

Healthy strategies to survive the holidays

To help you make the holidays their best and arrive on the other side with your weight loss goals still in tact, Anika Christ, senior program manager of Life Time Weight Loss at Life Time Fitness offers these holiday health strategies.

■ **1. It's about the friends and family, not the food.** Food is a component of any celebration but remember, you didn't travel just to eat. "You traveled to see family and friends, so focus on them instead of what you can and can't eat and you'll enjoy these social events more thoroughly," says Christ.

■ **2. Moderate the plan.** Don't expect to go through the holidays without indulging in any of your favorite treats. You're less likely to stick to such a strict guideline. Instead, exercise some moderation and determine ahead of time when you will treat yourself and when you won't. Also be aware of what cravings you need to avoid succumbing to the most and indulge sensibly.

■ **3. Bring your own healthy alternative.** One way you can ensure you'll have a healthy option to enjoy is if you bring it yourself. There are plenty of party-friendly ideas, including: veggie platters, hummus, fruit or



cheese trays, mini meatballs, cold-cut platters, nuts or shrimp cocktails.

■ **4. Make the event your own.** Christ notes that one of the best ways to counter the temptations of the season is to host your own holiday event and put the focus on physical fitness and fun instead of food. "Invite family members to go ice skating, skiing or sledding before coming back to your home for a healthy meal," she says. "You'll create lasting memories without the lasting calories."

■ **5. Eat before you eat.** If you're worried about overeating at an upcoming holiday party, one of the best things you can do is eat beforehand. A healthy snack eaten before you arrive will tide your appetite and help you avoid overindulging in less-healthy fare later.

■ **6. It's better to give.** If baking is one of your favorite holiday traditions, you don't need to forgo this activity in the name of weight management. You can still make your favorite cakes, cookies or desserts - just make sure to share them with co-workers, family and friends instead of keeping them home where they will simply tempt you.

■ **7. Be good on your off days.** No matter how busy you are during the holidays, you will have an off day here or there. Christ says, "This is the perfect time to remember your weight-management goals and treat yourself to a healthy dinner or some physical activity."

■ **8. Ease the stress.** The holidays are a wonderful time of year, but they can also be stressful with all the extra shopping, planning and traveling they entail. If you turn to food when feeling stressed, be mindful of this during the holidays. Plan some time for yourself and include activities that will alleviate that stress, such as meditating, yoga, massage or working out.

■ **9. Be financially fit.** Avoid the stress of overspending by establishing a budget for everyone on your list before you start shopping. Making presents for loved ones is also a cost-effective, thoughtful alternative. (BPT)

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Guide for finding perfect holiday gifts for men

The pressure to find the perfect gift when shopping for men this holiday season can easily become a daunting endeavor, but with online retailers, shoppers can better search for the perfect gift with these simple tips. "It's important to remember that a well thought-out gift often leaves the greatest, lasting impression," says Denis Daly Wood, founder of fourth-generation luxury men's designer and online retailer Dalys 1895.

Well-versed in luxury menswear, founder Denis Daly Wood curates innovative and exclusive accessories from around the world for Dalys 1895 each season. He offers the follow tips to help ease the gift buying process:

■ **Hone in on what he loves.** Keep the recipient's interests in mind while shopping. If the recipient spends his free time sailing or by the beach, nautical-themed cufflinks or Caravaggio pocket squares are tasteful ways to incorporate his interests into a useful gift.

■ **Think outside the box.** Everyone loves receiving thoughtful, one-of-a-kind gifts. Engravable items, such as sterling silver money clips, are not only useful, but should be personalized to make the gift even more



heartfelt.

■ **Make practical purchases.** If the recipient is a frequent traveler, an overnight tote or weekender bag from Jack Spade, Troubadour, or the British Belt Company makes for a stylish and useful gift. While everyone loves a good gag gift every now and then, the most well-received gifts are tasteful and practical.

■ **Set a spending cap.** It may be tempting to overspend, but it is important to set a reasonable budget and stick to it. Many online sites allow you to filter products by price. Shoppers should use these price sort-

ing filters to ensure you shop smart.

■ **Find versatile gifts.** Finding a gift that satisfies a number of the recipients' interests can be difficult, but will ultimately prove to be gratifying. Wearable technology, like sterling silver 16GB USB cufflinks, are a great gift that complement style and function allowing him to store his favorite movies, music and more on-the-go.

■ **Build in extra time.** Consider reputable online retailers to avoid mall traffic, but be sure to take shipping time into account. If an item needs to be engraved or embroidered, build in ample time to ensure the gift arrives in time for the holidays.

■ **Find a retailer with a generous return policy.** Even with the best intentions, gifts may need to be exchanged. Seek out a retailer which offers free returns and other customer service perks.

For more holiday gift ideas for men, visit www.Dalys1895.com where you can find a bevy of options for the men on your holiday shopping list.

By being a savvy shopper this holiday season, you can ease the gift-giving process and make a lasting impression. (StatePoint)

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New trends in holiday shopping this year

Whether it's a husband buying yoga pants for his wife, a daughter looking for fly fishing supplies for her dad, or a childless uncle looking for gifts for nieces and nephews, consumers tend to stray from their retail comfort zones during the holiday season in pursuit of the perfect gift for loved ones.

