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A Guide for Active
New Hampshire Seniors

Lifestyles!



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How to build your nest egg to lasts through retirement

As you approach retirement, are you feeling good about your finances? Kudos to you if you feel comfortable with the amount you've saved. Now it's time to start thinking about how you will manage your savings so it provides you with income throughout your retirement years.

"Outliving retirement savings is a significant concern for Americans," says Jennifer Putney, vice president of Total Retirement Solutions for Prudential Retirement. "In a recent survey, Prudential Retirement found that 71 percent of respondents fear they won't have enough money to last a lifetime, and just one in five is highly confident they'll have sufficient retirement income. But even those who have saved well and are confident about their money need a formal plan to help them transition from working and accumulating to retired and taking distributions from savings."

Ten thousand older workers reach retirement age every day, and many will be unprepared for retirement. Nineteen percent of workers 55 and older have account balances of \$100,000 to \$249,000, and just 23 percent have saved \$250,000 or more, according to the latest research from the Employee Benefit Research Institute (EBRI).

"Typically, we advise clients to save 10 percent to 15 percent of every paycheck for retirement, and that they start saving early," Putney says. "The EBRI research indicates many Americans aren't saving that much."

Retirees face many challenges when trying to save enough money to last throughout their lifetime. Americans are living longer, markets are volatile, inflation may occur and current investments



may fall short. All these factors can add up to an income shortfall during retirement.

Putney and Prudential offer some tips for workers approaching retirement:

- ◆ **Educational and motivational information is widely available online to help with retirement planning.** Prudential offers websites, Preparewithprudential.com, which provide valuable information about saving for retirement and bringyourchallenges.com that illustrates five common behaviors that can get in the way of successful retirement planning.

- ◆ **Take advantage of everything available to you, including any financial counseling offered by your employer or a plan administrator.** Maximize contributions to your workplace-based plan or IRA, and don't forget to take advantage of IRS-allowed catch-up contributions if you're 50 or older.

- ◆ **Develop a formal transition plan.** Your lifestyle will change significantly when you move from actively earn-

ing a paycheck to living in retirement, and your income will need to grow in a different way. An advisor can help you understand how to manage your savings and spending during retirement, and how to keep your savings growing to generate continued income.

- ◆ **Consider an in-plan guaranteed retirement income option if your employer offers one with your retirement plan.** This option can help to ensure you'll have income during retirement, no matter what other spending or investment decisions you make. Visit www.Prudential.com to learn more.

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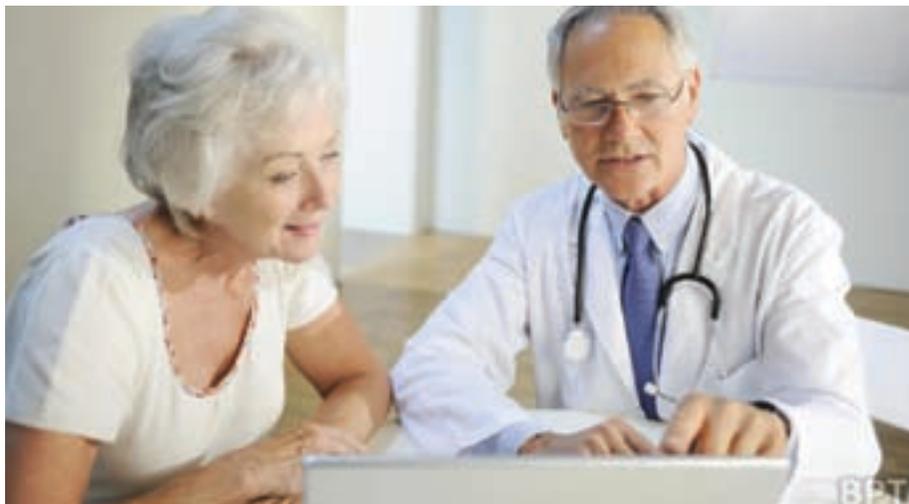
Why people with COPD may be putting themselves at unnecessary risk

Imagine experiencing shortness of breath, wheezing, and a cough so severe it requires you to visit the emergency room. This is a frightening potential reality for an estimated 24 million Americans with chronic obstructive pulmonary disease (COPD), a progressive and debilitating lung disease that makes it difficult to breathe. Many COPD patients will experience an event like this called an exacerbation, a time when symptoms suddenly get worse and breathing becomes more difficult.

COPD exacerbations can be triggered by infections, changes in the weather, air pollution, or second-hand smoke, and they're a leading cause of hospitalization in the US. Therefore, it's critical for COPD patients and their doctors to have a productive dialogue on how to manage, treat, and prepare for these potential flare-ups.

However, findings from the new, groundbreaking, two-part national COPE (Chronic Obstructive Pulmonary Experience) Survey released by The COPD Foundation show that people with COPD may need more education and better communication with their doctors to effectively manage the condition. In fact, despite the serious risks posed by exacerbations, the COPE Survey revealed that nearly two-thirds (62 percent) of COPD patients admitted to not knowing a lot about them - and an additional 16 percent were unaware of what a flare-up even was.

Moreover, 60 percent of COPD patients reported that they do not have an action plan in place to deal with a flare-up. By contrast, in the part of the COPE Survey targeting physicians who treat COPD, almost all said they discuss exacerbations and establish action plans with their patients, suggesting there is an opportunity to improve patient care through more productive, meaningful communication between



patients and their physicians about COPD to improve patient care.

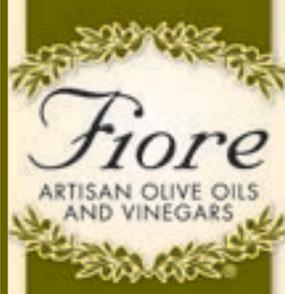
Early detection and proper diagnosis of COPD are also critical to managing the disease and slowing its progression, yet surveyed COPD patients indicated that they experienced symptoms of the disease for an average of 2 years and 9 months prior to being diagnosed. Furthermore, surveyed physicians reported that 39 percent of their patients had reached a "severe" or "very severe" disease state by the time of diagnosis - results which indicate there may be an opportunity for earlier detection and intervention. Despite the importance of proper diagnosis of COPD severity, less than half (49 percent) of physicians surveyed reported that they always perform spirometry - a diagnostic tool that measures lung function - to confirm a diagnosis.

The survey also revealed that only 12 percent of COPD patients consider their condition to be "completely controlled" and indicated that COPD disrupts their patients' ability to complete normal daily activities such as exercising (87 percent),

climbing stairs (86 percent), and walking (77 percent). Yet surprisingly, 82 percent of patients who have a COPD treatment regimen said they are satisfied with it.

"COPD can be treated - but it's crucial for doctors to diagnose it early and help patients follow the appropriate therapeutic strategies to improve symptoms, increase activity, and reduce the chance of exacerbations," says Dr. MeiLan Han, associate professor of medicine in the Division of Pulmonary and Critical Care at the University of Michigan. "It's important that physicians develop an individualized approach that works best for each patient."

The surveys were conducted by The COPD Foundation with support from Forest Laboratories, Inc., as part of Forest's MORE Matters education campaign. The initiative aims to provide people living with COPD and their caregivers what they want more of: education about the condition, helpful resources, and the support needed to help them manage the disease. Additional information can be found at morematter-swithcopd.com. (BPT)



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5 vital questions to ask your financial professional

When was the last time you met with a financial professional? Would you be more likely to keep those appointments if you knew some specific questions to ask? These meetings provide an important opportunity for you to ensure your strategy is still on track and ensure your family and finances are protected. You can get the most out of your meeting by asking the right questions. Whether it's your first meeting or your 20th, Thrivent Financial suggests you consider asking these questions when meeting with a financial professional:

1. Is my coverage adequate?

Ensuring proper financial protection against death, disability or injury is one of the most important things you can do for your family. Talk to your financial professional about cost concerns, protection options and how you can make sure that your family will be covered financially in the event of an untimely death or disability. If you've experienced major life changes like the birth or adoption of a child, purchased a house or gotten married, chances are your protection will need updating.

