it to the seniors in our area to try to provide a solution. In effect we thought that we must bite the bullet and try to pursue acquiring a good used Transit Bus that seats 20-25 seniors and include some space for coats and other items. This decision has led us to launch an appeal to the people of Hillsborough, Deering and the surrounding areas for funding so that we might reach the goal of a "Bus for Us".

Will you help us with our goal of providing adequate senior transportation in our area?

All responses to this "Bus for Us" giving opportunity will be appreciated. We will recognize your gift that will not only speak to our community but will also speak loudly to all of our seniors that it was you who invested in their comfort and safety. Your donation is fully tax deductible as GHSS is a part

of the Hillsborough Area Community Service Corporation, a recognized 501 (c) (3) entity.

Your gift and commitment to a "Bus for US" will have a significant impact on our seniors to participate with fellow seniors and enhance and contribute to their feeling of self-worth.

Thank you for partnering with our seniors. GHSS PO Box 1511, Hillsboro, NH 03244.



Members of the New Hampshire State Organization Daughters of the American Revolution (NHSODAR), at the grave marking for Real Daughter Caroline Phoebe Hassam Randall, Oakland Cemetery, Springfield, Vermont.

Peterborough Historical on State Register

The New Hampshire Division of Historical Resources has announced that the State Historical Resources Council has added the Peterborough Historical Society as one of three individual properties to the New Hampshire State Register of Historic Places. It is one of the first purpose-built

historical society buildings in New Hampshire, this museum was funded and designed by Benjamin Russell in the Georgian Revival style and built from 1916-1920. It continues to serve as a both a historical organization and a multifaceted cultural organization for the Monadnock region.




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Aynsley Place 'deficiency-free' 5 consecutive years

Aynsley Place, one of four Courville Communities in southern New Hampshire, is proud to announce they have received a deficiency-free survey from the State of New Hampshire Department of Health & Human Services for the fifth year in a row. The 40-bed assisted living center received the deficiency-free survey via an exemption, according to RSA 151:6-A, a statute that allows for a survey exemption so long as the facility has been inspected and is found to be deficiency free for the two prior consecutive years, remains under the same administrator, remains under the same director of nurses and the facility is not the subject of a founded complaint investigation.

The survey process includes a review of resident charts for documentation, physician orders for all medications (including OTC), proper completion of Resident Assessment Tools and all corresponding paperwork including nursing assessments and care plans. A tour of the facility is conducted to ensure the building is properly maintained, all inspections have been completed in accordance with HFA rules (fire/sprinkler systems, employee training on emergency preparedness), and inspect the cleanliness of the building. Surveyors meet with residents to see if they have any comments, concerns or complaints that need to be addressed and also review with nursing and administration staff the amount of falls that have been reported to them throughout the

year. "Achieving a deficiency-free state survey is no easy task and Aynsley Place has done it 5 years in a row" says Susan Theodore, Executive Director of Aynsley Place. "We are successful because of the dynamic staff that works here—they love their job and the residents. I am very proud of each and every one of them individually and as a team, as they are what makes Aynsley Place the wonderful home it is today, and will continue to provide top-notch care to whomever comes to reside here." "Congratulations to the team at Aynsley Place" said Luanne Rog-

ers, President of The Courville Communities. "We've set the bar high for long-term care in New Hampshire and nothing makes me more proud than to see our centers consistently meeting it. The best part is knowing our residents and their family members have a safe, comfortable, and welcoming place to call home."

New Hampshire assisted living centers are licensed and governed by the state. Centers can carry one of two licenses, and 804 or an 805 license. Aynsley Place carries an 805 license, designating them as a Supported Residential Care Home.



Mark Primeau, President & CEO of Bank of New Hampshire, is pleased to announce that the bank and its employees have raised \$105,000 to donate to local United Ways.

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Expert advice for navigating Medicare Part D enrollment

If you're confused about health care reform and Medicare, you're not alone. Medicare Part D open enrollment is underway and thousands of Americans are looking for answers.

A new survey from Express Scripts titled, "Fifty States of Confusion," confirms that seniors are misinformed about how health care reform will impact their Medicare benefits.