In fact, nearly two-thirds of consumers will shop at national retailers they don't normally visit during the holiday season, and this behavior increases the higher the income bracket, according to recent data from Placeable, a company that helps national brands compete locally by building improved local digital presences.

So how do retailers make sure one-time shoppers find their local outlet during the holidays and retain them as customers into 2015 and beyond?

"In the information age, many retailers are wisely relying on digital marketing strategies to better catch a shoppers' eye," says Ari Kaufman, CEO of Placeable.

Luckily, such strategies are beneficial to customers and retailers alike, and there are some key trends to watch out for this shopping season.



Many consumers, particularly millennials, turn to a retailer's website first before going to a physical store to make a purchase-- and they are expecting that the location and hours, as well as current discounts and promotions, will be readily accessible information.

Savvy brands will make sure this information is locally accurate and precise, as research shows that more than two-thirds of people will lose trust in a brand if they get lost walking or driving to a location because of an incorrect address listing. In fact, 71 percent of customers will go to a competitor while en route to their intended location, according to Placeable data.

No shopper wants to be lost at the mall, which is more likely to happen when you're searching for a store you wouldn't normally visit

or you're shopping while out of town, another seasonal trend. As more brands catch onto the importance of their crucial information being up-to-date at the local level, you can expect to be a better-informed and more efficient consumer, especially during the busy holiday shopping season.

These days, online research drives many consumers purchasing decisions. As more brands catch onto the importance of this trend, consumers can expect that their online searches for a particular retailer will trend less toward an online directory listing (with potentially obsolete information) and more directly toward a retailer's locally tailored website. This will mean more useful, real-time information at the fingertips of consumers -- such as in-store promotions, extended hours and other local marketing efforts.

Brands that keep up with the digital trends and adopt data crunching tools, such as marketing automation, will be better prepared to handle the increasing demands of consumers looking for more targeted information in the years to come. The holiday season is a great time to notice how these changes affect your shopping experience. (StatePoint)

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Planned or spontaneous, pull off your next party with ease

Cookie exchanges, gift sharing, reuniting with friends and family - there's so many reason to plan a holiday gathering at your house, or spontaneously invite your friends over for the afternoon. No matter if they're planned or spur-of-the-moment, you can host a holiday gathering without doing a lot of work. Instead of trying to organize a sit-down dinner, opt for the relaxed approach with delicious appetizers and food samples scattered strategically in areas around the house, designed to encourage your guests to mingle and share stories. Here are some tips to pull off this unbelievably simple style of entertaining:

■ **Intimate gatherings** - In your home, where will guests naturally congregate? In many homes it's the kitchen, but for some, it might be the living area or dining room. Start with this room first. Look for ways to arrange the furniture so food can be easily accessed without creating a crowded area. Some ways to do this include grouping chairs and small tables into corners, which will encourage guests to sit down and comfortably enjoy the food in small groups.

■ **Entice with food** - The food you serve can be just as much a part of the social gathering as the people you invite. For example, cheese fondue will encourage your guests to

come back and try multiple combinations of vegetables, meats or bread to dip and taste. And to make the food prep even easier, Emmi Original Fondue from Switzerland has all the elements of traditional fondue and is ready to heat and serve right out of the package. Your guests will love the blended tastes of signature Swiss cheese, wine, kirsch brandy, and spices from Switzerland when melted in your fondue pot, as they give chopped veggies and dipped bread a completely new taste experience. Fondue is the perfect way to warm up on a cool day with friends huddled around the pot.

At another table, place fun dessert bars cut into small pieces so your guests will feel comfortable coming back to sample several. And at a third table, offer everyone a smorgasbord of finger foods- again in small servings - that entice visitors to make return trips for more. To keep your party planning simple, make the dessert bars ahead of time and choose finger foods that don't need a lot of prepping like nuts, fruit and cured meats.

■ **Sharing stories or dancing?** - If you're having an afternoon party, there's a good chance your guests will be interested in food and conversation. So plan to keep the music volume low so no one will have to shout over



it to be heard. Remember, too, that the more people you have talking at your party in small groups, the louder the conversation volume will be. But if you're holding an evening party and anticipate guests will want to dance, you might want to turn the music up. Create a playlist or two of music that is appropriate for your event, allowing you to switch the tempo and volume at a strategic moment with the push of a button.

With these simple tips, you can easily host a spontaneous or planned gathering without a lot of stress. It's a great way to celebrate the holiday season with your closest friends and family. (BPT)



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Keep pets happy and healthy this holiday season

The holiday season can mean new routines, new décor and new foods in your home. While these temporary changes can be exciting for people, they can be hazardous to pets.

“The extended holiday season is no excuse to take a vacation from being a great pet parent,” says Dr. Jeff Werber, Hollywood’s Vet to the Stars.

Keeping your dog happy and healthy this holiday season is easy, Werber says. He is sharing some seasonal tips.

