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3 serious medical conditions associated with hearing loss

Primary care doctors now know hearing loss may be a symptom of another, more serious medical condition.

Over the past decade, studies have linked hearing loss to three concerning co-morbidities:

Cardiovascular disease

Cardiovascular disease is the leading cause of death in the United States. Poor cardiovascular health causes inadequate blood flow throughout the body. "One of the first signs of a problem is blood vessel trauma to your inner ear resulting in damage to fragile hearing nerves," says Dr. Patricia Ramirez, an audiologist and trainer at Siemens Hearing Instruments, Inc. "The outcome is hearing loss, particularly in the lower frequencies." A recent study showed a "significant association" between low-frequency hearing loss and the dangerous effects of cardiovascular disease, including strokes, coronary artery disease and heart attacks.

Dementia

Despite the results of multiple studies linking hearing loss to the onset of dementia, many people are unaware that untreated hearing loss poses a threat to



cognitive health. But studies have shown the more profound the hearing loss, the greater the possibility of cognitive decline. Why is hearing loss a likely factor in the development of dementia in some patients? Theories include:

- ♦ The same, as-yet-to-be discovered cause of dementia may also cause or contribute to hearing loss
- ♦ Straining to hear and understand exhausts your mind and inhibits its ability to function at peak performance
- ♦ People who cannot hear well, or have difficulty hearing in crowds, often avoid socializing. Isolation is an established contributor to mental decline.

Additional studies have associated

hearing loss with more rapid brain shrinkage, particularly affecting areas of the brain responsible for processing speech, sound, memory, and sensory integration. Early diagnosis and medical intervention can help slow the progression of dementia in some patients.

Diabetes

People with diabetes are two times more likely to suffer hearing loss than those without the condition. Diabetes actually encompasses a group of diseases associated with high blood glucose levels caused by an inability to produce or use insulin properly. Nearly 26 million Americans have a form of diabetes.

Research measuring the ability to hear at the low, mid and high-frequencies in both ears, found a link between diabetes and hearing loss at all frequencies, with a somewhat stronger association in the high-frequency range, according to the National Institute on Deafness and Other Communication Disorders. It appears the damage is more common in patients with Type 2 diabetes, which represents approximately 95 percent of cases in the U.S. (BPT)

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St. Mary's Bank supports Palace Theatre

St. Mary's Bank recent \$25,000 donation to The Palace Theatre will provide support for two separate initiatives. \$10,000 will be applied toward the theatre's Second Century Campaign designed to fund its capital improvements. The funds will be used for much



Peter Ramsey, Palace Theatre President, accepts a check for the Palace Theatre's Second Century Campaign from Ronald H. Covey, Jr., St. Mary's Bank President and CEO, and Sue Vachon, Director, St. Mary's Bank.

needed theatre improvements and safety upgrades. The balance of St. Mary's gift, \$15,000, will help fund "Angel Tickets" for the Palace Theatre's school matinee program for the next three years. "The Palace Theatre is grateful for the generosity of St. Mary's Bank, a consistent, long-time supporter of the Palace Theatre. St. Mary's Bank's commitment assists the Palace Theatre Trust in maintaining a community-oriented center for the exploration and presentation of theatre, music, and dance," stated Peter Ramsey, Palace Theatre President.

"We are pleased to support efforts to preserve one of Manchester's true historical artistic jewels for future generations of theater-goers," said Ronald H. Covey, Jr., St. Mary's Bank President and CEO. "Our support of the Angel Ticket program also will provide many young people with their first exposure to live theater, and has the potential to mark the beginning of a lifelong appreciation of the arts."

A dedication ceremony was held on May 1, 2014 and a plaque commemorating St. Mary's Bank's donation was attached to the right alcove of the theatre.

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Three smart tips for having a healthy lifestyle over 50

Eat Heart Healthy

If high blood pressure isn't controlled through lifestyle changes and/or medicine, it can lead to stroke, heart disease, eye problems and other serious health issues. A great way to establish a heart healthy diet is by reducing your sodium intake, which may reduce the risk of high blood pressure. Starting the day with a low-sodium ready-to-eat breakfast cereal is just one way to choose a healthier lifestyle. For example, according to a recent survey, 9 out of 10 physicians recommend Post Shredded Wheat cereal as part of a low-sodium diet to help support healthy blood pressure levels, (based on an online survey of 400 physicians conducted by Wakefield Research. Results of any sample are subject to sampling variation).

Enjoy Nutrient-Dense Foods

As you age, your body needs fewer calories for energy - but still needs the same amount of nutrients. It's important to make your calories count by eating foods packed with good nutrition such as:

- ♦ *Fruits and vegetables:* Fresh, canned, frozen - it doesn't matter. Veg-



etables are loaded with vitamins and minerals your body needs.

- ♦ *Protein:* Add some variety to your diet with delicious protein sources such as fish, beans and peas.

- ♦ *Whole grains:* The Dietary Guidelines for Americans recommends at least three servings of whole-grain foods each day (16g per serving or 48g per day).

Get Moving

Physical activity and regular exercise

can decrease the risk of heart disease, stroke, colon cancer, diabetes and high blood pressure. The Centers for Disease Control and Prevention recommend those 65 years of age or older, who are generally fit, and have no limiting health conditions, try to get:

- ♦ Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity, such as brisk walking or yoga, and
- ♦ Muscle-strengthening activities two or more days a week.

You should consult your physician or other health care professional before making changes to your diet or exercise plan to determine what is right for your needs.

In addition to taking up walking or yoga, joining group activities or sports are great ways to keep moving.

Taking care of your blood pressure, enjoying healthy foods, and staying active are three steps you can start taking today to help you get and stay healthy for tomorrow. You can learn more about the nutritional benefits of Post Shredded Wheat at www.PostShreddedWheat.com. (Family Features)

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Herbal Tea Garden

Herbal tea is always a delight, especially when prepared from garden-fresh herbs. Here are a few good tea herbs to try in your own garden:

Plant	Height	Width
Peppermint	1'-2'	spreads by rhizomes (can be invasive)
Roman Chamomile	4'	spreads
Rosemary	2'-4'	2'-3' (not hardy - set in pots, winter indoors)
Lemon Verbena	3'-4'	1'-3'
Lemon Balm	2'-3'	spreads
Bee Balm	2'-4'	spreads
Catnip	1'-2'	spreads (can be invasive)
Rose Geranium	2'-3'	1'-2' (not hardy - set in pots, winter indoors)
Italian Parsley	1'-2'	1'

If garden space is at a premium, most of the herbs listed above will do well in window boxes or containers that can grace a patio or sitting area. Serve herbal teas hot or iced. Freeze teas into cubes or rings in punch. Experiment and have fun!

