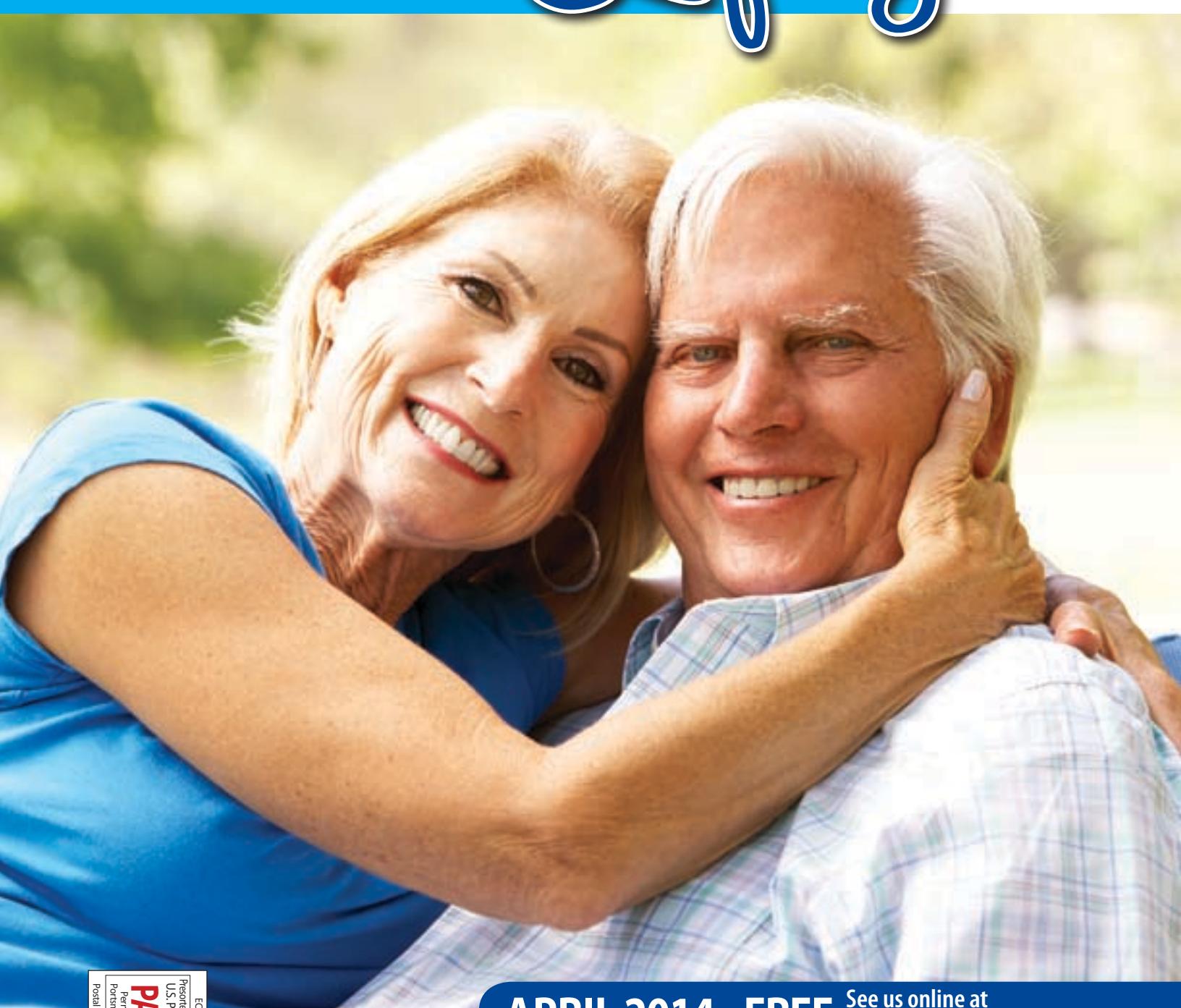


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Baby boomers: Three crucial times to review your Medicare options for retirement

Baby boomers facing the big decision of when to take Social Security retirement shouldn't overlook the importance of signing up for Medicare at age 65.

Although Social Security offers an age range, generally 62 to 70, for starting retirement benefits - you don't have this type of flexibility with Medicare health insurance.

"Turning 65 is the trigger for your Medicare enrollment, so it's important to study this decision as your birthday approaches," says Paula Muschler, operations manager of the Allsup Medicare Advisor. This is a Medicare plan selection service offering personalized help that includes customized research, a tailor-made report and enrollment assistance. "You have three months before, the month of and three months after your birthday to enroll properly in Medicare when you turn 65."

One important caution: You may decide to delay Medicare enrollment. "But if you make a mistake with this decision, you could end up with lifetime penalties that add to your Medicare costs," Muschler says. Anyone turning 65 should examine their Medicare choices carefully. Muschler outlines three situations that require close study.