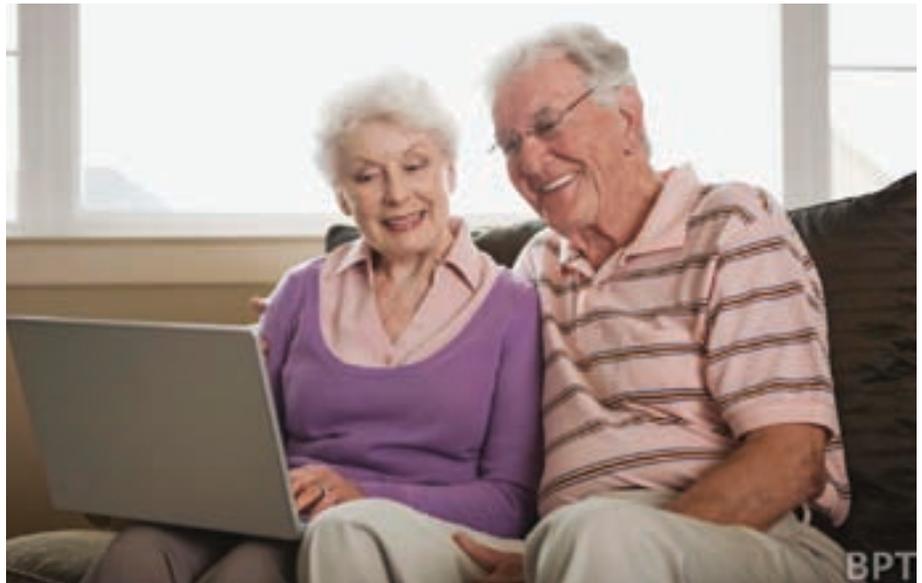
"It's worrisome; one-in-five seniors think they'll be able to enroll in a health or prescription drug plan through a public health insurance exchange," says Paul Reyes, an Express Scripts' pharmacist and host of Ask the Pharmacist radio series. "These exchanges are part of the Affordable Care Act, but are only for uninsured people under the age of 65."

Although Medicare Part D has been around since 2006, with some states offering upwards of 36 different plans, the survey revealed that 60 percent of seniors still think that choosing the right Medicare plan is confusing. And with more than half of seniors falsely believing they'll be paying more for their prescriptions drugs as a result of health care reform, they are taking matters into their own hands.

"Seniors are skipping doctor's appointments, delaying medication refills and skipping medication doses," says Reyes. "These misconceptions may not only cost seniors, but could also lead to decisions that may be bad for their health."

Whether you are preparing to enroll into a Medicare Part D plan or you're helping a family member or friend, Reyes provides some tips to simplify the process.

► **Know the basics:** You are eligible for Medicare Part D when you turn 65. Enrollment begins on Oct. 15, 2013, and



ends on Dec. 7, 2013. If you miss this deadline, you won't be able to enroll again until fall of 2014, unless you qualify for a special election period. If you're eligible (age 65), and neglect to enroll in Medicare Part D on time, you will be faced with a penalty when you do join the program.

► **Do your homework:** Consider the premium, deductible and co-pays when assessing the overall cost of the plan. Make sure that the drugs you need to take are on the plan's formulary (the list of covered medications). Also, look at the plan's network of pharmacies. Some plans, like the Express Scripts Medicare Choice Plan, offer a preferred pharmacy network, which could save you money.

► **Care and convenience:** Consider a plan with round-the-clock pharmacist access to help you get the support you need and the savings you want from your

plan. Pharmacists can identify shortcuts to help you stick to your treatment regimen and avoid potentially harmful drug interactions.

► **Making the most of your Medicare dollars:** To achieve the most value from your Part D plan, make sure to take your medications as prescribed, use generic medications when clinically appropriate, ask about home delivery and take advantage of the free preventative screening and vaccinations under Medicare Part B.