2. What are some creative ways we can refine my strategy to help maximize benefits? A financial professional can help you organize your financial strategy in a way that factors in things like taxes and market volatility, and he or she will know what changes are on the horizon that could affect you. A financial professional can also help use primary products, like life insurance, in unique ways - like helping supplement a retirement income stream. These are applications many don't know about but can offer different advantages to your financial strategy.

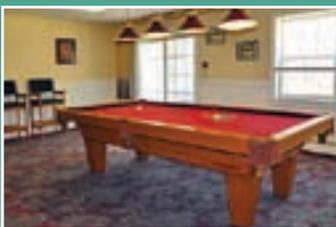
3. How are my financial strategies aligning with my values? Having a financial strategy that allows you to align your finances with your values is another important topic to bring up. If you have charitable causes you want to support, or volunteer trips you want to take, make sure your financial professional knows about them. He or she can help you develop ways to bring your generosity to life.

4. Tell me about the strength and stability of your company or organi-

zation. Insurance is only as strong as the ability of your financial institution to pay out claims when you need to claim a contract. Make sure to investigate the strength and stability of any company you're working with to ensure it is financially sound enough to make good on its obligations.

5. What should I do differently in the next year? This seems like an easy question, but you'd be amazed how few people ask it. Your financial professional is often in a unique position to help you stay ahead of the curve when it comes to your future strategy needs. Taking advantage of market volatility and ensuring your future protection needs are just two of the many variables to consider. Yearly meetings with a financial professional can help you hone your financial strategies for the upcoming year and help keep them as healthy as possible. Your time is valuable, and your financial future is even more valuable to you and your family. Make sure you're maximizing both and ensure you get the most out of meeting with your financial professional. (BPT)










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Easy ways to make senior living affordable

Kathy Hesselgrave's 90-year-old mother's health declined to the point where she was no longer able to live in her home by herself. Because her mother needed help cooking and taking her medication, Hesselgrave found herself taking care of her mom, splitting the days and nights with her niece. Other family members pitched into help, too, but it became too much.

"We didn't have the money in the bank for her to move into assisted living," says Hesselgrave, who lives in Sussex, Wis. "So we worked with a company that helps in this kind of situation and took a loan against her home to help pay for care until her house is sold."

Hesselgrave's situation is becoming common among the "sandwich generation" - middle-aged Americans who are caring for their parents and their children. This year, the youngest baby boomers turn 50 and, according to the U.S. Census Bureau, people 65 and older are expected to represent 20 percent of the population by 2030, nearly a two-thirds increase in percentage from 2010. As America's "silver tsunami" draws near, more seniors and their children are searching for options to pay for retirement living and quality care.

"When making plans for the future and looking for a senior living community that's right for you or your loved

one, it's important to find a community that will work with you and care about your unique needs and abilities," says Greg Richard, chief operating officer of Brookdale, a leading senior living company that operates more than 1,100 communities in 46 states. "Finding a community that will partner with you and help find solutions to financial, social and health care needs makes a transition easier and more enjoyable."

Even with the best financial planning, seniors and their families are looking for a creative, smart and advantageous way to pay for retirement living and quality care in the future. Most don't think they can afford living in a retirement or assisted living community, until they find out that a wide variety of financial options is available to them.

For instance, for veterans who need assistance, the Department of Veteran's Affairs offers benefits in addition to a monthly pension through the Veterans Aid and Attendance Program. This support allows veterans and their surviving spouses who require a caregiver to assist in various aspects of daily living - including eating, bathing, dressing and medication dosing - to receive money to help pay for long-term care in their own home, a skilled nursing community or an assisted living community. The benefit is not

dependent upon service-related injuries. A veteran married to a non-veteran is eligible for approximately \$2,000 per month while a married couple who are both veterans is eligible for nearly \$2,800 per month. Benefits are also available to veterans who are independent, but who have an ill spouse. Veterans can get monthly financial assistance not only for themselves if they need care, but also for a spouse who needs assistance.

Richard says that Brookdale partners with several companies that offer reverse mortgage loan options, life insurance solutions and home equity loans. Financial counselors are available to assist seniors and their families in determining the best financial option to help pay for home care, assisted living or retirement community needs. Many of these companies, like Elderlife Financial Services, can get families the money they need in less than 24 hours to help with funding gaps. Others, like Life Care Funding Group, can take an existing life insurance policy and set up a long-term care benefit plan.

"Planning for the future is difficult, especially for those of us who didn't start saving early enough during our main bread-winning years," says Richard. "Regardless of your age, it's never too late to research the financial options available for your future or your loved one's needs." (BPT)

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Ask the Pharmacist: Managing the aches and pains of arthritis

Arthritis can strike at any age. In fact, of the 50 million Americans suffering from arthritis, two-thirds are under the age of 65. Making the right lifestyle and medication decisions can be the difference between living a healthy, full life and living with a serious disability.

The specially trained pharmacists in the Express Scripts Rheumatoid Arthritis and Inflammatory Disease Therapeutic Resource Center, offered through Accredo, have disease-specific expertise and spend the majority of their time counseling patients with these conditions. "It's important to know that arthritis is not one condition, but a complex family of musculoskeletal disorders consisting of more than 100 different diseases," says Phyllis Crockett, specialist pharmacist at Express Scripts. The most common forms of arthritis are osteoarthritis (OA), rheumatoid arthritis (RA) and juvenile arthritis (JA), which account for about 58 percent of all patients. "Managing the disease so that patients can continue to live normal lives is important," Crockett says. "Each patient is different and so are their treatment plans, but there are a few things everyone can



do that can help manage symptoms."

Crockett offers the following suggestions to help the arthritis population.

♦ **Do not self-medicate:** Combining over-the-counter medications with prescription medications can be risky and can cause side effects such as an increase in gastrointestinal irritation or a gastrointestinal bleed. Check with a doctor or specialist pharmacist before adjusting doses or making changes to the medication regimen.

♦ **Take as directed:** For patients who already are on medication to treat the condition, adherence is critical. If patients do not take their medication as prescribed they may be faced with disability or rapid progression of the

disease.

♦ **Watch for drug interactions:** Some common medications such as acetaminophen can have a drug-drug interaction with arthritis medications. Limit intake and remember that acetaminophen is often a component in common sinus, cough/cold and pain medications. Some foods and beverages can also block the effects of arthritis medications. These include grapefruit, apple and orange juice as well as milk and yogurt. Wait at least four hours after taking medications before ingesting these products. Exact times can vary depending on the disease and the treatment. Check with your healthcare professional if you have any questions.

♦ **Stay active:** OA and RA patients particularly can benefit from both endurance and resistance training. Additionally, every pound of weight lost reduces the pressure on each knee by 4 pounds. Maintaining a healthy weight and protecting against joint injury can help prevent OA.

For information visit the Express Scripts Healthcare Insights blog at lab.express-scripts.com. (BPT)

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Boost your pet's health with these preventive measures

(BPT) - Taking active, preventive measures to support your health is one of the most important things you can do to ward off serious illness. You eat right, exercise, brush your teeth and make sure to get plenty of sleep, all to keep your body running at its very best.

But did you know that preventive health is important not only for you but also for the lifelong health of your pets? Instituting preventive health measures for your pets helps keep them in top physical shape and live healthier, happier lives. Here are three key areas of preventive health for your pet.