Make tea from either fresh or dry herbs. To properly prepare herbal tea, follow these steps:

- ◆ Use 2-3 T fresh, or 1-3 tsp. dry herbs per cup of water.

- ◆ Heat water just to the boiling point.
- ◆ Gently add water to herbs, stir and steep for 8-10 minutes.
- ◆ Taste to determine strength; add sweetener if desired.

To dry tea herbs, harvest leaves just as the plant begins to flower and tie in small bunches with string. Hang to dry in a dark, warm place. When leaves are completely dry, remove them gently from their stems and crumble them into a paper bag. Store crushed leaves in glass or metal containers in a dry, dark place.

Visit our website: ceinfo.unh.edu

Garden Series - Garden 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 03235, Phone: 603-934-3518

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10 steps to success with your vegetable garden

- 1 Pick a good site The best site is one that's near the house, receives full sun all day, contains no large rocks, perennial weeds or grasses, has good air circulation and is sheltered from strong winds.
- 2 Start with good soil and keep improving it. Plants do best in deep, loose, well-drained topsoil. Improve it with compost, aged manure, cover crops and organic mulches. Have soil tested every three years.
- 3 Plan carefully Don't plant crops from the same plant family in the same spot two years in succession. Consider the path of the sun, so tall crops do not shade shorter ones. Space plants so outer leaves on mature plants will just touch those of their neighbors.
- 4 Start small. There's a lot to learn in a vegetable garden. Experience success with a small garden, then gradually increase its size.
- 5 Grow only what you like to eat. You'll take better care of what you look forward to eating.
- 6 Select crop varieties with care. Look for crops bred to do well in short seasons with cold, wet springs and extremes of temperature and moisture. Also consider disease resistance, tolerance of adverse conditions, the variety's growth habit and length of harvest season.
- 7 Water only when necessary, then water deeply and early in the day. Vegetables need about an inch of water a week. Conserve water by building soil organic matter and mulching crops to reduce soil moisture evaporation. When soil around plants is dry a couple of inches below the surface, soak the soil deeply, preferably with a drip or soaker hose. Water as early in the day as possible.
- 8 Visit your garden every day. Check for signs of pests and diseases so you can take care of problems before they get out of hand. Of course, visit also for the sheer joy of it!

- 9 Make sure you've correctly identified the cause of a problem before applying a "treatment." Inappropriate use of pesticides is expensive, threatens the health of humans, pets and the environment, and may itself cause more damage than it remedies. Maintain good garden sanitation. Remove diseased leaves, fruits and vines; control weeds.

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Governor's Medicare Management Report released

The Governor's Commission on Medicaid Care Management (MCM) released its third report to Governor Maggie Hassan. The Commission, which was established by executive order of the Governor in April 2013 to review and recommend best practices in implementing New Hampshire's Medicaid Care Management (MCM) program, recommended that the MCM program embrace the Patient-Centered Medical Home (PCMH) model for primary care service delivery to patients.

According to the Commission's rationale, PCMHs help individuals improve or maintain chronic health care conditions by coordinating health care, including behavioral health, in the most appropriate setting, while focusing on preventative services. It was required under SB 147, which established the MCM program, and was a clearly defined strategy in the existing contracts between the Department of Health and Human Services (DHHS) and the three

Managed Care Organizations (MCOs).

"The Patient-Centered Medical Home model is proven to reduce healthcare costs through proactive, preventative care and reduced use of emergency rooms," said Mary Vallier-Kaplan, chair of the Governor's Commission on Medicaid Care Management. "Taking this specific measure today can reduce the burden on taxpayers while improving the health and well-being of a significant number of individuals in our state."

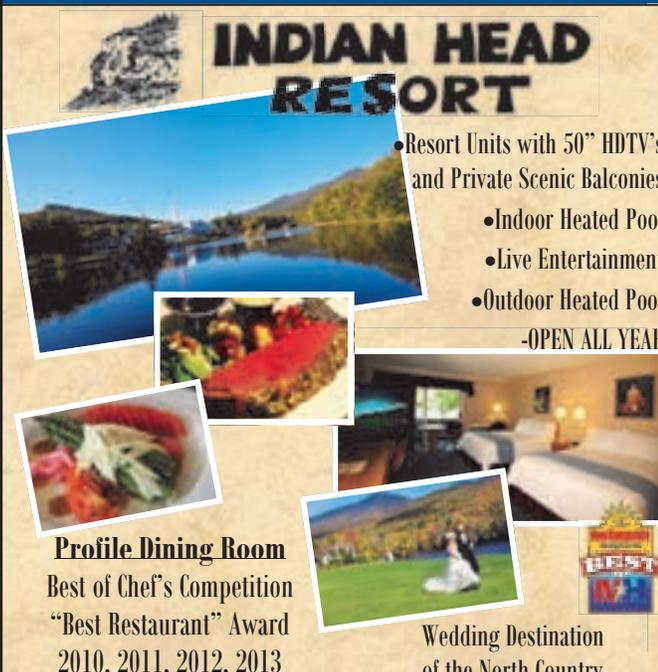
The Commission acknowledged that the readiness of primary health care providers across the state to operate under a PCMH model is varied. Some providers have well-established models and certifications through nationally recognized accrediting organizations, while others have not yet begun to offer this model in their practices. For example, one common theme found in successful PCMH models is having an administrator based within the practice to coordinate care for patients who of-

ten have multiple healthcare providers.

"With the recent passage of health-care expansion in New Hampshire, establishing high-quality Patient-Centered Medical Homes becomes even more important to the health and financial well-being of our people and State," said Governor Maggie Hassan. "By building on the strengths of our current system, embracing innovation, remaining flexible and seeking input from all stakeholders, we have an opportunity to develop a New Hampshire-specific medical home model that improves the quality of life for our working families and our most vulnerable populations."

In order to help transform the primary care delivery system to a statewide PCMH model for Medicaid and private pay patients alike, the Commission also recommended that funding opportunities be explored through the national Center for Medicaid and Medicare Innovation and other funding sources that support health system transformation.