To help seniors and caregivers make informed decisions, Express Scripts' developed a consumer eGuide titled "Navigating Medicare and Reform: A Roadmap for Seniors and Caregivers," available at www.roadmapformedicare.com. Seniors can also visit www.medicare.gov to learn more about the available Medicare Part D plans in their region. (BPT)

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Wed., February 12, 5:30 pm (Snowdate 2/13)
John Grobman, MD Advanced Orthopaedic Specialists
Lakes Region General Hospital

Thurs., March 13, 5:30 pm (Snowdate 3/14)
Jeremy Hogan, MD Advanced Orthopaedic Specialists
Lakes Region General Hospital

Wed., March 19, 5:30 pm (Snowdate 3/20)
Arnold Miller, MD Advanced Orthopaedic Specialists
Franklin Regional Hospital

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Five NH veterans receive overdue medals

Five New Hampshire veterans have been given their long overdue medals for service in Korea and Vietnam. Sen. Jeanne Shaheen joined military officials at a ceremony Monday to present medals to Philip Meader, Ronald Lemire and Jim Keefe for their service in Vietnam, John Parker for his service in Korea and James Smith for his service in both conflicts. Altogether, the men received 17 medals and awards. Shaheen said it was a privilege to honor such brave and selfless veterans.



(L to R) Oscar's father, Scott Reid, Oscar Reid (c), Mercy Hathaway White Chapter NSDAR Good Citizen Chairman, Elizabeth O'Donnell.

Reid named DAR Good Citizen

Oscar Reid, son of Marion and Scott Reid of Warner, was named the Good Citizen of the Kearsarge Regional High School by the Mercy Hathaway White Chapter NSDAR. Oscar has a broad range of interests and achievements covering music (he is a member of a jazz band and of the pit band for school musicals); and track (he is manager of the Kearsarge Regional High School track team with varsity awards for the past two years). Oscar has a very strong interest in government and international relations. In this connection he has been class Vice-President for three years and has been active in the Student Council. His senior project is re-writing and amending the Student Council Constitution. He has been the Recipient of his school's Citizenship Award for 2012 and of an Honorable Mention in this year's National Hispanic Recognition Program. Oscar served as a page for the 2013 NH House of Representatives. His community activities include being active in his church and volunteering at the New London Hospital Days triathlon.

U.S. Representative Carol Shea-Porte addresses senior group

U.S. Rep. Carol Shea-Porter, D-NH, admonished a group of senior citizens to stay active in the political process to stave off cuts to entitlement programs, such as Social Security and Medicaid. Speaking at the New Hampshire Alliance for Retired Americans' conference, Shea-Porter said that protecting entitlement programs is critical to the well-being of senior citizens.

"If you don't sit at the table, you will be on the menu. Seniors, get active; let everyone know you won't be on the menu," Shea-Porter said. Before she spoke to the audience of about 30 seniors at the Plumbers and Pipefitters Labor Hall, Shea-Porter said that not only did the recent shutdown accomplish nothing, but that the same thing could happen all over again a couple months down the line when the temporary spending measure ends.

"I think we might be back here in two months because I hear (Texas Sen. Ted Cruz) say they want another round," she said. "If it did happen again, nothing would be accomplished, but some (members of Congress) have decided that they do not respect that (the Affordable Health



Care Act) was voted in, the President signed it, and the Supreme Court upheld it, so they decided to hold the country hostage, and it didn't work." Shea-Porter added that federal employees who weren't paid during the shutdown will receive back pay for the days missed. "It's done, it will definitely happen," she said.

Speaking to the audience, Shea-

Porter said that many Granite State senior citizens are dependent on Social Security benefits, which she said averages just slightly less than \$15,000 annually. "We need to protect Social Security for those that have already paid into it. They call it an entitlement program, but you are getting benefits you have already paid for," Shea-Porter said.

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The Leftovers of American Abundance

By Grant Bosse

Christmas may display America's wealth and consumer culture. New Year's Eve celebrates excess indulgence. But no holiday epitomizes the abundance of modern America like Thanksgiving, the day we make a feast so big that we spend the rest of the weekend eating the leftovers. As we contemplate yet another turkey sandwich and polish off the last of the pumpkin pie, it seems like a good time to focus on making sure our neighbors don't go to bed hungry.