Annual checkups

You know you should see your doctor once a year for your annual checkup and the same applies for your pet. In fact, an annual checkup may be even more important for them than it is for you. "Dogs and cats age much faster than people so missing one yearly appointment for your pet could be comparable to missing five annual checkups for yourself," says Dr. Ellen Lowery, associate director of U.S. Veterinary and Professional Affairs at Hill's Pet Nutrition. The best way to prevent disease is to schedule regular checkups with your veterinarian. Bringing your pet for an annual health



examination allows your veterinarian to assess any risk factors and spot problems at their earliest stages. This will help your pet live a happier, healthier and longer life.

Get plenty of exercise

Exercise has numerous health benefits not only for your body but for your pet as well. If you have a family dog, walking him or her twice a day for 15 minutes is generally advised. The number and length of walks may increase or decrease depending on the breed, health and age of your dog. Make sure to brush and bathe your dog as well, especially if a recent walk has brought him or her in contact with tall grassy or forested areas or involved wading or swimming. Cats, of course, do not need to be walked, but

that doesn't mean you can disregard their exercise. Engage your cat in active play, whether it is chasing a stuffed toy at the end of a stick or batting a ball of catnip around the kitchen. Either way, your cat is being active and that is good for his or her overall health.

Offer a nutritious diet

"Proper nutrition is a cornerstone of pet health," Dr. Lowery says. "Pet parents should choose a quality pet food that provides optimal nutrition for their pet's specific life stage and activity or special needs."

Your veterinary healthcare team is your best resource for selecting the right food to feed your pet and will also provide education and guidance on the how much and when to feed your pet for optimal health. For additional information on helping your pet achieve a healthy weight, visit Healthy Weight Calculator at Pet360.com.

Preventive care is just as important for your pet as it is for you. The good news is that the same preventive care principles that benefit you also benefit your pets. You can take the right preventive approach for your pet with annual checkups, daily exercise and a nutritious diet, and both you and your pet will be feeling even better.

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Try tasty simple swaps to lighten up your menu

When it comes to diet and health, small changes can lead to big rewards. Replacing less healthy ingredients in your favorite recipes with ingredients that are lower in calories and packed with nutrients (and flavor) make it easy for you to stay on track. The trick is to identify ingredients that make for easy trades, like milk, yogurt and cheese.

The United States Department of Agriculture recommends eating three servings of milk and milk products - like yogurt and cheese - each day, because these foods contain three of the four nutrients that are often deficient in Americans' diets: calcium, vitamin D and potassium.

A one-cup serving of milk is an excellent source of high-quality protein, and it's no secret that milk can help to build healthy bones. In addition, according to research available on the HealthyEating.org website from Dairy Council of California, the nutrients found in milk, yogurt and cheese can boost immunity, lower blood pressure, reduce the risk of diabetes, reduce the risk of some cancers, and help with weight maintenance.

"It's easy to enjoy eating right, because healthy foods from all five food groups taste great too," says Ashley Rosales, registered dietitian nutritionist



with Dairy Council of California. "Maximize flavors and reduce calories while getting more of the dairy foods that are essential to a healthy diet with simple ingredient swaps recommended by the California Milk Advisory Board below."

Low-fat plain or Greek yogurt:

- ◆ Swap California low-fat plain yogurt for oil when baking. You'll not only cut calories but your muffins will be noticeably more tender.
- ◆ Substitute low-fat plain or Greek-style yogurt for mayonnaise in chicken and tuna salad. Many people prefer the creamy tang yogurt adds.
- ◆ Decrease the cream in a blended soups and stir in low-fat Greek-style yogurt instead.
- ◆ Lighten up dessert by mixing

chocolate-hazelnut spread with plain yogurt to cut the sugar and calories in a dip for fruit. Try the Magic Dairy Dressing found at realcaliforniamilk.com/recipes/magic-dairy-dressing for another healthy fruit dip.

Low-fat or fat free milk:

- ◆ Use low-fat or fat free milk instead of cream to make pudding, polenta and bechamel sauce.
- ◆ Try low-fat or fat free milk as the base for sweet or savory bread pudding.
- ◆ Lighten up your morning routine with a berry packed smoothie blended with low-fat or fat free milk. You'll be adding protein and vitamins. The Simple Strawberry Smoothie recipe found at realcaliforniamilk.com/recipes/simple-strawberry-smoothie is a delicious and healthy start to the day.

Cheese and cottage cheese:

- ◆ Infuse flavor into favorite dishes with strong cheeses, such as California Blue or Dry Jack cheeses. A little bit goes a long way, which means you get all the flavor of cheese without adding too many extra calories.
 - ◆ Add low-fat cottage cheese to pancakes for a protein punch.
- For more recipe ideas, visit realcaliforniamilk.com/recipes. For more information on dairy nutrition, visit HealthyEating.org. (BPT)

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The great debate: Stacking TVs and fireplaces

When choosing a focal point for a room, designers and homeowners alike often plan for a single feature - windows, TVs, artwork, or fireplaces - to take center stage. However, the explosion of flat screen TVs for every room in the home has created a debate - can you really have more than one focal point?

Online resources like houzz and various design blogs have made it easy for homeowners to discuss that question, with many in favor of combining two features that typically stand out on their own - fireplaces and TVs - on one wall to blend the warm and comforting aesthetics of a fireplace with easy TV access.

"The question is if a TV can - and should - be mounted on the wall above a fireplace, combining the two elements into one focal point, since they're traditionally used individually," says Becky Scribner, brand director of Heat & Glo. "The good news is that the TV and fireplace can occupy the same wall with a few minor install tweaks. It can work - from both a technical and a design



standpoint." Stacking TVs and fireplaces can be a great choice for several reasons:

◆ **Easy design:** Combining two elements in one location makes it easier to design the rest of the room, allowing for a single grouping of chairs and couches. In some room designs, it also leaves room for other areas to be turned into reading corners or small work spaces.

◆ **Enhanced functionality:** Open-concept floor plans and homes that have the kitchen, eating and living area combined into an open great room are perfect for placing the TV and fireplace on the same wall. This arrangement provides optimal viewing of the TV

while cooking in the kitchen or relaxing in the eating area, while also incorporating the warmth and comfort of the fireplace.

◆ **Subtle style:** Higher placement makes a TV less obvious when a person first walks into the room. Visitors notice a beautiful fireplace, especially when lit, and may only observe the TV if it's turned on. Plus, there are other decorating tricks designers can use if a homeowner really doesn't want the TV to stand out, like hiding it behind a painting or mirrors. The TV can be revealed with a push of a remote control button, causing the painting or mirrors to slide over or up, and then hidden again with another push of a button when the TV is turned off.

For a quick living room update, consider placing your TV above the fireplace to create a warm, welcoming and inviting space. You may also consider adding a fireplace to your existing TV room for added relaxation and ambiance. Consumers can also find a local dealer at www.heatnglo.com to help with installation and finishing. (BPT)

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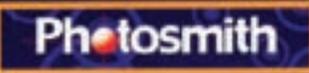
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Getting the most out of farmers markets and seasonal produce

Chef Daniel Reyes, culinary faculty member at The Art Institute of California - Inland Empire, a campus of Argosy University, believes that it's important to know the difference between buzz words common at markets. "If you have questions about how farmers do something, they are more than happy to talk to you and educate you about sustainable and organic farming," he says.

Reyes explains that while some produce may look unfamiliar, a good market salesperson will provide tips on how to use the items. Farmers markets are not just great places to buy, they're also great places to learn new culinary techniques and food pairings.

Another tip? Shop early - that's when chefs are at the markets. "Chefs are usually there early in the morning. See what they are buying," says Reyes. And remember to bring bags to carry your items home - cooler bags are especially helpful when you're buying delicate goods such as locally made cheeses, eggs or meats.