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Bank of New Hampshire supports The Woodward Home

Bank of New Hampshire is proud to support The Woodward Home of Keene with a \$1,500 contribution towards new kitchen flooring. "During a recent state licensing inspection we discovered that to meet health and safety codes our kitchen floor would need to be replaced," stated Jonathan Blais, Executive Director of The Woodward Home. "Thanks to the generous support from Bank of New Hampshire we are able to upgrade the floors and provide a safer work environment for our staff."

The Woodward Home is an 83 year old charitable organization in the Keene community that provides its residents with a warm home-like environment where they can continue to enrich their lives and participate in the community. In the 1920s, Harry Woodward and his sister, Ellen, first envisioned making their house a home



(L-R): Jonathan Blais, Executive Director for The Woodward Home; Edward Kunttu, VP – Commercial Banker for Bank of New Hampshire.

for the elderly that would bring Cheshire County's elderly residents peace and contentment. They wished to create a home for both men and women, where married couples would not be separated.

The Woodward Assisted Living Home at 194 Court Street opened in 1940, and in 1962 the Harry Kingsbury house at 202 Court Street was acquired. A solarium now joins the two houses transforming them into a home for 24 residents. Residents find warm fellowship and happiness in the pleasant surroundings of The Woodward, all made possible through the dream and foresight of Harry and Ellen Woodward.

"Bank of New Hampshire understands the importance of the work The Woodward Home provides to the Keene community," stated Edward Kunttu, VP – Commercial Banker for Bank of New Hampshire. "By contributing to an unbudgeted expense such as this, The Woodward Home can continue to enrich the lives of their residents and help create a better community."

For more information on The Woodward Home, visit www.woodward-home.org.

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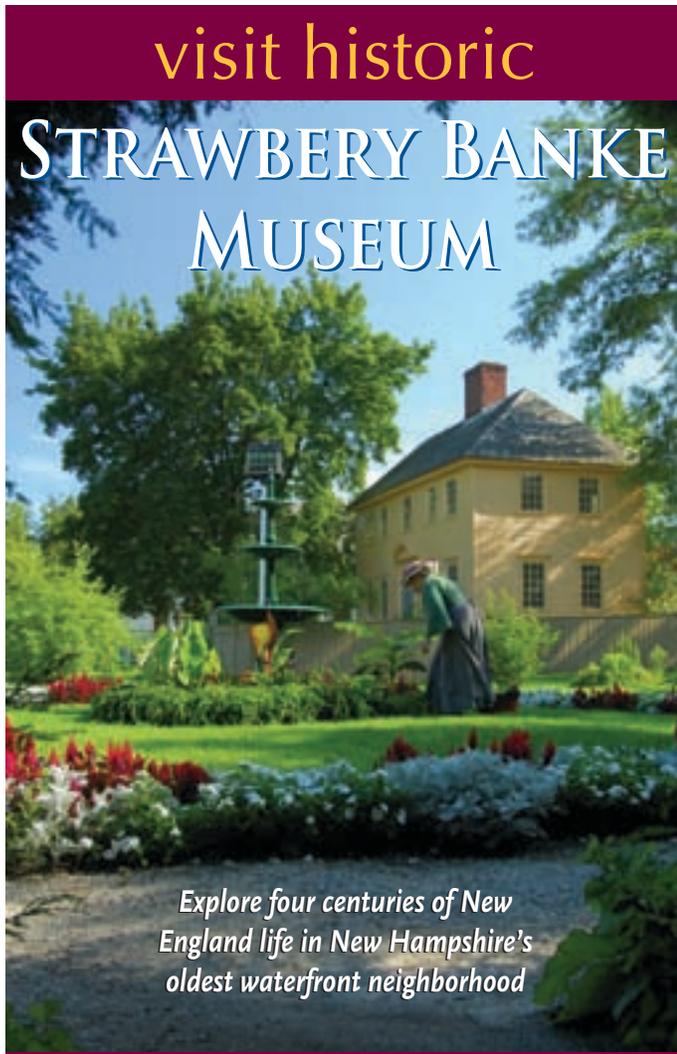
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81st Annual League of NH Craftsmen Fair at Mount Sunapee August 2nd

The Annual League of NH Craftsmen's Fair, the longest running annual crafts fair in the nation, will hold its 81st fair this year featuring 350 craftsmen showcasing their contemporary and traditional work, daily craft demonstrations and workshops, and entertainment for the entire family. The Fair starts on Saturday, August 2, 2014 and runs through Sunday, August 10 at the Mount Sunapee Resort in Newbury, NH.

"The Fair is a fun and interactive way to explore the world of craft making. Being able to meet the artists, and learn about their techniques and inspiration for their craft is a one-of-a-kind experience," said Susie Lowe-Stockwell, executive director of the League of NH Craftsmen. "It's a wonderful showcase of the latest work by new artists and returning Fair participants, some of whom have been exhibiting at the Fair for 30 years and more. Fairgoers can expect to see a wide variety of fine craft, including unusual, colorful pottery, hand blown glass, framed prints, beautiful bowls in all mediums, decorative scarves, and handcrafted jewelry that you just won't find anywhere else."



League Fairgrounds: The 2014 Annual League of NH Craftsmen's Fair will include more than 200 craft booths, craft demonstrations, workshops, and three craft exhibitions, including the Sculpture Garden pictured here.

Brand new this year will be a "Collectors Sprint" on Saturday, August 2 where guests can pay \$50 to enter the Craftsmen's Fair an hour early at 9 a.m. and have exclusive access to one-of-a-kind pieces they may be seeking. A list of exhibitions and artists can be found on the Craftsmen's Fair website.

For those who can't make it during the day, there will be a special Thursday night event on August 7 called "\$5 After 4" where the Fair will stay open three hours later until 8 p.m. and admission is half price after 4 p.m.

This year's Craftsmen's Fair will have even more activities for families, with special craft workshops and demonstrations geared specifically toward the children and teenagers including a pottery school and woodworking activities. Roving performances featuring oversized puppets, magicians, mind readers, and musicians will also wander throughout the grounds, giving it a festival atmosphere.

The Fair is a great destination for not only exploring and shopping at the craftsmen's booths, but also to experience outdoor adventures as a family. The Mount Sunapee Resort Adventure Center will be open offering outdoor family adventures such as canopy zip lining, a treetop obstacle course, miniature golf, and more. Visitors can also take the chair lift to the top of Mount Sunapee and explore the summit. Advance reservations are required for the Canopy Zip Line Tour and the Segway Excursions. For more information, visit www.mountsunapee.com or call 603-763-3500. Visitors can go to the Lake Sunapee Regions Chamber of Commerce website at www.lakesunapee-nh.org to learn more about all of the activities.