Since 1984, New Hampshire Catholic Charities has run the New Hampshire Food Bank. This serves as a clearinghouse for more than 400 non-profit groups across the state, distributing 8.5 million pounds of food a year to Granite State families in need. Food banks, of which NHFB is the largest, account for 44% of the food distributed through local food pantries, according to an exhaustive 2010 study. About half of the pantries get some food from federal programs, and almost all rely heavily on local churches, charity food drives by groups like the Boy Scouts, and donations from local stores and farmers. 70% buy food directly using cash donations. Col-

lectively, your canned goods and your checks add up to more than 19 million pounds of food going to low-income New Hampshire families every year.

New Horizons in Manchester is the Food Bank's biggest customer, and also the largest soup kitchen, food pantry, and homeless shelter in the state. Charlie Sherman has served at the Executive Director at New Horizons for the past three years. Every night, they serve a five-course meal to 250 to 300 people, no questions asked. You walk in, you eat, with no need to show where you live or how much money you make.

The New Horizons Food Pantry is limited to low-income Manchester residents, handing out \$200 worth of groceries each month to about 900 families. Sherman says that wouldn't happen without the program's largest donor, Hannaford Supermarkets.

"We wouldn't be here without Hannaford," Sherman says. New Horizons says three vans out every day to six area stores, collecting food that's nearing its sell-by date. That food is turned around immediately at the Pantry. Hannaford donated \$400,000 worth of food last year to New Horizons.



The soup kitchen gets some donations from local restaurants, including Longhorn and Olive Garden, but relies mostly on food purchases. Sherman says fresh fruits and vegetables are the hardest to get and the most expensive, but a new 2,200 square foot greenhouse should cut the kitchen's groceries bill considerably.

"We spent \$20,000 on vegetables through August," Sherman adds. "We hoping to grow 18,000 pounds of our



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own vegetables every year."

As the recession slowly turned into a tepid recovery, Sherman says more and more

working families were turning to the soup kitchen and food pantry for help. He says the number of children eating there is up 63% this year.

He says "That's one of the reason

we see so many families in our soup kitchen every night," Sherman explains. "We serve a hot, healthy meal every night. It's a cost factor, but also kids

are getting a nutritious meal which is healthier than if they're going to a fast food joint."

Parents aren't only looking for help buying food, but in getting a healthy meal on the table. As people get back to work, take a second job, or a second shift to make ends meet, there may not be anyone at home in time to cook supper for the kids.

"It's discouraging when you hear the economy is getting better, and our numbers continue to grow," Sherman says.

As we look for better ways to feed the hungry, it would help to accurately assess the problem. We don't have a hunger problem in America. We have a distribution problem, and we have a nutrition problem, each of which require far different solutions than if we simply didn't have enough food to go around.

The biggest problem for inner cities is lack of access to real grocery stores. Big city unions fight to keep Wal-Mart, now America's largest grocer, out of town. This leads to food deserts, where people without cars have to choose between fast food and convenience stores. If we can get people into the supermarket, food has never been cheaper.

Salt was once so valuable that the Romans used to pay their Legions, giving us the word salary. Raw ingredients like sugar, flour, rice, potatoes, onions, celery,

carrots, bananas are cheap, and the start of a good pantry. Now, it's too cheap to meter. Eggs, milk, chicken, and beef are reasonably priced. Every supermarket offers fresh fruit, greens, and seafood all year long. If you were to plot the cost of calorie over the last hundred years, the line would be approaching zero.

Food is cheap. But meals are expensive. Prepared, packaged, and preserved foods cost a lot because we're not paying for the food. We're buying time. It's when we stop cooking that food prices soar. Naked DC writer Emily Zanotti took the SNAP Challenge, feeding two people on \$63 a week, and managed to eat like a "full-blown foodie hipster." Her first meal was "Chicken Milanese with frise salad and shredded parm, mushroom and herb risotto."

The NH Food Bank offers the Cooking Matters course, a six-week program designed to teach low-income families how to shop for healthy, affordable food and turn it into nutritious meals. Now, I don't want to turn us all into foodie hipsters. But basic cooking skills are as important to tackling hunger in America as federal spending on food stamps.

Grant Bosse is Editor of New Hampshire Watchdog, an independent news site dedicated to New Hampshire public policy, and a Senior Fellow at the Josiah Bartlett Center for Public Policy.