Farmers markets also allow people to gather in a common place to meet



neighbors and make friends who share a passion for locally grown food. The markets build a sense of community, according to Reyes, that contributes to a stronger local economy and smaller environmental footprint. This sentiment is shared by Chef Elizabeth Thompson, culinary arts faculty member at The Art Institute of California - Inland Empire. Thompson recommends asking farmers what's best to buy right now.

"They grow whatever they sell, which makes them experts. Ask to put me on their email list. They may send out information about what is in season and what to do with it, sample everything! That is how the farmers sell

their products, and you will know what you like."

In addition to visiting the farmers market, many people are choosing to become CSA (Community Supported Agriculture) shareholders, paying in advance for weekly boxes of produce.

CSAs create a direct relationship between farmer and consumer, according to Thompson. CSAs allow busy people to pick up their share boxes at a convenient location, and teach them how to use what's inside.

For those interested in supporting local farmers, CSAs provide a critical influx of cash to farmers during the off season, helping them to better prepare for the planting season ahead.

Whether shopping weekly at the farmers market or picking up a CSA box of fresh produce, buying local allows consumers to taste fruit and vegetables at their peak flavor. From striped heirloom tomatoes to strawberries picked fresh just hours before, farm fresh foods provide a burst of flavor and a connection to the community that cannot be found within a large supermarket. (BPT)

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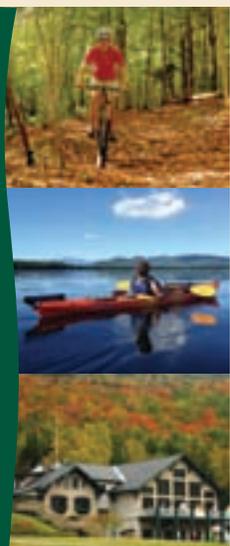


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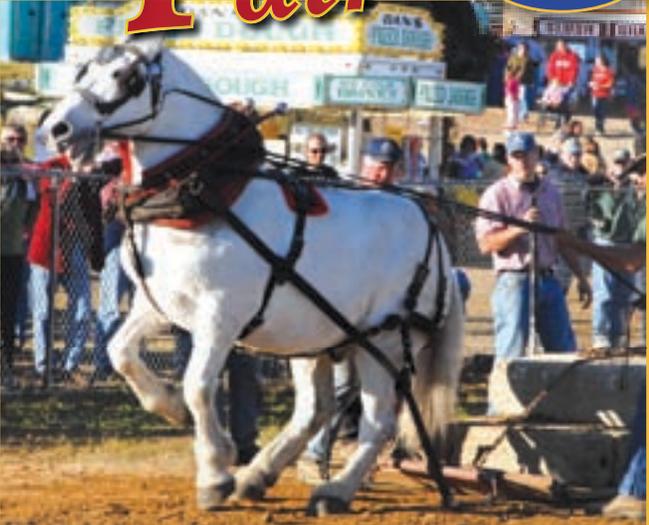
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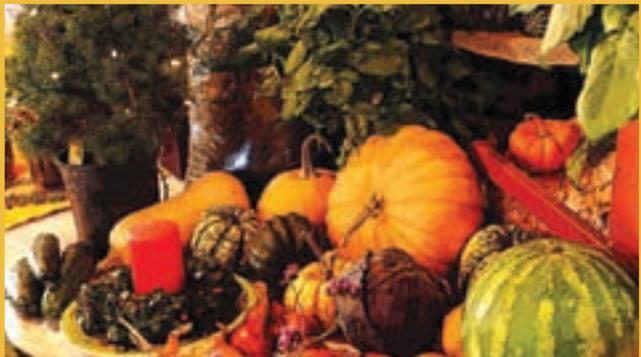
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Breathtaking In Northern NH

Northern New Hampshire's natural beauty shines in beautiful hues of yellows, reds, and oranges in late September and early October when the Granite State's fall foliage season welcomes visitors from around the world. Northern New Hampshire is one of the first places in New England to experience the annual foliage display. New Hampshire Grand, the official visitor information source for Coos County, offers enticing fall foliage itineraries that promise breathtaking views, colorful cuisine, and family fun along the way. Grab your camera, pack a weekend bag with a pair of walking or hiking shoes, and set your GPS to northern NH for a colorful trip, guaranteed.

Around the Connecticut Lakes

The reflection of the foliage and the blue sky on the water is breathtaking in Pittsburg, the northernmost town in New Hampshire. On this journey, you will begin in Pittsburg village by heading north on Route 3, which will take you past Lake Francis and the three Connecticut Lakes. Heavily forested, the bright red and orange maple trees contrast beautifully with the towering evergreens. There are picnic tables at First and Second Lakes. The end of the road comes when you reach the Canadian border. Consider spending the night in Pittsburg and dining at the Rainbow Grille or Buck Rub Pub and catching some shut-eye at Tall Timber Lodge. You won't leave hungry or sleep deprived and you will be ready for your journey south.

The Foliage

This is an ambitious road trip starting from Groveton, up to Milan, through the White Mountain National Forest, into Colebrook and Groveton. Begin your excursion on Route 110, which will take you east to Errol, the next town you come to is Stark. From Stark, your camera ready to take in the scenic views, a clapboard church and the Upper Ammonoosuc River.

From Stark, the road winds through the beautiful countryside and into the town of Errol. If you're hungry, make a stop at the Errol Dairy Bar, a local favorite. From Errol, you will connect with Route 16 heading north. Route 16 hugs the Ammonoosuc River, the meandering highway through the Mile Woods and the tiny village of Milan. When you reach Errol, you'll pass through the starkly beautiful landscape, rocky ramparts that reach the sky.

Continue on Route 26, winding through the rolling farmland, and into Colebrook. The bustling northern community has many inviting shops, include granary, freshly made pastry or sandwiches at the Coffee House. For the last leg of the journey, head south on US Route 3, which follows the Connecticut River and brings you to where it started in Groveton.



g fall foliage

Age Loop
 trip, which will take you
 and Errol, across Dixville
 back through Stratford to
 rson in Groveton on Route
 east from the village. The
 Stark. You'll want to have
 the picture of the white
 covered bridge over the

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 Northland Restaurant
 rite for lunch. Here is
 with Route 16 and head
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which passes through roll-
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 dwich at the Moose Muck
 eg of the journey, head
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 gs you back to where you

In the Shadow of the Presidents

Perhaps there is no more breathtaking sight than majestic mountains towering over an autumn landscape. This journey takes you from Lancaster to Gorham, along Route 2. Both towns have delightful Main Streets dotted with interesting shops. A few shops we suggest stopping at in Lancaster include: Fuller's Sugarhouse, where you can stock up on local-made syrup; Potato Barn Antiques; and Simon the Tanner, which offers clothing for the entire family. From Lancaster, head east on Route 2. It winds through some of the most beautiful scenery, with sweeping vistas of the Presidential Range of the White Mountains.

The first mountains you see are just a few miles out of downtown Lancaster, where the Kilkenny range reaches out from the rich farmland of Lancaster and Jefferson.

The road continues east into Jefferson with several areas where you can pull off and take in the views, the sunshine and the gorgeous colors. If you have time, visit with Santa and his friends at Santa's Village in Jefferson. In July, contributors to TripAdvisor, gave Santa's Village an approval rating of over 96 percent, earning it a Travelers' Choice award as one of the top 25 amusement parks in the United States.

When you reach Gorham, you can elect to take a side trip to the top of Mount Washington, which, at 6,288 feet, is the highest mountain peak in the entire northeast.