1. You are reaching age 65, but you plan to continue working a few more years.

"You need to examine your Medicare enrollment because it interacts with your employer's group health plan," Muschler says. "Depending on your employer benefits and the size of your employer, you may need to enroll in Medicare Parts A and B." Original Medicare is made up of Part A, which is hospital insurance, and Part B, which is medical insurance.

2. You are reaching age 65 and retiring from work at the same time.

If you combine retirement with turning 65, it's important to coordinate the dates of actual retirement and your 65th birthday. Muschler says, "You should take steps to ensure that you don't have a gap in health care coverage, and you'll need to choose Medicare plans. This is especially true if you leave work a few months before you turn 65."

3. You retired from work before age 65 and have used other health insurance.

"You need to closely examine your health care options as you get ready to turn 65 and move into Medicare," Muschler says. "There may be special considerations with ending CO-BRA, health insurance exchange or retiree coverage, depending on your situation. Once you determine that, yes, you do need to get ready for Medicare - carefully review all available Medicare plans."

Generally, people enrolling in Medicare choose from two paths. One option is to choose Original Medicare and a prescription drug plan, known as Medicare Part D. Many people also buy supplemental coverage, called Medigap, for added benefits. A second option is to shop among the Medicare Advantage plans available in your area. Depending on where you live, there is an average of 20 Medicare Advantage plans available. In addition, there may be 35 available Part D prescription drug plans from which to choose. For a Medicare evaluation, call an Allsup Medicare Advisor specialist at (866) 521-7655 or go to Medicare.Allsup.com. (BPT)

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Eye-opening facts about aging eyes, vision problems

Most Americans know that vision problems begin to increase as they age. What they may not realize is that reduced vision is also linked to a higher frequency of falls, injuries and depression. Eye disorders such as cataracts, glaucoma and age-related macular degeneration can rob seniors of their independence. Here are some facts and tips for maintaining eye health and vision while aging gracefully:

Many people can avoid vision loss as they age. Losing sight as you age should not be considered an inevitability. In fact, the World Health Organization states that 80 percent of blindness is preventable if the disease or condition causing it is diagnosed and treated in time.

Although many people find that they need reading glasses as they get older, according to the Centers for Disease Control and Prevention, one in six seniors has a vision impairment that cannot be corrected with glasses or contact lenses.

This may be caused by common eye conditions and diseases, including:

- Cataract, a clouding of eye's lens.

- Glaucoma, a disease which can rob the eye of its peripheral vision.

- Age-related macular degeneration, the deterioration of the central vision that is responsible for the ability to see fine details clearly.

With proper preventive care and timely treatment, many seniors can avoid permanent vision loss due to these diseases.

Eye exams are key to healthy vision

Many eye diseases and conditions have few or no noticeable symptoms until vision has already been lost, so it's important to keep up with regular exams.

By age 40, a person should have obtained a baseline comprehensive medical eye exam and by age 65, eye exams should be scheduled every one to two years, or as recommended by an ophthalmologist, a medical doctor who specializes in the diagnosis, medical and surgical treatment of all eye diseases and conditions.

Finding an ophthalmologist can be easy

There are approximately 30,000 ophthalmologists across the United States.

For seniors concerned about the cost of seeing an ophthalmologist, EyeCare America, a national public service program of the Foundation for the American Academy of Ophthalmology, is available to ensure seniors have access to eye care they need.

The program matches eligible seniors who haven't seen an ophthalmologist in three or more years with one of more than 6,000 volunteer ophthalmologists who provide them with a comprehensive eye exam and care, often at no out-of-pocket cost for up to one year.

To see if you, your friends or family members are eligible, visit www.eyecareamerica.org.

A healthy body also benefits your eyes

Here are a few tips to help care for your eyes between exams:

- Eat well.
- Exercise regularly.
- Wear sunglasses.
- Don't smoke.

EyeCare America is co-sponsored by the Knights Templar Eye Foundation with additional support from Alcon. (BPT)

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Operation Hat Trick & Easter Seals support veterans

Two organizations with a mission and history of helping veterans, service members and their families joined forces in 2013 to expand their efforts in serving members of the military who bravely serve our country. To kick off the partnership, Operation Hat Trick recently awarded Easter Seals NH's Veterans Count with \$20,000.

Operation Hat Trick, a nationwide organization comprised of more than 220 colleges and universities, major and minor league sports teams, and national retailers has stepped up to support care coordination services for veterans of pre-9/11 conflicts by donating to Veterans Count, a program of Easter Seals NH Military and Veterans Operation Hat Trick, which originated at the University of New Hampshire, generates awareness, support and funding for the recovery of America's wounded warriors, both active service members and veterans. Operation Hat Trick pursues these goals through the sale of branded merchandise, proceeds of which are distributed to selected organizations that provide direct services to wounded warriors. "Opera-



Easter Seals Executive Director of Military and Veterans Services, Major General Harry E. Miller, Jr. and said Founder and President of Operation Hat Trick Dot Sheehan.

tion Hat Trick is honored to partner with Veterans Count. We understand the need in NH and are especially interested in helping pre 9/11 veterans," said Founder and President of Operation Hat Trick Dot Sheehan.