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Create an independent and peaceful home setting

Senior living is a time for rest and relaxation, and the home is the first place to incorporate a comfortable and spa-like living quarters. The chaos of raising children has passed, and retirement has brought a sense of peace and quiet upon the home. Many upgrades can make your home more comfortable and restful and allow you to stay safe and independent in your home.

For example, sometimes the decor needs a bit of variation to develop a calming ambiance in rooms like the bedroom or living area. Blues, greens and muted yellows can impart a sense of serenity to these rooms. You can also use fabrics to establish a restful feeling. Soft, muted carpeting, flowing curtains in light airy colors and plush pillows decorating furniture help accomplish this. Finally, rounded shapes in the furniture and accessories of the room help to finalize the whole picture. Try finding oval end tables, or curved artwork to hang on the walls, rather than straight corners, which could cause injury or a tripping hazard when bumped into.

But don't just stop at the decoration - also make certain the fixtures in your home have the spa qualities you crave. For example, Premier Care in Bathing



has the Sanctuary walk-in bath featuring wonderful spa qualities of hydrotherapy, chromotherapy and aromatherapy. Hydrotherapy jets in the Sanctuary walk-in tub are gentler than traditional spa tubs, because they blow air, rather than water. After each use, the tub drains clean, which means it doesn't recycle water. These features are important for seniors with sensitive skin or health conditions. Chromotherapy lights immerse the tub in seven relaxing colors: red, orange, yellow, green, blue, turquoise and magenta. And the Premier Spa Series includes an innovative, built-in oil warmer that releases the fragrance of essential oils. Seniors can breathe in a new level of relaxation

and bliss. Being able to use the tub safely without climbing over tub walls allows seniors to maintain their independence at home. For a free brochure including more information about walk-in bathtubs and other solutions for making living at home more convenient, visit premiercare-bathing.com/saferbathing, or call 888-378-7953.

Once you've established the bathroom spa, bring a little outdoors inside with plants and sunlight to finalize the at-home spa experience. Potted plants with beautiful flowers or decorative green and white contrasting leaves create a living sanctuary, plus help to increase oxygen levels in a room. Consider establishing an indoor garden in the kitchen along the windowsill with aromatic herbs, or in a living room or family room with potted flowering plants. Incorporating plants inside often requires more sunlight. Natural light is great for a restful home - it provides warmth and can ease achy muscles, especially in the colder months.

With these tips, your home will be a restful and comfortable place to enjoy retirement and the luxury of being able to spend your time the way you want to spend it - no children or jobs around to interrupt. (BPT)

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Supplemental insurance plans can help protect your family - and your wallet

Unexpected medical emergencies can happen to anyone at any time, and few people are prepared for the expenses that accompany them. Financial experts often recommend building an emergency fund consisting of six months of salary, but few people can achieve that in these difficult times.

"One way to prepare for a significant health event is to consider supplemental insurance, a policy that can be bought in addition to your major medical plan," says Scott Krienke of Assurant Health, a Milwaukee-based insurer. "These plans can be used to pay out-of-pocket costs not covered by major medical, as well as non-medical costs related to an injury or illness." Supplemental plans generally pay cash directly to the consumer. The money can be used however the customer chooses, whether it's for day-to-day costs like child care or lost wages, or medical expenses not covered by a major medical policy such as deductibles, co-insurance or experimental/alternative treatments.

While most people may not want to believe they'll ever experience a critical illness, data from the Centers for Dis-

ease Control and Prevention show that heart disease is the nation's No. 1 killer, followed by cancer. Stroke is the fourth leading cause of death, followed by accidents. Supplemental insurance plans are available for specific critical illnesses, such as heart, stroke and cancer, and offer a range of benefit levels to fit different needs and budgets. Critical illness supplemental plans pay upon life-threatening diagnosis to help offset expenses.

Supplemental plans for accidents also can be a helpful add-on to a major medical plan. The cost of medical care and productivity losses associated with motor vehicle crash injuries was over \$99 billion in the U.S. in 2010, according to the CDC.

There are two types of accident plans: accident fixed-benefit and accident medical expense. Accident fixed-benefit plans pay a set amount for treatment of covered injuries due to an accident. They pay in addition to any other plan benefits in place, and the cash can be used for whatever the policyholder wants - to replace lost income, pay medical bills or take care of household expenses. Accident medical

expense plans help pay out-of-pocket medical costs that are not covered by other plans.