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Apple Bacon Popovers

Ingredients:

- 2 large eggs
- 2 large egg whites
- 2 cups 1% milk
- 2 cups all-purpose flour
- 2 tsp. sugar
- 1 tsp. salt
- 2 strips turkey bacon
- 1 large apple
- 1 Tbsp. light, unsalted butter, melted
- Cooking Spray
- Apple Butter, optional

Directions:

In a large bowl, whisk together eggs and egg whites until well blended. Whisk in milk and set aside. In a medium bowl, combine flour, sugar and salt. Gradually add flour mixture to egg mixture, stirring well with a whisk. Let stand 30 minutes. While batter is standing, preheat oven to 450 degrees. Cook bacon strips until crispy. Drain, let cool, and finely chop. Coarsely grate apple, including

peel. Coat a 9-cup popover pan with cooking spray. Fold the bacon, grated apple, and melted butter into batter, stirring until well blended. Pour batter into prepared popover cups until $\frac{3}{4}$ full. Bake at 450 degrees for 18 minutes. Reduce heat to 325 degrees and bake for 10 minutes more. Serve immediately with apple butter.

Servings: 9
Prep Time: 30 minutes
Total Time: 1 hour



Hampshire Apple

Description

Hampshire is a firm, crisp, and juicy Mac-like apple. This nearly solid red apple has a thin, sturdy skin and bears a mild sweet, sub-acid flavor that becomes more aromatic as it ripens. The cream-colored flesh is firm and crisp making it an excellent fresh-eating and cooking apple. Hampshires are harvested from late September to mid-October, and they have good keeping quality.



History

Hampshire is a 1990 chance seedling that was discovered among a row of McIntosh trees at Gould Hill Apple Orchards in Hopkinton, New Hampshire.

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Apple Chicken Stir-Fry

Ingredients:

- 1 pound cubed boneless, skinless, chicken breast
- ½ cup onion, vertically sliced
- 1 cup (2 medium) carrots, thinly sliced
- 1 ½ teaspoon vegetable oil
- 1 teaspoon dried basil, crushed
- 1 cup fresh or frozen Chinese pea pods
- 1 tablespoon water
- 1 medium baking apple, cored and thinly sliced
- 1 tablespoon oil
- 2 cups cooked rice

Directions:

Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet. Stir-fry onion, carrots and basil in oil in same skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apple. Add to chicken, serve hot over cooked rice.

Servings: 4 This is an official 5 A Day recipe. This recipe is approved by the "5 A Day - For Better Health"

Program because it provides at least one serving of fruit and/or vegetable per serving, and gets less than 30% of its calories from fat, less than 10% of its calories from saturated fat, has less than 100 mg of cholesterol and not more than 480 mg of sodium.

Approximate Nutritional Analysis (per serving): calories, 365; fat, 9 g; cholesterol, 62 mg; sodium, 71 mg; fiber, 3 g; percent calories from fat, 22%.

Source: Washington Apple Commission

Applesauce Baked Beans

Ingredients:

- 4 cups cooked beans (best if cooked from dry beans)
- 1 cup bean liquid
- 1/4 cup vinegar
- 2/4 cups molasses
- 1 cup unsweetened applesauce
- 6 ounces tomato paste
- 2 tsp. dry mustard
- 1/2 tsp. cloves
- 1 onion, sliced
- 2 ounces Canadian bacon, cooked
- Salt and pepper to taste, Pan spray

Directions:

Preheat oven to 325 degrees F. Spray a 9-inch square deep baking pan or bean pot with cooking spray. Arrange sliced onions on bottom of pan. Add beans. Combine remaining ingredients and stir into beans. Cook covered for 2-1/2 hours. Remove lid and cook uncovered for 30 minutes or until browned on top.

Servings: 10 Nutritional Analysis Per Serving:

Calories, 198; Protein, 9 g; Carbohydrates, 39 g; Fat, 1.4 g; Dietary Fiber, 5 g; Cholesterol, 5 mg; Calcium, 103 mg; Sodium, 200 mg.

Mutsu (Crispin) Apple

DESCRIPTION

Mutsu is an excellent dessert, salad, and cider apple. It has a sweet, light flavor when cooked, and it holds its shape well. Mutsu can grow quite large (a pie may require as few as three apples). Its skin is yellow with a slight orange blush, and the flesh is white to pale yellow.

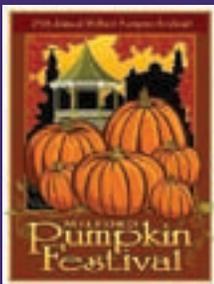


HISTORY

Mutsu has its origins in Japan, where it is a major variety. Mutsu was developed in 1930, from a Golden Delicious crossed with Indo, a Japanese seedling, and it was introduced in the United States in 1948.

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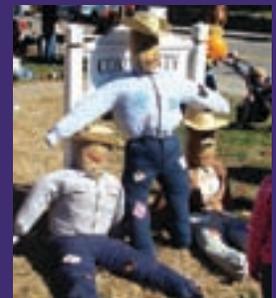
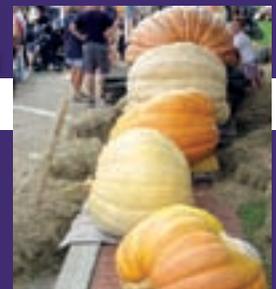
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Apple Cider (Sweet)

Falling leaves, a chill in the air... It just wouldn't be fall without apple cider!

Apple cider is the original American beverage. Early U.S. settlers drank apple cider morning, noon and night as their primary beverage, unsure of the safety of the drinking water. Until Prohibition, "cider" meant hard cider, an alcoholic beverage made by fermenting sweet cider. Cider makers carefully guard their secret cider recipes, some of which have been passed down from generation to generation.

Originally found only at local orchards, roadside stands or farmer's markets, the apple cider market has now expanded into a year-round business. So you can now enjoy apple cider all year long! (It is great over crushed ice on a hot summer day.) Sweet cider is made by crushing a blend of apple varieties into a pomace, then pressing the juice from the pomace. Tiny apple solids floating in the juice turn color when exposed to air, giving cider that gorgeous caramel color and opaque look.

Apple cider – 100% juice, not watered down, naturally sweetened by the fruit itself, with no sugar added – is a great way to drink your apples. Each

4-ounce glass of cider counts as a serving towards the USDA Dietary Guidelines recommended five to thirteen servings of fruits and vegetables per day, for optimal health. What a delicious way to get on your way to the best possible you!

Sweet cider is a highly perishable product. Treat it the same way you would treat milk; keep it refrigerated at all times, and enjoy it by the date on the label or within 7–10 days. Most cider has been treated for safety; untreated cider must carry a warning label.

Applesauce

Applause for applesauce! This versatile apple food goes well with any meal, from chicken nuggets to stuffed pork tenderloin. Made by cooking a blend of peeled, cored apples, applesauce is the definition of comfort food. Look for flavored and chunky styles in your market. Unsweetened sauces are also available if you're watching your sugar. Serve it right out of the container, or heat it for extra homemade taste.

Like to bake, but don't like extra fat and calories? Substitute applesauce for oil in some baked goods, to cut fat and calories. This works especially well with moist

baked goods, such as cakes, muffins and brownies – this substitution does not work with most cookie recipes. If you aren't sure this will work with your favorite recipe, start by replacing half the oil with the same amount of applesauce.

One snack cup size container of applesauce counts as a ½ cup serving of fruit – the dietary guidelines recommend Americans eat at least 2 cups of fruit each day.

Empire Apple

DESCRIPTION

What do you get when you cross an Eastern Red Delicious apple with a McIntosh? An Empire, an apple variety whose flavor is sweeter than a McIntosh and more tart than a Delicious, and it has juicy, firm white flesh that does not easily bruise. It is a high-quality dessert apple and good for all culinary uses. It has a striking, deep red skin brushed with gold and green. Look for Empires in late September.