"With local OHT monies, we are so honored to be able to make a significant difference for Veterans Count families. "Veterans Count is a perfect fit to fulfill the mission of Operation Hat Trick. Veterans Count, launched by Easter Seals NH in 2007, has provided emergency financial support totaling nearly \$1.5 million to 2,500 veterans, service members and their families. Care coordination is a critical service to provide effective financial support such as transportation, housing, rent, fuel assistance, utilities, vehicle repair, gasoline, food, child care, tuition and medical bills. "All of us at Easter Seals NH and Veterans Count are overwhelmed by Operation Hat Trick's very generous donation. Dot (Sheehan) is a great American whose vision and passion to help our veterans and their families makes for a perfect partnership between our two organizations" said Easter Seals Executive Director of Military and Veterans Services, Major General Harry E. Miller, Jr. "This gift is greatly appreciated and will be put to good use as we expand our services to the pre 9/11 veteran population."

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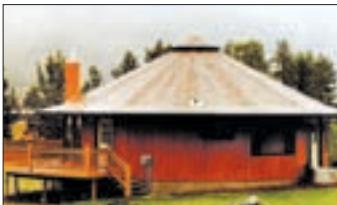


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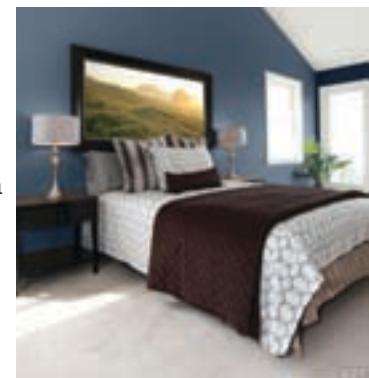
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Four quick color tips to awaken your home in 2014

Color inspiration comes from anywhere. The latest color and decor trends are great starting points. Shades from the Dutch Boy 2014 Color Trends Forecast can modernize a space with a look that matches your taste and personality. The trends collection is called Awaken and is comprised of four distinct palettes - Gather, Connect, Explore and Serene. These collections represent a renewed commitment to the environment.



Cook with color

Looking to make a big impact in your kitchen on a small budget? A new color can awaken your kitchen to make it the center for all to gather. Try hues from the Dutch Boy Gather color palette, such as Stonewall Jackson (F15-3) and Glass Block Green (F7-4), with a mix of decorative and functional kitchen items such as serving bowls, platters and pitchers. You can also rejuvenate your kitchen with an open, airy feel by adding exposed shelving. This will update the look, plus add storage space. An indoor herb garden is also a great way to add green to the room and fresh ingredients to your cooking.

Dine with color

If your dining furniture is looking a bit outdated, consider painting it. Chairs, tables, side boards, buffets and more can be revitalized in just one weekend. Be sure to properly prep your project so it withstands the wear and tear of regular usage. If your buffet or china cabinet has seen better years, remove the glass panels and drawers, and paint it a neutral hue such as Sedona Dust (C12-4) or opt for a richer pop of color like October Leaves (C6-2). Both are from Dutch Boy's Connect color palette. Swap out old hardware with new for an easy, upgraded look. Color will easily bring new life to any piece and will blend together your home's new style.

Welcome with color

Create a warm welcome guests will love by pairing a bright hue on foyer walls with an eye-catching display of white-framed photos or a grouping of ornamental mirrors and plates. Try Dhurrie Pink (A8-3) from Dutch Boy's Explore color palette. Paint stair risers with bold colors and patterns such as chevron, stripes or stencils for a modern and chic flair. Opt for a deeper shade of paint to hide scuff marks. Finish off the space with a set of new rugs.

Comfort with color

Re-energize yourself by making calming updates to your bedroom. Paint your walls a cool hue, such as Fieldhouse (D22-3) from the Serene collection, to incorporate a sense of relaxation and tranquility to your resting space. Adding touches of new color and comfort with bedding sets, pillows and luxury throws can quickly upgrade your sleeping space. Accent the space with color-complementing window treatments. For added rest, choose light-blocking materials to prevent excess light from waking you before your alarm. (BPT)

How to diversify your retirement portfolio

Many investors are taking more control of their financial future by investing in alternatives to the stock market including real estate, land, promissory notes, oil and gas.