NH nonprofits join the HIVE program

Ten New Hampshire nonprofit organizations have learned new strategies for incorporating and making best use of the talents of highly skilled volunteers through a year-long High Impact Volunteer Engagement (HIVE) pilot program created by the New Hampshire Charitable Foundation and the New Hampshire Center for Nonprofits. The participating nonprofits – Canterbury Shaker Village, Bhutanese Community of NH, Families in Transition, Home Health & Hospice Care, NH Citizens Alliance, RESPONSE to Sexual & Domestic Violence, Symphony New Hampshire, The Front Door Agency, The River Center and WISE – each received individualized coaching and training from nationally recognized leaders in volunteer engagement. Thanks to the HIVE pilot, one nonprofit tripled their volunteer hours resulting in service contributions valued at \$274,000.

Funding for this pilot program was made possible by grants from donors of the New Hampshire Charitable Foundation, including The Corporate Fund. JFFixler Group, a nationally recognized leader in volunteer engagement led the training through the New Hampshire Center for Nonprofits.

“Our donors are always interested in innovative ways to support nonprofits,” said Katie Merrow, vice president of program at the New Hampshire Charitable Foundation. “This opportunity was exciting because we were able to bring in national experts to help New Hampshire nonprofits take their volunteer work to the next level.”

The ten nonprofit organizations that applied for and were chosen to participate in the HIVE pilot from April 2013 to March 2014 all reported improvement in volunteer engagement practices – from organizational commitment to volunteer engagement to developing skills-based volunteer opportunities, cultivation strategies and planning, recruitment and use of technology, screening and effectively placing volunteers, and training, supporting, and holding volunteers accountable.

The lessons learned from the HIVE pilot can be applied across the nonprofit sector.

“It really is about infusing the state with best practices and creating a cohort of organizations from whose experience others can learn,” said JFFixler Group President Beth Steinhorn, an expert on volunteer engagement, who worked with the organizations through the course of the year.

“New Hampshire has a wealth of highly skilled human capital that can be brought to bear for the critical work of our nonprofit sector,” said Richard Ober, President and CEO of the New Hampshire Charitable Foundation. “Now more than ever, with fewer available public dollars, nonprofits need to be strategic about how they leverage their volunteers.”

“This program helps us shift our concept of what a volunteer can bring to an organization,” said Mary Ellen Jackson, Executive Director of the New Hampshire Center for Nonprofits. “It prepares our state’s nonprofit sector for this wave of baby boomers who want to pick a project and engage at a high level. We must put this in our arsenal of capacity-building in New Hampshire.”

Families in Transition (FIT), a nonprofit organization supporting families dealing with homelessness, focused on new ways to engage volunteers in its OutFITters thrift stores and created new volunteer leadership roles, volunteer impact statements, and a new volunteer center.

During the HIVE pilot, FIT grew its volunteer program in its thrift stores from 4,415 hours in 2012 to 12,600 hours in 2013 – a contribution the organization valued at \$274,554.

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Crotched Mountain's CMARS Program

It's time to change gears into spring and summer and get riding with the adaptive cycling program at Crotched Mountain Rehabilitation Center's Accessible Recreation and Sports Programs (CMARS), which has just begun its 2014 summer season. CMARS Adaptive Cycling is specifically designed to assist people with disabilities. Lessons are available with certified and licensed recreation therapists trained in adaptive cycling techniques and skills. No experience is required to participate and volunteers are needed for the CMARS cycling program.

"The CMARS adaptive cycling program starts participants in small groups so they have supervision and assistance with the adaptive cycling equipment and our therapists and trained volunteers can offer advice on what cycling equipment would be best for their individual needs," said Kristin Harris, CMARS program coordinator.



Jeff Burnett, assistant program coordinator at CMARS and Scott Abrams of Peterborough, NH enjoy an afternoon of riding on a tandem recumbent cycle on the Crotched Mountain Rehabilitation Center campus.

"We currently offer a variety of options from recumbent and handcycles to trikes and tandems. For individuals who need additional assistance, cycles can also be linked together allowing active participation with a partner, while the lead cyclist controls the breaking and turning decisions. We welcome cyclists of all abilities to enjoy the outdoors with family and friends in a safe, social, and healthy environment."

Harris added that the CMARS adaptive cycling program is actively seeking volunteers for upcoming cycling lessons and group rides. Volunteers are needed to assist in tandem or linked cycling or to simply serve as a cycling partner alongside an unlinked cycle. Volunteers are also needed to go out with groups and monitor road crossings along with general safety components including helmet fittings, road signals, and flags.

CMARS adaptive cycling participants have the opportunity to sign up for a number of lessons that support individuals at all levels of expertise, from beginners to experienced adaptive cyclists, said Harris. She noted the CMARS adaptive cycling programs are held on the Crotched Mountain campus, as well as various locations throughout the Monadnock Region.

CMARS adaptive cycling participants will also learn about bike safety including rules of the road, hand signals, proper helmet fit, etc. Each course provides the necessary adaptive and safety equipment. For more information on class dates, what to bring, costs, or to sign up as a volunteer, please visit the CMARS adaptive cycling web page at www.cmf.org/cycling or contact Kristin Harris at Kristin.Harris@crotchedmountain.org; 603.547.3311 ext 1664.

CMARS is an adaptive recreation program of Crotched Mountain Rehabilitation Center, serving individuals of all abilities who live in the greater community. Every year, CMARS provides hundreds of lessons each year for children and adults with disabilities to safely learn to ski and snowboard, kayak and canoe, cycle and hike and participate in other recreational sports with the support of adaptive equipment.

Crotched Mt. accessible trails open

Now that the snow has melted and trees are beginning to bloom, the Crotched Mountain Rehabilitation Center's accessible trails will officially open on Friday, May 9 for the 2014 season. The longest accessible trail system in a mountainside setting in the country, the Gregg and Dutton Brook trails provide easy access for people of all abilities, including people who use wheelchairs or other devices for mobility, seniors and families with children.



Mark Race of Concord, NH, supervisor for the NH Chapter of the National Spinal Cord Injury Association, enjoying a hike through one of the meadows on the Gregg Trail.

The accessible trails at Crotched Mountain Rehabilitation Center offer a surprise around each corner from picturesque and panoramic views and beautiful bunches of blueberries at the peak of summer. Every season offers a different and unique experience. Hikers are guaranteed to experience the scenic beauty of the Monadnock Region on either trail.