HISTORY

The Empire is a relatively new variety, raised by R.D. Way in 1945, and introduced commercially in 1966 by the New York State Agricultural Experiment Station in Geneva, New York.

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PaulaRed Apple

DESCRIPTION

PaulaRed boasts a red color with light yellow striping and has a sweet tart flavor with a hint of strawberry. The firm flesh makes it a good fresh eating as well as cooking apple, especially good for applesauce. It is an early season apple ripening in late August, and like most early apples, PaulaRed does not store well. Sometimes at the farm stand, PaulaRed is mislabeled Early Mac, a 1923 Geneva, New York apple. Early Mac is a cross of Yellow Transparent and McIntosh. Early Macs are moderately firm and crisp and good for cooking and eating.



HISTORY

PaulaRed is a relatively new variety, introduced in Sparta, Michigan in 1968. The grower, Lewis Arends, named the new variety after his wife, Pauline. It came from a chance seedling, and may have McIntosh in its parentage.

Cortland Apple

DESCRIPTION

A large all-purpose apple with a deep, purple-red color and yellow streaks, Cortland is considered moderately juicy and fairly sweet compared to McIntosh. Its white flesh browns very slowly when sliced, making Cortlands a standout for salads. Writer Roger Yepsen describes Cortland as a "friendly" apple in his book Apples. "The flavor is tart and tangy," he writes, "but not emphatically so, and juicy." It is a good apple to accompany a sandwich." He recommends it for pies, sauce, and cider, too. Cortland ripen in late September or early October.



HISTORY

After the many attributes of McIntosh were discovered, plant breeders began crossing it with other varieties to enhance its traits. An early development was Cortland, a cross of McIntosh and Ben Davis at the New York State Agricultural Experiment Station in Geneva, New York, 1898.

Jonamac Apple

DESCRIPTION

Jonamac is a red Mac-like apple with a thin but chewy skin and a firm and crisp flesh. Its flavor is similar to McIntosh in its spicy tartness. Harvest runs a little earlier in September than Macs, and they do not keep very long.



HISTORY

Jonamacs are a cross between Jonathan and McIntosh. They are a new (1972) apple from New York State Agricultural Experiment Station.

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Touring Europe? Here are some must see countries, cities, sights - and sites!

Whether you're a seasoned world traveler or going abroad for the first time, few global destinations deliver the blend of variety and accessibility that Europe does. Visiting Europe - especially on a guided tour - allows first-timers to immerse themselves into inter-cultural experiences and also offers veteran travelers lots of new things to see and do.



For many Americans who have European heritage, visiting Europe is an exciting way to reconnect with their cultural history. For others, savoring the region's diverse food and wine, exploring historic sites and natural wonders, and partaking in each country's unique personality is a way to embrace another segment of the global community. Regardless of why you're traveling to Europe, certain countries, cities and destinations are simply not to be missed.

Italy - From the shores of the Mediterranean where a feast of seafood goes directly from net to plate, to the amazing architecture and canals of Venice, to the unparalleled cultural and artistic history of Rome and the centuries-old hillside towns of Tuscany, one could travel Italy for a lifetime and still never see it all. Travelers who only have a week or so would do well to book an all-inclusive tour, such as the tours of Italy offered by Tauck. When you travel with an established tour group (Tauck has been in business for 89 years), you can relish an enhanced experience while allowing the experts to do the work of arranging "insider" tours of iconic landmarks, booking hotels, and coordinating on-tour transportation and special entertainment. Tauck offers 19 different tours of Italy, and each one is sure to please with the food, sights and attractions that have long made the country a top travel destination.

France - Whether you crave the unparalleled views of Paris from atop the iconic Eiffel Tower, yearn to stroll the cobblestone streets of a quaint French village, or wish to revisit the Normandy beach where an ancestor fought in World War II, France is a must-visit destination for any European adventure. Cruise down the scenic Rhone or Seine rivers, discover the epicurean and viticultural delights of France's countryside and great cities, or stroll the Champs Elysees and celebrity-watch.

The British Isles - Although some may argue that Great Britain, Ireland and Scotland aren't technically part of continental Europe, why quibble? Pass up the British Isles and you'll miss out on some of the region's most breathtaking scenery, vibrant cities and rich history. Few cities have impacted the world stage as profoundly as London. From the legendary Tower of London where criminals and royalty were imprisoned throughout history, to the stately beauty of Buckingham Palace and the bustle of Piccadilly, London has something for everyone. The perfect foil for the urban lifestyle of London, the Irish countryside offers up numerous quaint villages, verdant pastures and hills seemingly greener than any others in the world. And while you may not catch a glimpse of Loch Ness' famed, fabled inhabitant, you'll surely enjoy Scotland's surrounding scenery and culture while trying. Europe is always a hot summer vacation destination, and there is still time to book a 2014 guided tour with Tauck. Call Joyce at 464-4467. (BPT)

Enjoying retirement in a home suited for an active life

When it's time to retire, do baby boomers just sit back and watch life pass them by? Not anymore. Boomers are known for getting involved in their communities, enjoying the outdoors and starting new - or restarting older - hobbies. They also love spending time with family.

This active lifestyle means boomers don't want to take care of the large homes they lived in for years while raising children. In fact, they're ready to downsize, and want to design their homes to be exactly what they need for their retirement years.

Downsizing into a new home - one that can adapt to boomers' changing needs as well as accommodate their occasional desire to entertain guests - is a great way to enjoy retirement in comfort and style. And with the customizable features available through Clayton Homes, they won't regret downsizing at all. Boomers can choose these features in The Holland home model by Clayton Homes, specifically designed for the active boomer, and continue entertaining in these prime years.



Consider the following customizable features available in these homes:

◆ **Bragging wall** - Every parent and grandparent loves to show off photos of their children and grandchildren. A wall designed specifically for hanging photos, awards and other proud mementoes gives parents and grandparents the perfect opportunity to share stories with visitors.

◆ **Handy but hidden entertainment** - When friends and family come over, consider how efficient it is to have a built-in cabinet that flips open to serve as a beverage station. When visitors are not around, tucking the beverage station away into a designated place makes the home more open. Another customizable feature is a support column that acts as a wine storage cubby with a built-in bench beside it.

◆ **Accessible laundry** - Placing laundry facilities close to the bedroom is great for baby boomers. The space doesn't need to be large, but sometimes when a small space is designed for laundry, you lose out on those wonderful additional features, such as drying racks. Clayton Homes has alleviated this issue by installing pull-out hanging racks or built-in storage above the machines and off the floor.

◆ **Bedroom luxury** - Enjoy a home that segregates the master bedroom and bath from the entertaining areas of the home. One way to make this private space perfect is to install a beauty bar. It's a vanity station in the bedroom with a large mirror and chair so one can comfortably prep for the day without constantly standing.