Sue Jensen of New York grew frustrated after watching her life savings take a hit year after year in the stock market. A couple of years ago, after another year of less-than-desirable returns, she couldn't take it anymore. She sought out a way to further diversify her investments that wouldn't leave her on the sidelines, watching helplessly.

Jensen is just one of many Americans who for years knew only one way to save for retirement. Growing concerned that it wouldn't yield enough money to live comfortably, Jensen sought out alternatives.

The good news is that there are options. You can diversify your portfolio by investing your retirement savings in assets other than stocks and bonds. As Jensen and many others have discovered, the Internal Revenue Service allows you to invest your retirement funds in an array of assets, including real estate, promissory notes, private placements and tax liens. The investments are made using a self-directed account such as an IRA. Self-directed IRA custodians, such as Equity Trust, offer options for nearly everyone when it comes to saving for retirement. These options include:

- Individual retirement accounts:
IRA, Roth IRA
- Small-business accounts: SIMPLE IRA, SEP IRA, Solo 401(k), Roth Solo 401(k)
- Accounts that allow you to save for other expenses: Coverdell Education Savings Account, Health Savings Account
- Investing your IRA or other account in alternatives is nothing new. IRS Publication 590 outlines the types of investments allowed in a self-directed IRA, including:
 - Real estate – including apartments, single family homes, and duplexes
 - Commercial property, developed or undeveloped land
 - Mortgages/deeds of trust
 - Publicly traded stocks, bonds, mutual funds
 - Private limited partnerships
 - Private stock offerings, private placements
 - Private limited liability companies
 - Secured and unsecured notes
 - Judgments/structured settlements
 - Tax sale certificates
 - Car paper
 - Factoring
 - Accounts receivable
 - Commercial paper
 - Equipment leasing

You should be aware that not every IRA custodian allows you to self-direct your funds. Only qualified self-directed IRA custodians, such as Equity Trust, will allow you to invest your retirement funds in real estate and other alternatives to the stock market. For those who prefer to continue to diversify with a mix of alternatives and stocks or mutual funds, Equity Trust provides the capability.

Jensen, an Equity Trust client, has diversified into tax liens and promissory notes. In addition to the profits from those investments, which grow tax-deferred or tax-free in her IRA accounts, she has gained peace of mind in knowing all her retirement "eggs" aren't in one basket. Self-directed IRA custodians are passive, which means they cannot give investment advice. Get more details about self-directed IRAs and find out which plans would fit your situation by visiting

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Boomers: daily tactics to defy aging in 10 minutes or less

Determined, vivacious, passionate, a lot of words describe America's estimated 78 million baby boomers. This spirited group is redefining their golden years, staying active by working, traveling and enjoying the great outdoors. In order to live life to the fullest, they must make their health a priority, and many are dramatically affecting their personal well-being with a few key activities that take 10 minutes or less a day to complete. Tavis Piattoly is a sports dietitian, expert nutritionist and co-founder of My Sports Dietitian. He stresses that small daily activities can have a cumulative effect on health, and therefore encourages baby boomers to consistently stay active and eat well.

1. Quick exercises

"Exercise should be enjoyable, so whether it is a brisk walk, strength training or participating in a sport, enjoying what you do will increase your chance of sticking with that activity," says Piattoly. He recommends boomers incorporate strength training into their workout routine to prevent loss of muscle tissues, a concern that increases with aging. Here are three simple exercises: Chair squats.

Use any chair and perform 10 to 12 repetitions standing up and sitting down. To increase difficulty, hold a light dumbbell to add resistance. Wall push-ups. Place arms against a wall and perform 10 to 12 push-ups. If this is too easy, get into the push-up position on the floor, using your knees for support.

2. Nutrient-dense foods

It takes only minutes to eat a snack or a meal, and what's on your plate fuels your overall health. Piattoly recommends starting with an emphasis on fresh fruits and vegetables. "As we age, our immune system is not as strong as it once was to fight off infections and illnesses, and fruits and veggies could play a big role in fighting off heart disease, cancer and age-related diseases," he says. Next, Piattoly recommends eating lean protein like farm-raised eggs, extra lean beef or omega-3-rich salmon at every meal.

3. Select supplements

"Omega-3 fatty acids, especially from fish oil, are beneficial for both brain and cardiovascular health," Piattoly says, noting that multiple research studies have demonstrated that fish oil supplementa-

tion is linked with lower levels of beta-amyloid protein, which may lower your risk of Alzheimer's disease. In addition, research shows fish oil supplementation can reduce arrhythmia and sudden cardiac death, improve triglyceride levels, and increase HDL (good cholesterol).

4. Embrace technology

Numerous applications for smartphones and tablets make it easy to track your exercise progress, stay motivated and eat healthy. Best of all, most apps are free and only take a few minutes a day to use. "I am a big fan of MyFitnessPal, a nice fitness and nutrition app where you can track your activity and what you eat. You can visit www.myfitnesspal.com or download the app to your smartphone.