There also are supplemental plans available for dental care.

"Dental needs may not be covered for adults on major medical insurance, but it can be purchased individually," Krienke said. "At Assurant Health, our dental plans have no waiting periods for preventive or basic services, and there is no penalty for going out of network. That's important, because approximately 55 percent of dentists don't participate in networks." Taking the time to research plans is important in order to select the right supplemental insurance to protect yourself and your family in the face of a medical emergency.

Choose options that fit your unique needs and your budget, and you'll be better equipped to weather a sudden illness or accident. No matter how the health care market might change, people will continue to have out-of-pocket costs for items not covered by major medical insurance, and supplemental plans are one way to cover those unexpected expenses. (BPT)

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OUT & ABOUT

Gift of Lights

12/16/2013 (4:30PM)
 Event Fee: Admission (per car):
 Mon - Thurs (non-holiday) \$15
 Fri - Sun \$20
 Spanning over two miles, the Gift of Lights is one of the largest displays of holiday lights in New England. It includes several themed displays, such as the 12 Days of Christmas, a jungle scene and a Nativity depiction. The course winds around the outside of the track's grandstands and includes a portion of the NHMS Road Course. The event is open nightly from 4:30 p.m. - 9 p.m. from Nov. 15 - Jan. 5.
 1122 Route 106 North
 Loudon, NH 03307
 Phone: 603-783-4931
 Email: fansfirst@nhms.com
 Website: http://www.nhms.com/events/gift_of_lights/

Fall Oncology Series at Weeks Medical Center

12/17/2013 (3:30PM)
 Event Fee: Free
 Dates and Topics: Sept 24 "Telling your story" Oct. 8 Cancer Rehab; "What can we do after treatment" Oct. 22 More Massage Nov. 5 "Self Care" Nov. 19 Cultivating Gratitude Dec. 3 "What are your wishes..end of life care" Dec. 17 Meditation and Yoga.
 173 Middle Street
 Lancaster, NH 03584
 Phone: 603-788-5045
Lighted Winter Wonderland
 12/19/2013 (5:00PM)
 Event Fee: \$25 pp Save \$5 Order online Promo Code: santahat
 Experience the magic of Christmas when you visit Charmingfare Farm this holiday season.

- Horse-Drawn Rides
- Christmas Lights
- Holiday Displays
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- Petting Zoo
- Santa & Reindeer
- Christmas Trees

You'll travel through thousands of lights and holiday scenes on your way to the North Pole. Watch for our animated costumed characters along the trail. This year Santa has planned a special surprise. He has invited his costumed friends to visit with your children at the North Pole. "It was wonderful and a great experience for all of us - the children had a great time - thank you so much for your wonderful Christmas Wonderland." - Sandy, Manchester, NH. Be sure to bring along your letters. Plan on at least 2 hours to experience Lighted

Winter Wonderland.
 774 High Street
 Candia, NH 03034
 Phone: 603-483-5623
 Email: john@charmingfare.com
 Website: www.VisitTheFarm.com
Jingle Bell Chocolate Tour
 12/21/2013 (11:00PM)
 Event Fee: \$25 Jingle Bell Chocolate Tour Sleigh Rides and \$10 for Recipe Book
 Nestlenook Estate and the Jackson Area Chamber of Commerce invite you to make your reservations early for the Jingle Bell Chocolate Tour. Named one of the 5 "Tasty Tours of New England" by the Concord Insider "Engage all your senses". This Horse Drawn Austrian Sleigh Ride through the Village of Jackson is so popular that each year it sells completely out. We recommend you book early to assure your ►