◆ **Fun space** - Many retirees finally have the time to enjoy their hobbies to their full potential, and they'll need to designate a space in their new home to accommodate the activity. Maybe they're interested in physical fitness and need a place for equipment. Sometimes a craft room is required so the grandkids can come over and put their creativity to good use. Entertaining is an option, too, and having a separate room near the kitchen just for those planned gatherings might be exactly what is needed. (BPT)

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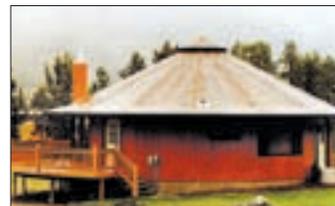


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OUT & ABOUT

39th NH Highland Games & Festival

9/19/2014 (8:30AM)
Event Fee: \$20- \$35
Scotland so near! Come and visit the largest Scottish Festival in the Northeast. Multiple music venues, over 30 vendors with goods from "across the pond", food, seminars and youth program. Competitions in Highland Dance, Piping, Drumming, Pipe Bands, Fiddle and Harp as well as Heavy Athletics and Sheep Dogs. 60 Loon Mountain Rd., Lincoln, NH
Phone: 800-358-7268
Email: info@nhscot.org
Website: www.nhscot.org

Dine, Dance & Cruise aboard the M/S Mount Washington

9/19/2014 (6:00PM)
Event Fee: Adults \$49, Seniors 60+ \$39, children \$39
Enjoy the romance of Lake Win-

nipesaukee at night on a sunset cruise aboard the M/S Mount Washington while you dance to the tunes of the "Good Old Days". Live music by the popular "Annie and the Orpahns". Buffet dinner is included. If you are 60 and over you qualify for \$10 discount. From Weirs Beach 6-9. Friday nights in September. Adults \$49, Seniors 60+ \$39, children \$39. M/S Mount Washington, Lakeside Ave., Weirs Beach, Laconia, NH 03246
Phone: 603-366-5531
Email: info@cruiseNH.com
Website: www.cruiseNH.com

Ladies Fly Fishing Get Away

9/19/2014 (8:00AM)
Event Fee: \$399.00
Join us at The Glen at Bear Tree in Pittsburg NH on 1st Connecticut Lake! Sept. 19th and 20th 2014 Ladies only Fly Fishing Classes! Bear Tree Guides will provide 3 hour class work and the rest of

the day on the water! Per person cost ~ \$399.00! Includes Instruction, Lodging for 2 nights, cocktail hour and BBQ Friday evening, Breakfast and Bag Lunch on Saturday. Space is limited to 12 participants! Call early to reserve your spot! 603-538-9995 or email us at info@atbeartree.com www.atbeartree.com 3335 US Rt. 3 Pittsburg, NH 03592
Phone: 603-538-9995
Email: info@atbeartree.com
Website: www.atbeartree.com

Telluride by the Sea

9/19/2014 (12:00PM)
Event Fee: Patron Passes: \$210
Weekend Passes: \$95 Individual Tickets \$15/\$13 (members)
SIX MOVIES. THREE DAYS. A WEEKEND FESTIVAL OF NEW CINEMA! Films fresh from their debuts at the 41st Telluride Film Festival in Colorado will be on screen at The Music Hall as Telluride by the Sea gets its 16th year under way. www.tickets.

themusichall.org/public/default.asp?cgCode=7
28 Chestnut Street
Portsmouth, NH 03801
Phone: 603-436-2400
Website: http://www.themusichall.org/calendar/event/telluride_by_the_sea_2014

"Hold These Truths" at the Peterborough Players

9/20/2014 (8:00PM)
Event Fee: \$39 on Saturdays \$37 all other performances
Hold These Truths Inspired by the life of Gordon Hirabayashi; written by Jeanne Sakata In WWII Seattle, a Japanese university student with a passionate belief in the US Constitution wrestles with the Government's mass internment of people of Japanese ancestry. His struggle takes him to a better understanding of America's triumphs and failures. Jeanne Sakata's critically acclaimed ▶

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Income restrictions apply



OUT & ABOUT

play is inspired by the true story of US Medal of Freedom winner Gordon Hirabayashi. September 17 - 21 Wed-Sat at 8pm Sunday at 4pm . 55 Hadley Road Peterborough, NH 03458 Phone: 603-924-7585 Email: info@peterboroughplayers.org Website: http://www.peterboroughplayers.org/Hold-TheseTruths

Submarine History Day

9/20/2014 (10:00AM)
Event Fee: Free but admission will be charged for submarine tours This annual event will feature former USS Albacore crew members and submarine veterans from modern submarines discussing the life of a Submariner. There will be trivia hunts, and coloring books for children, the Great Bay Sailors will sing sea shanties in the afternoon, book signings and a tribute to VADM Momsen who helped rescue crew members

from the USS Squalus and came up with the idea of building the Albacore. VADM Momsen's granddaughter will be our guest of honor. She will offer a presentation about VADM's life. 600 Market Street, Portsmouth, NH Phone: 603-436-3680. Email: albacorepark@myfairpoint.net Website: www.ussalbacore.org

Revolutionary War Encampment

9/20/2014 (10:00AM)
Event Fee: Adult-\$10 Youths 13 to 17 - \$7 Children 5 to 12 - \$5 Children under 5-\$0 Senior 55 and up-\$7
Revolutionary War Encampment Watch mock battles. Tour the fortified village. Watch demonstrations of 18th century skills. Play 18th century styled games. Visit our sutlers for the latest in 18th century goods. 267 Springfield Road, RT 11, Charlestown, NH Phone: 603-862-5700 Email: info@fortat4.com

Website: http://www.fortat4.org

DeMeritt Hill Farm Craft Fair

9/20/2014 (11:00AM)
Looking for the unique holiday gift that you just won't find at the store? This weekend, local crafters line the driveway with their unique crafts. There is sure to be something for everyone. Are you a crafter and would like to have a table to sell your goods at the fair? Please send us an email with the types of crafts you sell for consideration. Additionally, it is also Applefest weekend at the farm. New apple varieties will be ready to pick and you will have a chance to sample all things apple at the farm. The big machines and tractors will be on display for photo opportunities with the kids. 66 Lee Road (Route 155) Lee, NH. Phone: 603-868-2111 Email: info@demeritthillfarm.com Website: www.demeritthillfarm.com

Hawk Season!

9/20/2014 (9:00AM)
Event Fee: \$25 membership
Sometimes you've just got to stop everything, get out a lawn chair, and see what treasures the big blue sky pours down on you. For birders, mid-September is one of those moments! Broad-winged Hawks are migrating en masse to South America, with hundreds, sometimes thousands of birds circling up together in huge rising columns called kettles. This is a spectacle you simply must see to believe, and this weekend in September should be the prime time. We'll start the day with a short hike to the viewing spot: a blueberry field on the side of Crotched Mountain in Greenfield, NH. The views from the platform here are excellent, with some birds skimming right over our heads, heading south. In addition to species of hawks, Bald Eagles, Ospreys, Kestrels, Merlins, and ▶

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20 Glen Road

CONCORD
603-230-2482
6 Loudon Road

BEDFORD
603-471-3970
173 So. River Rd.

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OUT & ABOUT

many other raptors will likely be seen. Bring a bagged lunch, water, and good walking shoes, and plan to spend a few hours scanning the skies. The more eyes we have, the more birds we see! Meet at the trailhead just off Crotched Mountain Rd. in Greenfield at 9:00 a.m. Crotched Mountain, Greenfield, NH 03047 Phone: 603-525-3572 Website: nhharriers.org

Harvest Festival

9/20/2014 (11:00AM)
Event Fee: \$10, ages 11 and up; \$8, ages 5-10, 4 and under FREE
An all-ages celebration of New Hampshire's harvest season on a 200-year-old working farm. With fall harvest and gardening talks, demonstrations, fiber arts exhibits, bee keeping talk & viewing hive, seasonal games, historic crafts, tractor rides and so much more. Farm-to-table Farmhouse Kitchen lunch available for purchase. 58 Cleveland Hill Rd. Tamworth, NH. Phone: 603-323-7591 Email: sharte@remick-

museum.org Website: www.remickmuseum.org

Shaker Harvest Festival

9/20/2014 (11:00AM)
Event Fee: Adults \$12, 13 to 17 \$8, 12 and under \$5, families of 3 or more \$20. Hearth Broom Workshop \$5.
A yearly tradition set on the picturesque grounds of the Enfield Shaker Village. Celebrate the autumn harvest with horse-drawn wagon and pony rides, hay stack treasure hunt, cider making, butter churning, ice cream cranking, candle dipping, traditional crafts including broom making, farm animals, musical entertainment including Blue Grass and a special a cappella concert in the Mary Keane Chapel, museum tours with a cooperage exhibit, a special sheep herding demonstration and more. Lunch available. Overnight rooms also available. 447 NH Route 4A, Enfield, NH Phone: 603-632-4346. Email: events@shakermuseum.org