5. Be social

"One of the best things boomers can do is form a social network of friends who enjoy living a healthier lifestyle," says Piattoly. "Surrounding yourself with active people increases your opportunities for healthy activities. Habits are contagious, so associate with people who enjoy regular exercise." (BPT)



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9 tips to make air travel (almost) comfortable

Travel inspiration website DreamPlanGo suggests following these 10 travel tips to make your plane ride as comfortable as possible. You'll arrive at your destination in the mindset that your vacation has already begun:

Ditch the salty food. Are you prone to bloat? Skip the salty food before your flight and you'll be glad you did. Excess sodium can cause fluid retention (bloat) and make you feel uncomfortable. Instead of the chips, try an apple, grapes or other water-rich, low-sodium snacks.

Plan your seat. If you've ever been on a plane before, you know that some spots can be less than ideal if you're searching for extra leg room or quiet surroundings. Seats in the back of the plane often encounter the highest traffic because of bathroom facilities, while seats over the wings are often louder. Most airlines give you an option to choose a seat for a nominal fee.

Hydrate. You don't have to go into camel mode on the plane. Instead, prepare to fly by drinking plenty of fluids for a few days before you take off, and then make sure you have access to water while on the flight. Some travelers carry mineral water facial spray to feel refreshed during the flight, while aloe-filled saline nasal gel can help restore moisture to dry nasal membranes.



Don't clutter your foot space. Leg room is pretty important on flights lasting longer than an hour. One of the best ways to optimize your airplane seating space is to pack lightly. Ditching carry-on luggage can open up valuable real estate below your seat. That means extra room for your legs, feet and less chance you'll develop claustrophobic feelings.

Slip into slippers. Comfort might be hard to find in a two-foot space, but it doesn't mean your feet have to suffer. Find pleasure in the small stuff by packing a pair of cozy socks or slippers you can slide on after taking off.

Consider compression socks. If circulation is an issue for you, don't leave home without a pair of compression socks. Medical and non-medical gradient stockings not only help with circulation

in your legs, they can prevent serious blood clotting conditions, like deep vein thrombosis (DVT).

Save your seat. Hours in a hard airplane seat can make anyone's backside hurt. Instead of enduring the ergonomic nightmare, consider a self-inflating seat cushion. It takes seconds to prepare and can offer hours of back relief by alleviating pressure on the spine and tailbone.

Drown out the noise. One of the best ways to get a good night's (or day's) sleep? Noise-canceling headphones. Although some brands can be pricey, the soundless environment it creates and the ability to drift off to dreamland to only the beats of your favorite song might just merit the price tag.

Prevent plugged ears. Ear congestion is one of the most irritating and uncomfortable side effects from flying. Even though airplane cabins are pressurized, elevation changes cause minor changes in pressure that are felt in the middle ear (specifically, the Eustachian tube). Some travelers are more prone to "plugged" ears than others, especially those battling colds and sinus problems. (BPT)

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How to prepare your pet for summer fun - and beyond

(BPT) - The dark, cold days of winter are nearly behind us, and many people are looking forward to warmer weather and outdoor activities. Dogs also appreciate their time in the sun. So, it's important to keep in mind what you need to do to make sure your dog is ready to enjoy summer activities.

The American Veterinary Medical Association (AVMA) provides important summertime pet care tips, including:

- Provide adequate water and shade
- Never leave your dog in the car
- Take walks and play outside during cooler hours of the day
- Avoid walking on hot pavement that can hurt your dog's paws
- Provide regular flea and tick protection

And, if your dog isn't on a regular schedule of heartworm preventive, now is a good time to start. Many people don't realize that while mosquito bites are usually a minor irritation for most people, for dogs, just one mosquito bite can be life-threatening. This is because mosquitoes carry heartworm. Heartworm disease may exhibit few symptoms. When diagnosed, it is difficult and expensive to treat and, if not caught in time, can be fatal.

The AHS recommends year-round protection because it is an easy thing



to do and is much less expensive than treating serious, sometimes deadly, heartworm disease. Leading veterinary organizations including the Companion Animal Parasite Council, the American Animal Hospital Association and the AVMA also support year-round protection.

For many people, however, remembering that monthly heartworm pill is easier said than done. Recently, the U.S. Food and Drug Administration Center for Veterinary Medicine agreed to revisions under which ProHeart 6, a six-month injectable heartworm preventive, may be administered. The changes were made based on a safety study encompassing 4 1/2 years' worth of data that demonstrated that predictable safety and efficacy remained consistent as use of the injection increased. This data shows that ProHeart 6 is safe and effective for the

prevention of canine heartworm disease for six full months in dogs age 6 months and older. As with any medication, it's critical to consult with your dog's veterinarian to see if an injectable heartworm preventive is a good option to provide six months of protection to your dog and six months of peace of mind for you.