"Our universally accessible trails enable families and individuals of all abilities to spend time together outdoors," said Michael Redmond, senior vice president and chief operating officer at Crotched Mountain Foundation. "The well-designed trails blend seamlessly into the natural surroundings, making for a relaxing and enjoyable hiking experience."

The Gregg and Dutton Brook trails combine hardpack surfaces, boardwalks, moderate grades, switchbacks, and rest stops to create a natural, yet accessible, hiking experience for people of all abilities. Each trail provides a different outdoor experience and meets the Federal accessibility standards recently released by the U.S. Forest Service.

The Dutton Brook trail winds through the woods and around a beaver-built wetland. The Gregg trail meanders up through a meadow, forest and blueberry fields to a scenic vista called The Knoll. The 2 ½ miles of trails combine multiple features in a consolidated space. They offer climbs, twists and turns, and lush views of hillsides and mountains. Hikers can also see wildflowers, scenic vistas and wildlife. Multiple interpretive signs inform hikers with information about the outdoor environment.

In 2013, the Gregg Trail was recognized by Yankee Magazine as a 2013 "Editors' Choice" winner for Best Wheelchair-Accessible Trail. The trails have also received national media attention from USA Today, and Hiking.About.com. The opening of the trails in June 2011 completed the first phase of an Outdoor Recreation Master Plan developed by Crotched Mountain in 2006. The trails planning and building was led by premier trail builder Peter Jensen of Peter Jensen and Associates, one of the country's leading designers and builders of accessible trails.

For additional preparation info and a "hiker's checklist," visit Crotched Mountain's Accessible Trails Preparation Page at www.cmf.org/hikeprep.

Both trails open 30 minutes after sunrise and close 30 minutes before sunset, depending on current trail conditions. For updated trail conditions, visit the Crotched Mountain Rehabilitation Center Accessible Trails website at www.cmf.org/trails or call 603.547.3311.

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Return of the green: Get your grass and garden growing again

Inspect and replace tools of the trade

The first step to creating an outdoor masterpiece begins with the proper equipment. You can't very well dig, rake or mow with broken or dull materials, so now is the time to inspect each of your tools. Check your lawnmower and other garden essentials for signs of damage or rust.



Making sure that your garden tools are in good condition at the start of the season will help establish the right foundation for a successful planting and growing season.

"The right tools can make all the difference in creating a lawn that leaves a lasting impression," says Alan Luxmore, host of Fix This Yard.

Bring new life into the garden

Once your soil is permeable, it should be prepped for the upcoming planting season by removing dead leaves and plants that may have been left over from the previous season. Use a rotary tiller to break up and aerate hard soil. Once

the old material has been removed from the work area and your soil is ready, begin planting your new plants, flowers, vegetables and grass. You can also help your trees, bushes and even certain plants have a more robust look by trimming them back to encourage new bud growth.

Establish a regular watering regimen

One of the most important steps to maintaining a healthy lawn and garden is providing it with the proper nutrients. Using a hose for daily irrigation seems simple but without the proper watering set up, your efforts could be futile. A proper watering guide and the following

tips from the watering experts at Nelson can increase efficiency and bring you one step closer to creating a yard with envious curb appeal.

- ♦ Give your greens a thorough soaking once in a while to produce extended and robust roots.

- ♦ The best time to water is in the morning, when the air is cool and moist. The

warmth of the sun and the rising temperature gently dries the grass and the leaves on the plants. And since morning air is damp, you don't waste water through evaporation.

- ♦ Follow a regular watering schedule to discourage bugs by providing them with an inhospitable environment. Insects, with the possible exception of the water bug, aren't terribly fond of water.

- ♦ To be certain your lawn is hydrated adequately when it has failed to rain, the standard rule of thumb is to sprinkle one inch of water per week.

For tips visit www.facebook.com/NelsonWateringAndGardening. (BPT)

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Own your outdoors: Best practices for spring lawn maintenance

Consider these tips from the lawn equipment experts at Husqvarna to help you achieve the best-looking lawn possible.

Read up: Every mower is different, so it's important to check the manual for a list of recommended annual maintenance tasks and complete them before the first mow.

Tune up: Handy homeowners may decide to tune up their mowers themselves, but many people choose to visit an authorized dealer for a tune-up. If you go the DIY route, remember to follow all safety messages and instructions in the owner's manual. In addition, use factory-recommended parts and oil, and always inspect filters and spark plugs. This is a great time to sharpen the blade as well.

Gas up: If you have gas from last year, it's probably a good idea to dispose of it properly and get a fresh supply. Make sure to use 89-octane gas with an ethanol content no higher than 10 (E10). Gas with a higher level of ethanol can



Plant seed: Have a few bare spots? Spring can be a great time to plant grass seed before the hot summer months arrive. Mild weather and higher levels of moisture throughout the country generally make spring a good time for grass seed to germinate and thrive.

Safety first: Spring is a good time to revisit the importance of lawn mower safety. For riding lawn mowers, never give children rides or allow them to play on the mower, even when it is not running. Children must be at least 16 years of age to operating a riding mower, always monitor your speed and use extreme caution when going in reverse.

Use interactive controls: Many riding lawn mowers will stop the engine and cutting deck when the driver leaves the seat. Additionally, Husqvarna's SmartSwitch ignition - a new operator interface - lets users enter a keyless code for safe and simple engine activation. (BPT)

damage power-tool engines.

Get a grip: All-Wheel Drive (AWD) mowers are gaining popularity, and Husqvarna now offers three new AWD mowers. For example, the HU675AWD is powered by a 675 Kohler engine, features a heavy-duty steel 2-in-1 cutting deck, a straight over-mold bail system, a full auto-choke and a mulch and rear bagging system.

Cut one third: When it's time for the first mow (and any mow throughout the year), it's important to cut no more than one third of the grass blade. This keeps the root system strong and will help minimize weed growth.

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Four quick color tips to awaken your home in 2014

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 way to add green to the room.

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.

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 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.