Website: www.shakermuseum.org

15th Annual Day to Fight Cancer

9/20/2014 (1:00PM)
Event Fee: The day's events are free but any sponsorship or donation is greatly appreciated.
A Day full of Live Entertainment and Family Fun! Matt Smart Band, Jim Tyrrell, Pardon the Spins, The Chris White Band, Uncle Steve Band, Glow in the Dark Zumba, dollar sale, kids dollar sale, face painting, nail art and SO much more!! Get sponsors, and walk a path lined with luminaries in honor of those who have been effected by cancer. Walk alone or with a Team! Proceeds stay local to financially help families who are living with cancer. Visit our website for sponsor sheets, purchase luminaries or to Dedicate a Dove (biodegradable dove balloon that will be released as part of our closing ceremony.)
NEW THIS YEAR: Holderness Heels: KYMMA's first ever 50 Yard Hightail in Stilettos! 3:30 on 9/20

at the PSU Welcome Center. For men and women! Age 16 and older. Proceeds stay local to assist families living with cancer. Visit our website for sponsor forms and start breaking in those heels!
Plymouth State University PE Center, Arold Field Holderness, NH 03245
Phone: 603-707-1466
Email: info@memoriesalive.org
Website: www.memoriesalive.org

Cathedral of the Pines Blessing of the Animals

9/21/2014 (3:00PM)
This day is for all the animals. Have your animals blessed in the St. Francis of Assisi Chapel. Cathedral of the Pines, 10 Hale Hill Rd., Rindge, NH. Phone: 603-899-3300
Email: info@cathedralofthepines.org Website: www.cathedral-ofthepines.org

The Great New Hampshire Pie Festival

9/21/2014 (12:00PM)
Event Fee: \$10 adults, \$5 kids (4-17), Museum members \$6, ▶

SPECIAL ADVERTORIAL

U.S. residents set to get new infrared heaters to save up to 50% on heating bills for only \$159 and free shipping

Compared to the Suggested Retail Price of \$399.95 this is a great opportunity for our residents to own one of the highest quality, energy saving, cool-to-the-touch, portable infrared heaters available today, and stop spending a fortune on heating bills. The first 785 callers who beat the 48-hour deadline are getting these money saving portable infrared heaters.



■ **Simply Plug it in:** Saving money on heating bills is very easy with an iHeater infrared heater. Today's distribution is intended to help those in need of keeping warm this winter without spending too much on heating bills.

If you or a loved one has difficulty paying for heating bills, then this distribution of brand new portable infrared heaters is your chance to make life a little easier. These infrared heaters warm the room evenly and efficiently without drying out the air. They never get hot to the touch, like other heaters, so they are safe for pets and children.

These revolutionary infrared heaters are changing the lives for many that find it difficult to pay for the high cost of heating a home. Infrared heat warms in a way similar to the warmth we feel from the sun, it's been described by many as "bone warming" heat. It is

completely safe and does not deplete oxygen from the air, which would make you tired, nor dry out the air, which irritates your skin. The iHeater brand is said to be the most sought after brand of infrared heaters. iHeaters have been selling strong for many years, they have in-house customer service located in Indianapolis, Indiana. The iHeater infrared heating elements are backed by a lifetime warranty and don't burn out, like other low-end brands of infrared

heaters that use bulbs.

Similar infrared heaters of this quality are expensive, the suggested retail on this unit is \$399.95, but state residents are being urged to call the Toll Free hotline listed below because the first 785 callers who beat the 48-hour deadline will be able to claim one of these infrared iHeaters and have it delivered directly to their door for only \$159 and the shipping is free. This is an extraordinary opportunity for those in need of help on winter heating bills. "We're preparing ourselves for all the calls because a program like this, for a new infrared heater of this quality, has never been released before. So if the lines are busy, keep trying. We'll answer every call in the order they are received" Brinkman said.

**Call toll free:
1-800-981-4589**



The Toll Free Distribution Hotlines open at 9:00 am this morning for US residents only. You must be one of the first 785 callers who beat the 48-hour deadline to have your infrared heater delivered to your door for only \$159 and free shipping. (suggested retail: \$399.95)

OUT & ABOUT

\$3. September 21st The Great NH Pie Festival Sunday 12 noon- 4 pm If you like pie, this one's for you! Taste pie of all sorts from New Hampshire's best bakers and bakeries. You can enter your pie in our famous pie contest and win a great prize, enjoy a horse drawn ride around the farm, visit with the farm animals, take a farmhouse tour, explore the exhibits in our barn and learn to make your own pies at our pie making demonstrations. Kids will love the apple pie eating contest and everyone will enjoy traditional American folk music by Dan Woodman and Pat O'Brien. Event admission: \$10 adult, \$5 child./ Museum members \$6/\$3 or bring a pie for the contest and get in free. Prize Sponsors: King Arthur Flour of Norwich, Vermont. 1305 White Mountain Highway/ Rt. 125, Milton, NH 03887 Phone: 603-652-7840 Email: info@farmmuseum.org Website: www.farmmuseum.org

Seacoast Irish Festival

9/27/2014 (12:00PM)
Event Fee: \$15 in advance, \$20 at door
Join us at this year's Seacoast Irish Festival, Saturday September 27th, ready to outdo last year's event with more acts and more entertainment than ever. Last year's beautiful September weather drew over 1500 attendees to downtown Dover to enjoy a day packed full of music and dance, food, drink and cheer. Tickets can be purchased online at www.seacoastirishfestival.org. Don't miss out on this terrific community event! Central Avenue, Dover, NH 03820 Phone: 603-343-2393 Email: jennifer.brown@dovertownmainstreet.org Website: www.seacoastirishfestival.com

Waterville Valley Chili Challenge & Brews
9/27/2014 (12:00PM)
Event Fee: Free concert. Fee for chili. Waterville Valley area restaurants compete in Town Square for the title of best chili around!

Attendees pay a sampling fee to taste all contender's chili and then vote for their favorite chili. Starts at noon, with a free outdoor concert, and seasonal ales available in the brew tent. 6 Village Road Waterville Valley's Town Square Waterville Valley, NH 03215 Phone: 603-236-8175 Email: townsquare@waterville.com Website: <http://www.waterville.com>

Celebrate Autumn in Sugar Hill
9/27/2014 (10:00AM)
Event Fee: Free
Open-Air Market - Crafters, Artisans, and more. Artisan Demonstrations in Basketry, Wool-spinning, Chair-Caning, Abnaki Beadwork, and more. On Saturday, free Folk Concert at 1 pm. On Sunday, free demonstration of T'ai Chi. Each day Meet local authors and hear about NH's unique & varied history. Carolina Crapo Memorial Building 1401 Route 117 (Main Street) Sugar Hill, NH 03586

Phone: 603-823-8000
Email: cheese@HarmansCheese.com Website: www.HarmansCheese.com/autumn-in-sugar-hillnh.html

Errol Heritage Day - Professional Lumberjack Competition
9/27/2014 (7:00AM)
Event Fee: Admission is free except for pancake breakfast and helicopter rides
Bring the family to celebrate the rich history of Errol, NH! Pancake breakfast 7:00am - 9:00am, lumberjack competition 10am-4pm, bake sale, vendors, raffles to win a chain sawed bear, Barn Quilt (wood) in the "Saw Blade" pattern, plus various Gift Certificates. 11am-2pm, Helicopter Fall Foliage Rides! Main Street, Errol, NH Phone: 603-482-3884 Email: Debb1e2000@aol.com or info@lodgingontheandroscoogin.com

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