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OUT & ABOUT

chance to attend. Just call a lodging member listed on our website www.JacksonNH.com book your stay and let them secure your seats today. Reservations are reserved for visitors staying in one of Jackson New Hampshire's premiere properties. Upon arrival at Nestlenook Estate you will be presented with your Jingle Bell, your first Chocolate Treasure and a Christmas Goodie Bag that you can store any Chocolate Treasures you do not eat along the way. You will Board the Sleigh and begin your special journey through Jackson Village stopping at the Inn at Jackson, the Chamber of Commerce, The Wentworth, An Elegant Country Inn, J-Town Deli & Country Store, The Thompson House Eatery, the Snowflake Inn, Flossie's General Store and returning you to Nestlenook Estate. As you

approach each stop you ring your Jingle Bells and the owner or a representative of the hosting property will meet your sleigh, tell you about themselves and the decadent Chocolate Treasure they are about to gift you. The 2011 Jingle Bell Chocolate Tour Recipe Book will be on sale again this year... back by popular demand. Tickets for Adults and Children are \$25. Children under 2 sitting on mom or dad's lap not receiving Chocolate Treasures ride free. Call the Jackson Area Chamber of Commerce any time after October 10th to make your reservations before it is to late... 603-383-9356 or prior to October 10th call any of our lodging members, book your stay and let them secure your ride/s for you. Dinsmore Road Jackson, NH 03846 Phone: 603-383-9356

Email: kathleen@jacksonnh.com
Website: www.jacksonnh.com

The Nutcracker

12/21/2013 (7:00PM)

Event Fee: see above

Kick off your holiday season with Northeastern Ballet Theatre's professional production of 'The Nutcracker', under the artistic direction of Edra Toth. Northeastern Ballet Theatre is thrilled to bring Tchaikovsky's timeless classic to Wolfeboro's Kingswood Arts Center. Experience the magic with Clara, the Nutcracker, and Sugar Plum Fairy as the Land of Sweets come to life on the Kingswood stage. 'The Nutcracker' is the perfect family outing that will capture the hearts of both young and old! Tickets prices: \$17.50 - adults \$15.00 - seniors/students \$55.00 - family pack of 4 \$12.00 each for groups of 10 or more Group rate

ticketing is available for groups of 10+ by calling (603) 834-8834. A limited quantity of tickets are available at the door. Lap children under 2 years old are free.

Kingswood Arts Center
21 McManus Road
Wolfeboro, NH 03894
Phone: 603-834-8834

Email: northeasternballettheatre@gmail.com

Website:
www.northeasternballet.org

Vintage Christmas in Portsmouth

12/21/2013 (5:00PM)

Event Fee: Varies

34th Annual Candlelight Stroll at Strawberry Banke Museum is part of the three weekends of Vintage Christmas in Portsmouth, a month-long celebration in its 9th year. Also live holiday shows at The Music Hall, free Vintage Christmas trolley provided ▶



The purpose of this communication is the solicitation of insurance. Contact will be made by an insurance agent or insurance company.

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OUT & ABOUT

by the City of Portsmouth and festive decorations.

Strawbery Banke Museum
The Music Hall
Portsmouth, NH 03801
Phone: 603-433-1100
Email:
info@strawberybanke.org
Website: http://www.vintagechristmasnh.org

Milford Antiques Shows

12/22/2013 (8:30AM)
Event Fee: Admission \$5 from 8:30 AM to 9:30 AM, Free Admission from 9:30 AM to 11 AM

Special events during the spring and summer. Over 80 dealers present a large variety of quality antiques and collectibles at reasonable prices.
Hampshire Hills Sports and Fitness Club
50 Emerson Road
Milford, NH 03055
Phone: 781-329-1192
Email: milfordantiqueshow@gmail.com Website: milfordantiqueshow.com

Strafford Wind Symphony Annual Holiday Pops Concert

12/22/2013 (6:30PM)
Event Fee: \$12/\$7 for children under age 12

Let the joyous music of the holidays set the stage for your season with the whole family! The Strafford Wind Symphony performs it's Annual Holiday Pops Concert sharing traditional favorites and new festive tunes that will ring sweetly for all who truly believe in the spirit of Christmas and the holiday season. Take part in it's famous gift basket raffle to check off those last minute gifts from your list!
Rochester Opera House
31 Wakefield Street
Rochester, NH 03867
Phone: 603-335-1992
Email: swsgenmgr@gmail.com
Website: www.straffordwindsymphony.org

WEST-FEST: New Vaudeville Festival

12/26/2013 (2:00PM)
Event Fee: \$15 purchase online - www.pontine.org

WESTFEST A New Vaudeville Variety Show Family fun featuring Jugglers, Magicians, Clowns, Comedians, YoYos, Mind Readers and More! Appropriate for all ages. Each show includes three acts.