By following these simple tips, you'll be enjoying your space for years to come. (BPT)



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Outdoor trends that turn a drab deck into beautiful oasis

The year's top trends in outdoor living will transform any deck in an instant and create a space that is truly an extension of the home. "Homeowners are demanding expanded livable spaces and are looking for fresh ways to update their decks and patios for premium enjoyment," says Madeleine MacRae, exterior market manager for Somfy Systems, maker of motors and controls for shades, screens and awnings. MacRae offers top outdoor living trends that will instantly transform your deck into a beautiful, relaxing oasis:

Shade

Sunny days define the warm weather months, but outdoor spaces can quickly heat up and drive homeowners indoors to cool off. That's why shade options are a necessity, with automatic awnings leading the trend. Somfy Motorized awnings not only create cooler, more comfortable outdoor spaces, but they can also be set to react to the environment with sensors customized to open and close the awning as wind and sun intensities shift. These modern high-tech awnings do more than enhance outdoor living; they improve indoor living by blocking the sun from coming inside the home, creating real energy savings by keeping AC units from kicking on in peak times.



Lighting

The American Society of Landscape Architects recently released the results of its 2014 Residential Landscape Architecture Trends Survey, and lighting topped the list of in-demand outdoor living features. As the sun goes down, there's no need to retreat indoors when your patio has the proper lighting. Solar lights are a popular option that again pair well with the sustainability theme - they charge during daylight and glow automatically at dusk. Strings of garden lights are another popular option, adding a subtle twinkle to outdoor spaces.

Ambiance

Potted plants bring rich shades of green and other beautiful colors directly onto the deck or patio area to add

unparalleled ambiance. A few strategically placed pots add a touch of serenity while tying together landscape themes. What's hot for 2014? Sustainability and low-maintenance continue to be in high demand, making native plants a natural choice.

Stylish outdoor furniture is a necessary element of designing a cozy, usable outdoor space with superb ambiance. Upholstered sofas and oversized accent pillows in a variety of colorful patterns are big this year. When furnishing your deck or patio, keep in mind the flow of traffic and embrace thoughtful arrangement of furniture to encourage conversation and comfort. In addition to couches and chairs, incorporating an eating area makes dining al fresco a joy any time of day. If you're tight on space, seek multi-functional furniture that performs double duty, such as a couch that also serves as a storage space for blankets under the cushion. If you have liberal space, installed furniture is super trendy, such as a hanging swing or sofa.

Whether it's a corner with a grill or a full kitchen with refrigerator, prep sink and all, incorporating a space on your deck for cooking food is a top trend.

Outdoor kitchens will serve you well, all while adding value to your overall home investment. (BPT)

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5/23/2014 (9:00AM)

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Lisbon Lilac Festival

5/23/2014

The Lisbon Lilac Festival is a celebration that takes place Memorial Day Weekend. It was started in the 1980 s by the Lisbon Area Chamber of Commerce and is now organized by Lisbon Main Street, Inc. The festival starts Friday evening and goes through Sunday evening. It includes Midway rides, a parade, music, food, craft fair, duck race, fire truck

parade, and so much more. Various locations in Lisbon Lisbon, NH 03585
Phone: 603-838-2200
Email: info@lisbonmainstreet.org
Website: <http://lisbonmainstreet.com/lisbon-lilac-festival/>

NHTP presents Arsenic and Old Lace

5/23/2014 (7:00PM)

Event Fee: \$20 General Admission, \$16 Students & Seniors (member discounts apply)
New Hampshire Theatre Project's Senior Youth Repertory Company presents ARSENIC & OLD LACE by Joseph Kesselring, Directed by Robin Fowler & Genevieve Aichele A hilarious and macabre comedy to tickle every funny bone! Fridays & Saturdays at 7 pm, Sundays at 2 pm
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Adventure Photography Tours

5/23/2014 (8:00AM)

Event Fee: Contact for details (317) 691-7376
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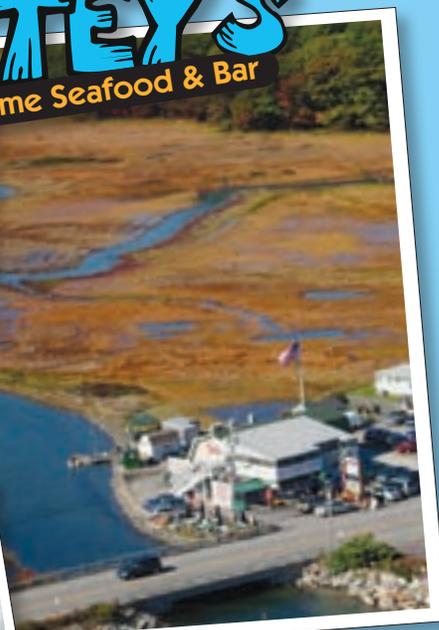
Salute to Service Dinner Cruise

5/24/2014 (7:00PM)

Event Fee: \$30.00 - Special price for this cruise. (Value: \$53)
Salute to Service Dinner Cruise aboard the M/S Mount Washington Join us to celebrate our public servants: First Responders, Police, Fire Fighters, EMTs and US Military & Veterans and more. Enjoy a dinner cruise on Lake Winnepesaukee aboard the M/S Mount Washington for only \$30. This offer is extended to everybody but please help spread the word to all the public servants you know. The cruise departs Weirs Beach at 7 PM. For more information call 603-366-5531 or go to: www.cruiseNH.com
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OUT & ABOUT

New Legacy Swing Band

5/24/2014 (7:30PM)

Event Fee: \$25 per person

New Legacy Swing Band will close Friends of Music seventy-eighth season with the distinct rhythms and sounds of American swing music. With the velvet quality of five saxophones, the brilliance of six brass, one of the region's most experienced rhythm sections, and one sultry-voiced jazz vocalist, the New Legacy Swing Band recreates the great swing classic sounds of the Big Band Era. Begun in the early 90's as 'The Little Swing Band,' the band has evolved into one of Northern New England's most sought-after dance orchestras. You'll want to jive, boogie-woogie and Lindy Hop right out of your seats! 21 McManus Road Kingswood Arts Center, Wolfeboro, NH Phone: 603-569-2151 Email: info@wfriendsofmusic.org Website: wfriendsofmusic.org/

Mount Washington Cog Railway Opens for its 145th Season

5/24/2014 (10:30AM)

Event Fee: Adult 13-64 \$66,

Seniors 65+ \$61, Child 4-12 \$39,

Child 3 & under Free on adult lap.