IMPORTANT SAFETY INFORMATION:

ProHeart 6 should be used in healthy dogs. Do not administer to sick, debilitated, underweight dogs or dogs that have a history of weight loss. Prior to administration, ProHeart 6 certified veterinarians should continue to assess patient health through a medical history, physical examination and if deemed appropriate, diagnostic testing. Continue to use caution when administering ProHeart 6 concurrently with vaccinations. Adverse events, including anaphylaxis, have been reported following the concomitant use of ProHeart 6 and vaccines. In some cases, anaphylactic reactions have resulted in death. Use with caution in dogs with pre-existing or uncontrolled allergic disease (food allergy, atopy or flea allergy dermatitis). Dogs receiving ProHeart 6 should be tested for existing heartworms as per the product label. In people, avoid ProHeart 6 contact with eyes. If contact with the eyes occurs, rinse thoroughly with water for 15 minutes and seek medical attention immediately. ProHeart 6 is available only to veterinarians through a restricted distribution program. Only certified veterinarians and staff can administer it. For more safety information, see full Prescribing Information. (BPT)

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OUT & ABOUT

Stars On Ice

4/17/2014 (7:00PM)
Event Fee: ON SALE 1-13-14 @ 10am \$142, \$82, \$47 & \$27 Box office or Ticketmaster

America's figure skating champions and top Olympic contenders will headline this year's nationwide tour. Ashley Wagner, Gracie Gold, Meryl Davis & Charlie White are some of the performers for this year's tour. A show to entertain and amaze all! 555 Elm St., Manchester, NH Phone: 603-644-5000. Email: info@verizonwirelessarena.com Website: verizonwirelessarena.com

Shakespeare's Will

4/17/2014 (2:00PM)
Event Fee: Tickets: \$24. Purchase online: www.pontine.org

April 17-20 • SHAKESPEARE'S WILL Thu & Fri @7:30 / Sat @4 / Sun @2 Anne Hathaway married William Shakespeare in 1582, raised their children, and buried her husband in 1616. The rest of their 32 years of marriage is one of literary history's great

mysteries. It provides the dark and comedic playground of this beautiful and lyrical solo performance piece by Vern Thiessen featuring Tannis Kowalchuk as Shakespeare's mysterious wife. Ms. Kowalchuk was last seen on Pontine's stage in "The Little Farm Show." West End Studio Theatre 959 Islington St., Portsmouth, NH Phone: 603-436-6660 Email: info@pontine.org Website: www.pontine.org

The Stiletto Brass Quintet

4/18/2014 (8:00PM)
Event Fee: \$30 adult, \$28 senior, \$15 youth

Named for their distinctive red footwear, these five highly accomplished women have careers spanning the fields of orchestral, band and chamber music performances in such groups as Dallas Brass, PRISMA, Monarch Brass Quintet, the United States Marine Band, Detroit Symphony, Atlanta Symphony and St. Louis Symphony. The ensemble

reflects timely changes in the music scene with repertoire consisting of popular styles to the avant-garde written by the leading composers of our time. After performing with the group, legendary trumpeter and Tonight Show bandleader Doc Severinsen said "The Stiletto Brass Quintet is a group of five superb musicians whose technique and ensemble work is simply unmatched." Silver Center for the Arts at Plymouth State University, Plymouth, NH. Phone: 603-535-2787 Website: http://silver.plymouth.edu

Relax - It's Only Garden Photography

4/21/2014 (10:30AM)
Event Fee: \$22

The Mountain Garden Club is honored to have photography expert and author Rich Pomerantz as guest speaker at the Red Fox Pub & Restaurant. Rich will use images from many gardens while explaining the basic principles of garden photography, including composition and light. Using a

digital single lens reflex camera, Rich will elevate your garden photography skills to new levels. Suitable for beginner to expert photographers. This meeting begins at 11:30 (following a 10:30 AM business meeting) and includes luncheon at the Red Fox Bar & Grille in Jackson; reservations are essential; price: \$22 for members, and \$25 for non-members. 49 Route 16, Jackson, NH. Phone: 207-935-7948 Email: sabergoffen@roadrunner.com Website: www.mountain-gardenclub.org

Taste of the Town

4/24/2014 (5:30PM)
Event Fee: email info@GDLChamber.org for more information.

A festival of food, wine, and spirits, located at the Castleton Banquet & Conference Center Indian Rock Rd, Windham, NH Phone: 603-432-8205 Email: info@GDLChamber.org

New Castle Yard, Rummage, Bake Sale

4/26/2014 (8:00AM) ▶

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OUT & ABOUT

Join us on Saturday, April 26 for our spring yard, rummage and bake sale. It should be a fabulous spring day. You will find many treasures, such as books, collectibles, appliances, gently used clothing, and, as always, "white elephants". Also plan to make time to enjoy the delicious baked goods and hot dogs. Rt. 1B New Castle, NH.