West End Studio Theatre
959 Islington Street
Portsmouth, NH 03801
Phone: 603-436-6660
Email: info@pontine.org
Website: www.pontine.org

Community Potluck & Open Mic

12/27/2013 (6:00PM)
Event Fee: Free, bring a dish to share.

Final Friday of the month - bring a dish to share (potluck begins at 6pm), then relax to the music and poetry of our open mic (begins at 8pm)
218 Streeter Woods Rd
Dorchester, NH 03266
Phone: 603-786-2366

Email: info@dacres.org
Website: www.dacres.org

SILVER LAKE SUMMERS: E.E. Cummings Revue

1/3/2014 (2:00PM)
Event Fee: \$18 purchase online - www.pontine.org

SILVER LAKE SUMMERS: An E. E. Cummings Revue Thu & Fri @7:30 / Sat @4 / Sun @2 Informal presentation featuring food & conversation along with scenes from Pontine Theatre's repertoire of plays based on New England literature. This program is based on the life and work of American poet and painter Edward Estlin Cummings, a lifelong summer resident of Silver Lake in New Hampshire. Published poems and stories, extracts of personal correspondence, biographical material and family photos, combine with excerpts from Pontine's stage play to illustrate how the "New Hampshire experience" shaped the work of this seminal 20th century writer. ▶

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OUT & ABOUT

West End Studio Theatre
 959 Islington Street
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 Phone: 603-436-6660
 Email: info@pontine.org
 Website: www.pontine.org

Snowshoe Instructional Nature Tour

1/5/2013 (10:00AM)
 Event Fee: Fee: \$18 includes trail ticket and tour \$10 to pass holders

A two-hour nature tour on snowshoes with an expert guide. \$10 for the tour. We have rentals available if you need snowshoes. Rentals are \$12. Guide will show you places along the trails and off the system that most people would never get to find. Fun and interesting. Technique tips along the way. Pre-registration suggested 603-383-9355. Skill Level: First-timers to expert.
 153 Main St

Jackson, NH 03846
 Phone: 603-383-9355
 Email: info@jacksonxc.org
 Website: www.jacksonxc.org

SPANK! The Fifty Shades Parody

1/13/2013 (7:30PM)
 Event Fee: \$45

It's time for the saucy book that caused a world sensation to get SPANKED! SPANK! The Fifty Shades Parody is the hilarious new musical that brings all the naughty fun of the best-selling book to life. Your inner goddess will be laughing out loud with this new imagining of the characters as they come to life with sharp-witted comedy, musical numbers, steamy and fun performances from the hunky leading man, plus lots of surprises! Get there early for pre-show cocktails, then stay to meet the cast after the show, and pose for a photo

with the fetching star himself. Grab your girlfriends and don't miss the funniest and most exciting girls' night out of the year! SPANK! is not associated with, nor authorized by, author E.L. James or Vintage Press.
 44 South Main St
 Concord, NH 03301
 Phone: 603-225-1111
 Email: Friends@ccanh.com
 Website: http://www.ccanh.com/event/spank-fifty-shades-parody

Charlotte Cox, 'Close Encounters with the Common Loon'

1/17/2013 (7:00PM)
 Event Fee: Free

Loons have often inspired fascination with their graceful beauty and haunting cry. Join us as Charlotte Cox shares the final project of her late husband, Larry

Cox, whose detailed naturalist notes on the behaviors of loons create a beautiful story. Charlotte will share several of the book's many unusual and humorous anecdotes about the author's personal encounters with loons. The volume features a special Foreword by The Loon Center's Executive Director Harry S. Vogel, as well as an abundance of both full-color and black-and-white photos of local New Hampshire loons by Laconia photographer John Gill and Hollis photographer Wendy Richardson.
 27 South Main Street
 Concord, NH 03301
 Phone: 603-224-0562
 Email: gibsonsevents@gmail.com
 Website: http://www.gibson-bookstore.com/event/charlotte-cox-close-encounters-common-loon

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