The Mount Washington Cog Railway, The World's first mountain-climbing cog railway, will be opening for its 2014 season bringing visitors from all over the world to the summit of the Northeast's highest peak on Saturday, April 26. The season marks the 145th year of operation for the Cog. This year, the Cog will once again be offering the popular events including Ride & Observatory Tours, Photo Workshop Tours, annual Railfans' Day and a Holiday Family Festival. Look for more details on all events online at thecog.com As part of each 3-hour round trip on the Cog, Passengers spend about an hour on the summit, where those ticket

holders get free admission to the new summit weather museum created by the Mount Washington Observatory. The exhibit provides a fascinating look at the extremes of winter on Mount Washington, all from the comfort of an interactive exhibit located in the lower level of the Sherman Adams Visitors Center. Base Rd., (6 miles off Rt. 302) Bretton Woods, NH 03575 Phone: 603-278-5404 Email: js@lkarno.com Website: www.thecog.com

Fireworks Displays

5/25/2014 (9:30PM)

Come watch 17 spectacular fireworks displays shot from Hampton Beach over the ocean, this family event is free of charge and is always fun for all ages. Wednesdays and Holiday at 9:30 on the beach near the Sea Shell Stage. 170 Ocean Blvd. Hampton Beach, NH 03842 Phone: 603-926-8718 Email: hamptonbeachinfo@

comcast.net
www.hamptonbeach.org

25th Annual Chowderfest & Brews

5/25/2014 (12:00PM)

Event Fee: \$7.50. Memorial Day Weekend in Waterville Valley boasts New England style chowda for the sampling. Area restaurants bring their chowders out to the heart of Town Square in the hopes of winning the coveted prize of the Golden Clam Award. Booths will be open from 12 to 2 pm with tickets available throughout the morning. Accompanied by a free rock and blues concert starting at 12 pm. Guests receive ample-sized taste of each chowder and a ballot to vote for their favorite concoction with their admission fee. Admission is \$7.50 for adults (ages 13+), \$5 for children (12 and under). Don't let the sampling stop there! Guests 21+ head over to the beer tent for a swig of the local brews out of New England. The brews ▶

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OUT & ABOUT

will be served from 12 to 4 pm. Stick around for more live music starting at 6pm, culminated at 9pm with fireworks over Corcoran's Pond. 6 Village Rd Waterville Valley, NH 03215 Phone: 603-236-8311 Email: kchaon@waterville.com Website: <http://www.waterville.com/events-deals-apres/event-calendar.html?id=6169>

Wildquack Duck River Festival

5/25/2014 (8:00AM)
Event Fee: Admission to event is FREE Duck Tickets, food, games and other specials are sold separately. Jackson, New Hampshire: Celebrates 25th Anniversary of the "Wildquack" Duck River Festival. 2014 is the 25th running of the Ducks and it promises to be EVEN more exciting this year. The fun begins on Sunday May 25th at 8 AM as we offer great local and visiting food vendors, kids games and challenges, the Jackson Fire Department obstacle course, 5 Minutes of Fame Wildquack Duck Stage, Jackson's Cake Boss Competition and more surprises as we celebrate our big

25th Anniversary. "Wildquack" the Duck will be there to welcome you to Jackson Village. With No Admissions Fee anyone can cheer, laugh and feel the excitement as over 3108 ducks bob and splash their way to the finish line. Your Duck Race ticket could win you more than \$1,000 in cash or one of more than 60 other valuable prizes. Every year more than \$10,000 in cash and prizes are won.

Jackson Village Park Rt. 16A Jackson, NH 03846
Phone: 603-383-9356
Email: kathleen@jacksonnh.com
Website: www.jacksonnh.com

Inspirational Garden Design

5/27/2014 (1:00PM)
Event Fee: Requested donation \$10 to benefit The Fells. Master Gardener Cheryl Kringing Grabe will cover elements of design and techniques, including focal points, paths, structures, perspective, contrast, mass, and symmetry. These design concepts pertain to even containers and pots. When something about the garden bothers or niggles you...

this workshop is about how to identify and address it. 456 Route 103A, Newbury, NH 03255
Phone: 603-763-4789
Email: info@thefells.org
Website: thefells.org

James Cotton with special guest Jay Geils

5/30/2014 (7:30PM)
Event Fee: Tickets start at \$34 Muddy Waters tapped him in '54' when he needed a harmonica player, beginning a 12 year run that has become the stuff of legend, "Superharp" continues to showcase his immense talent with his own band that keeps him one of the most sought-after, hard-driving, seminal blues musicians touring the world today. Jay Geils is jamming' as the featured guitarist, yes, THE Jay Geils, playing the music that was his first love, blues, the lifeblood that runs through the veins of every rocker. This is the blues, baby. Hot, fast, down & dirty. Don't miss it! 39 South Main St. Plymouth, NH
Phone: 603-536-2551
Website: <http://www.flyingmonkeynh.com/event-detail/james-cotton-blues-band-with-guest->

jay-geils.com/2014-05-30/

Newmarket Heritage Festival

5/31/2014 (10:00AM)
Event Fee: \$5/adults; \$2 (children 6-12); under 6, free
Celebrate the arts, culture, history and community spirit inside the historic mills in Newmarket, N.H. The 2014 Newmarket Heritage Festival features a great line-up of multicultural performers—the legendary accordion master Gary Sredzienski, the dazzling Chinese Folk Art Workshop, the high-energy rhythms of the Awkwabba African drummers, and more. Popular artisans include R.P. Hale and his 18th-century printing press, wildfowl carver Fred Dolan, and fly tier Bob Wyatt, among others. The festival also features a selection of high-quality vendors, including many local businesses. Located inside the Newmarket Mills at 55 Main Street, this year's event consists of two venues. The Performance Venue in the Millspace (south entrance) includes the main stage and vendor booths. The Artisan Venue (north entrance) includes artisans at ▶

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OUT & ABOUT

work, strolling music, and more vendors. Free parking is available at the Newmarket High School (213 S. Main St.) with a free trolley to festival venues. Check us out on Facebook! Millspace/Newmarket Mills, 55 Main Street Newmarket, NH. Phone: 603-659-5588. Email: newmarketfest@yahoo.com. Website: http://www.heritage-festival.org