Phone: 603-436-0234
Email: jethammond@gmail.com

Lifesaving Lessons: Notes From an Accidental Mother

4/28/2014 (7:00PM)

Join us as Maine author Linda Greenlaw presents her newest book, Lifesaving Lessons: Notes From an Accidental Mother. In Lifesaving Lessons, famed swordfish boat captain Linda Greenlaw faces her greatest battle with nature—a newly adopted teenage daughter Linda Greenlaw, America's only female swordfishing captain, is author of three New York Times bestselling books about life as a commercial fisherman: THE HUNGRY OCEAN (1999), THE LOBSTER CHRONICLES (2002) and All Fishermen Are Liars (2004). She is the winner of the U.S. Maritime Literature Award in 2003, and the New England Book Award for nonfiction in 2004. Time Magazine called her 2005 RECIPES FROM A VERY

SMALL ISLAND, co-authored with her mother Martha Greenlaw, a "must-have cookbook". Additionally, she's written two mysteries: SLIPKNOT (2007) and FISHERMAN'S BEND (2008). 45 South Main St., Concord, NH. Phone: 603-224-0562 Email: gibsonsevents@gmail.com Website: <http://www.gibsonsbookstore.com/event/linda-greenlaw>

The Craftworkers' Guild Spring Craft Shop 2014

5/1/2014 (10:00AM)

Just in time for Mothers Day and graduation gifts, the seasonal shop will be open daily from 10am to 4pm. Open daily 10am -4pm. Free admission and parking. Over 60 juried artisans and craftspeople are participating in the seasonal shop located in the historic Kendall House, 5 Meetinghouse Road off Route 101 in Bedford, NH, behind the Bedford Library. Spring Fling Night will be Thursday, May 8th, from 4 to 8 pm. For additional information, please contact the Guild at craftworkersguild@gmail.com or visit our website: www.thecraftworkersguild.org. 5 Meetinghouse Rd. Kendall House, Bedford, NH

Phone: 603-472-8109

Email: craftworkersguild@gmail.com Website: <http://www.thecraftworkersguild.org>

Garden Series - Gar- den Bulbs for Spring, Summer and Fall

5/1/2014 (11:00AM)

Event Fee: Adults \$8.50, Seniors, Children and Students \$7.00. Group rates are available on request.

An educational guided tour of Tarbin Gardens with emphasis on garden bulbs for spring, summer and fall. Tours last approximately one hour but you can stay for the rest of the day. Bring a picnic lunch to eat in the Rose Garden Patio. The gardens are open from 10AM – 6PM. For information and directions phone 603-934-3518 or visit www.tarbingardens.com Tarbin Gardens 321 Salisbury Road, Route 127 South Franklin, NH. Phone: 603-934-3518 Email: info@tarbingardens.com Website: www.tarbingardens.com

Isles Of Shoals: Eter- nal Sound Of The Sea

5/4/2014 (2:00PM)

Event Fee: Tickets \$24 Purchase Online: www.pontine.org

May 1-11 • ISLES OF SHOALS: Eternal Sound of the Sea Thu & Fri @7:30 / Sat @4 / Sun @2 M. Marguerite Mathews and Greg Gathers reprise their critically acclaimed original production about the history and legends of the Isles of Shoals. Based on the writings of Celia Thaxter and Na-

thaniel Hawthorne, THE ETERNAL SOUND OF THE SEA combines shadow puppets, toy theatre and live action to tell of ghosts, shipwrecks, natives and "rusticators," and languid days in bygone summers by the sea. West End Studio Theatre, 959 Islington St., Portsmouth, NH. Phone: 603-436-6660 Email: info@pontine.org Website: www.pontine.org

Health & Wellness Expo

5/7/2014 (2:00PM)

Health & Wellness Expo and blood drive located at Promises to Keep in Derry, NH. Rockingham Rd., Derry, NH 03038 Phone: 603-432-8205 Email: info@GDLChamber.org

Mother's Day Brunch Cruise on M/S Mount Washington

5/11/2014 (10:00AM)

Event Fee: Adults \$ 43, child \$ 21, age 4 and under free.

Treat mom to a cruise on beautiful Lake Winnipesaukee on her special day. Choose between the 10 Am or the 2 Pm cruise from Weirs Beach. Price includes brunch. Purchase your ticket on line or call early as these cruises usually sell out.

M/S Mount Washington
Weirs Beach, Laconia, NH 03246
Phone: 603-366-5531
Email: info@cruiseNH.com



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OUT & ABOUT

Website: www.cruiseNH.com

Black Fly Open Golf Tournament

5/1/2014 (8:00AM)

Event Fee: \$95/player, \$380 for team of four.

Golf Tournament to benefit the Lake Sunapee Region Chamber of Commerce. Singles or teams of four welcome! Kearsarge Valley Road, N. Sutton, NH. Phone: 603-526-6575 Email: Chamber-Info@tds.net Website: www.LakeSunapeeNH.org

Trafford Wind Symphony Annual Spring Concert

5/16/2014 (7:00PM)

Event Fee: \$12/ adults, \$7/children under 12

Historic Rochester Opera House performance: Catch the thrills of rhythmic and challenging compositions that will take you on an eclectic journey. *Carmen* by Carl Orff, one of the most recognizable classical music pieces ever written will set the stage for an evening of melodies you won't soon forget. "Variations on a Theme of Robert Schumann" is based on The Happy Farmer, and encompasses all manners of rhythm and melody. The Strafford Wind Symphony is also thrilled to feature two of its own as soloists: Concerto for Saxophone in three movements, an original

composition by local artist, Dr. Morton Gold, will be played by alto saxophonist Deb Gardell who is a music educator in Berwick ME. The talented percussionist, Retired USAF David Long, will be featured on Peter Tanner's Sonata for Marimba. Put a spring into your step at our annual Spring Concert! 31 Wakefield St., Rochester, NH. Phone: 603-335-1992 Email: swsgenmgr@gmail.com Website: www.rochesteropera-house.com

Wine and Dine:

Manor on Golden Pond, Boston Wine School Offer 2014 Wine Dinners 5/17/2014 (6:30PM)

Event Fee: \$115 per person

The Manor on Golden Pond is joining with the Boston Wine School to offer a series of themed wine dinners. Guests can expand their wine knowledge and please their palates with the Manor's award-winning cuisine. The dinners start at 6:30 p.m. with an hour long wine tasting class. The three-course dinner will follow, with a wine paired with each course. 2014 CLASS SCHEDULE February 8: Veni, Vidi, Vino! A night of Italy March 22: Southern Stars: Wines of Chile and Argentina May 17: North by Northwest: Washington and Oregon Wines July 12: Sparkling Summer: A Night of America's Best Bubbly Advanced menus for

each wine dinner will be available on the Manor on Golden Pond website. Vegetarian options will be available but should be requested in advance. The cost starts at \$115 per person, which includes the wine class, dinner, gratuity and taxes. Advanced reservations are required as seating is limited. Any guests wishing to stay at the Manor will receive a 30% discount off of the Manor's best available rates, but rooms need to be booked in advance. Reservations for the Wine Dinner and accommodations can be made by calling (603) 968-3348 or (800) 545-2141. Located in central New Hampshire, the Manor on Golden Pond provides luxury hotel services with the charm of a country bed & breakfast. At the Manor, visitors can enjoy skiing & snowboarding, downhill skiing, snowshoeing, sleigh rides and much more. In 2004, the Manor was selected as New Hampshire's first member of Small Luxury Hotels of the World, a prestigious luxury organization representing some of the world's finest "five-star" boutique resorts with fewer than 100 rooms. The Manor has also received the "Award of Excellence" from Wine Spectator along with the Four-Diamond Award from AAA. For more information and for reservations call (800) 545-2141, (603) 968-3348 or visit

www.manorongoldenpond.com.
Manor on Golden Pond, 31 Manor Drive, Holderness, NH 03245
Phone: 800-545-2141
Email: info@manorongoldenpond.com Website: www.manorongoldenpond.com

Cordwood Concert and Barn Dance

5/17/2014 (7:00PM)

Event Fee: Suggested donation \$20/ members \$25/ nonmembers.

Join us in the hay loft for a fun evening of music and dancing! Cordwood continues to dazzle local audiences as one of the anchor bands for the Nippo Bluegrass Series, appearances on the Rochester and Franklin Opera House stages and live performances on NH Public Radio. Their down home style and banter, coupled with fine musicianship, have gained them an enthusiastic and loyal following. Sign up at <http://www.signupgenius.com/go/60B0D4BAA92BA57-barn> 126 South Road, Deerfield, NH Phone: 603-463-3086 Email: jean@cumings.org Website: [cumings.org](http://www.cumings.org)

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Christopher Elliot, ombudsman,
National Geographic Traveler magazine

THE WALL STREET JOURNAL

"It's clear agents can likely save travelers big money and help set a realistic itinerary. Even where they weren't cheaper, the agents competed with what we could find on our own. And we were impressed where they did save us money, in particular with hotels."

Jane Hodges, Wall Street Journal

FORRESTER

"Having a travel agent advise you is now more important than ever," as fees, surcharges, and other travel restrictions have become more confusing for consumers. "Travel is one of the most complicated purchases."

Henry Harteveldt, Travel Industry Analyst,
Forrester Research