Jingle Bell Chocolate Challenge

6/1/2014 (12:00PM)
Event Fee: \$15 Per Person
A Self-Guided tour of 15 - 20 Premiere Jackson Properties where you will be treated to a specially created Chocolate Treat with a secret ingredient. Ticket price includes a Jingle Bell, Festive Bag (for any un-eaten Chocolates), a Jingle Bell Chocolate Challenge Card (to list what you think each property's secret ingredient is and a Chocolate Treat. At the end of your tour you can pass in your Jingle Bell Chocolate Challenge Card and it could win you a Jackson Vacation Package valued at \$500. Here's how you can win... any Chocolate Challenge Cards that

list 100% of the secret ingredients correctly are entered into a drawing for the vacation package. If no cards list 100% of the correct ingredients then all cards turned in will be entered to win the vacation package. Current Participating Properties are: Back Country Bakery, Bernerhof Inn, Cassidy Gallery Jackson, Christmas Farm Inn & Spa, Eagle Mountain House, Flossie's General Store, Glen Oaks Inn, Inn at Ellis River, Inn at Jackson, J-Town Deli, Lodge at Jackson Village, Notchland Inn, Snowflake Inn & The Wentworth, An Elegant Country Inn (Wentworth not on June 7th) 18 Main Street, Jackson, NH 03846
Phone: 603-383-9356
Email: info@JacksonNH.com
Website: http://www.jacksonnh.com/event/908/Jingle-Bell-Chocolate-Challenge

Christmas In June

6/1/2014 (11:00PM)
Event Fee: Varies
Join the local businesses of Jackson, Bartlett, Glen & Intervale as they open their doors to share their northern hospitality and holiday fun with you in June. Come

experience holiday fun in warmer weather. Instead of skating, skiing and snowshoeing you can hike, bike, kayak or take a swim. If you weren't able to come and share the magic of the holidays with us in December now is your chance to see what it was like... Many local businesses will be hosting lots of fun and exciting things to do. "Christmas In June" celebration continues from June 1st through the 15th. Sunday June 1st kicks off this community celebration with Open House Invitations and Gift Give away events. Santa will be on vacation in the Jackson Area of New Hampshire during this celebration and Santa has agreed to meet with his favorite people... the children on Saturday June 7th and 8th to say hello and hear all about the children's summer plans. Make your reservations today for a Jingle Bell Chocolate Challenge Tour. This Self-Guided Tour of some of Jackson's Premiere Businesses will not only entertain you but treat your taste buds with delicious chocolatey treats. Who doesn't like Chocolate! Through out the

Jackson Area, Jackson, NH 03846
Phone: 603-383-9356
Email: kathleen@JacksonNH.com
www.jacksonnh.com/event/907/Christmas-In-June

Wine In The Gardens & Silent Auction

6/4/2014 (5:30PM)
Event Fee: \$25 per person
Rochester Main Street volunteers will host a wine tasting featuring wines from Zorvino Vineyards in Windham, NH, on Wednesday, June 4th from 5:30-8:00pm in the gardens at Studley's Flower Gardens, sponsored by Federal Savings Bank. Tickets are \$25 and guests will enjoy a sampling of six local wines paired with hors d'oeuvre offerings from local restaurants: Lilac City Grille, Spaulding Steak & Ale, The Chef's Kitchen, Windjammers, and Happy Pappy's Country Store While there those attending may enjoy the flowers and plantings at Studleys, and entertainment will be provided, or they may bid on great silent auction items such as golf packages, Red Sox tickets, or a Rochester Gift Basket. Tickets are limited, so we suggest

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OUT & ABOUT

that you reserve early and not be left out! All proceeds will benefit downtown Rochester Main Street Projects! Wines include fruited varietals and whites with a special wine paired with a chocolate fondue to end the evening. This promises to be a wonderful evening in downtown. Tickets are available at the Main Street Office or at Studley's Flower Gardens. Excess Parking is available in the rear parking lot next door at The Governor's Inn. A special feature of the evening will be a silent auction of local items. 82 Wakefield Street, Rochester, NH 03867 Phone: 603-330-3208 Email: director@rochestermainstreet.org Website: www.rochestermainstreet.org

Keepsake Quilting Summer Tent Sale

6/6/2014 (8:00AM)
Be sure and join all the fun at our Annual Summer Tent Sale June 6th and 7th. Make plans now to visit the tent sale and save on quilting fabrics, quilt patterns, kits, notions, tools and more! You won't want to miss it!
12 Main St Center Harbor, NH-

Phone: 603-253-4026
Email: dcomeau@keepsakequilting.com Website: www.keepsakequilting.com

Mount Washington Valley Herb, Food and Beer Tour

6/7/2014 (11:00AM)
Spring in the White Mountains brings us many things. A time for nature to renew itself and this year, a chance to bring out the culinary enthusiast in all of us. 322 Rural Route 16A Intervale, NH Phone: 356-9772 Email: glenoaksinn@roadrunner.com Website: http://www.glenoaksinn.com

Murder Mystery Dinner Train at the Conway Scenic Railroad

6/7/2014 (5:30PM)
Event Fee: \$125pp, includes tax & gratuities.
Death at Club 54 - It's a Groovy Kind of Murder. Dust off your bellbottoms, platform shoes and disco balls and get ready to get down tonight at Club 54, the trendiest dinner club this side

of "Funky Town." We're all going for a ride on the "Love Train" and "Staying Alive" will be the order of the night as the drama unfolds and murder "Turns The Beat Around." Join us for an evening of "far out" fun! Who dies? Who did it? Who figures it out and who will be around for the "Last Dance"? Ticket price includes First Class seating, 4-course dinner, live theatrical performance, and taxes & gratuities (beverage service is additional). Adults only. Lodging packages available. 38 Norcross Circle, North Conway Village, NH Phone: 603-356-5251 Email: info@ConwayScenic.com www.ConwayScenic.com

Hampton Beach Catamaran Regatta

6/14/2014 (9:00AM)
Hampton Beach Catamaran Regatta has become a highlight of the summer as champions and (relatively) new sailors alike converge on Hampton Beach for a weekend of sailing. The weekend is well organized, with races throughout the day, and held close to the shores so that visitors and non-sailors can

admire the spectacle. If you want to sail you need to get in contact with the organizers through the details provided here. If you're just watching, simply get yourself a good bit of sand a camera and relax and enjoy the proceedings. Scott Malcolm 603-502-7451 170 Ocean Blvd. Hampton Beach, NH. Phone: 603-502-7451 Email: hamptonbeachinfo@comcast.net Website: www.hamptonbeach.org

3rd Annual "Wings, Water & Wheels" Airport Open House

6/14/2014 (10:00AM)
Antique and unique planes, helicopters, motorcycles, cars, and boats on display! Made in NH craft and food vendors, interactive activities for the kids, Segway rides, something for everyone! Come see what your neighborhood airport is all about!
Laconia Municipal Airport
65 Aviation Drive, Gilford, NH
Phone: 603-524-5003
Email: diane.terrill@laconiaairport.com
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