■ **Keep curious pets focused:**

Most pets will be curious about the tinsel, ornaments and ribbons of the season. Since most decorations are not pet-friendly, keep them beyond reach and take necessary precautions and keep your pets focused on something they truly enjoy.

If your dog begs at the table every night, chances are they’ll be begging at the holiday dinner table. With new people over and different kinds of food falling to the floor, it’ll be important to prevent distractions during dinner. Use healthy treats, such as Greenies, as a training tool to keep your dog away from



from a dog because of its bad breath, more than a quarter say they don’t brush their dog’s teeth at all. And bad breath isn’t just unpleasant; it can be a sign of poor dental health or dental disease. Consider giving your dog a dental chew that carries the Veterinary Oral Health Council Seal of Acceptance for control of plaque and tartar, such as Greenies Canine Dental Chews. They are the number one veterinarian-recommended dental chews and are available in special Season’s Greenies holiday packaging around this time of year.

■ **Give your pet extra love:**

During the holidays your routine will likely change. Your dog will be able to tell, but not know why.

As you are out shopping or attending a holiday party, your pet might be missing out on his usual attention. Show your pet some love by setting some time aside for daily play time or an extra walk. Or give them their favorite treat.

More pet health tips and resources can be found at www.Greenies.com. (StatePoint)

guests’ dinner plates.

■ **Give recognizable gifts:** A whopping 85 percent of pet parents buy their dog a holiday present, according to the 2014 Greenies: Dog Owners Survey. In order for your pet to be as thrilled about their stocking as you are, give them the same treat before the holiday -- so that it’s more familiar and better received.

This year, consider giving a gift that promotes good health. While nearly half of all dog owners have turned away from a kiss

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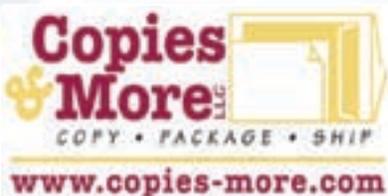
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Holiday survival guide: quick tricks to eliminate hassles

(BPT) - 'Tis the season for family gatherings, dinner parties, gift exchanges and the sound of laughter coming from around the table. With the hustle and bustle surrounding the holidays, finding ways to reduce stress can help you survive the season. Here are six simple tips that will help your holidays go from hectic to holly and jolly, with even a little time left over to relax before your guests start arriving.

■ Clean sweep your to-do list

Getting a jump start on your home's preparations will keep you from burning out early. Clean the house thoroughly a few weeks prior to your big event instead of waiting until the last minute. Check for any light bulbs that need to be replaced, carpet stains that need treatment, and pesky cobwebs in your fixtures. Discard old condiments in the refrigerator and add more to your shopping list. Baking soda



and a warm rag left on a glass cook top for 15-minutes leaves your surface sparkling - no elbow grease required. Don't forget your oven - the self-cleaning option saves you time so you

can move on to the next task.

■ Own the tradition

While the tradition of celebrating holidays is passed down from one generation to the next, there's no need to hide your personal flair. Forgo a traditional centerpiece and create a tablescape reflective of your family's personality instead. To add dimension to your dessert table, glue candlesticks to mismatched plates to create holiday treat pedestals. Only have a few minutes before your guests arrive? Use Crazy Glue Craft Gel to create centerpieces and personalized place settings out of beads, gourds, holiday baubles and handwritten name cards. Even if your handwriting didn't score an A, your guests will appreciate the

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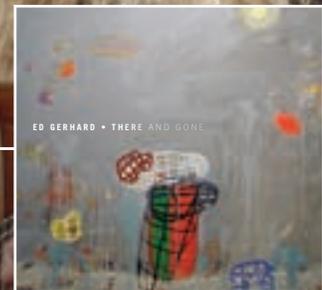
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soon lead to decoration overload. Choose a color scheme ahead of time and stick to two or three colors. Decorating with colors that complement your existing decor will bring holiday cheer into your home seamlessly. If you have outdated decorations that you just can't part with, consider giving them new life with a fresh coat of metallic spray paint. Wrapping gifts with similar colors, ribbons and metallics add the finishing touches to your decorating scheme. For added cost-savings, potato chip bags turned inside-out can be repurposed as metallic wrapping paper or bows. Cut open the empty bag, wash with soap and water and let dry. Then wrap your present and finish with a colorful ribbon or gift tag.

■ **Satisfy the senses**

Add a few drops of essential pine oil to your air filter to keep your home smelling festive even if you have a fake tree. For a softer scent, boil water and add vanilla extract, rosemary and a few lemon slices. Opt for table lamps in the living room instead of harsh overhead lights. The warm yellow glow will add to the ambiance of candles, fireplaces and twinkling string lights. Finally, have a few family-friendly movies on hand to provide your guests with entertainment and a little down time between



dinner and dessert.

■ **Take-home treat trends**

Tired of losing Tupperware containers to family and friends who forget to return them? Whether it's Thanksgiving turkey or holiday cookies, you can pack up leftovers in personalized take-out containers and keep your Tupperware safe at home. Pick up an assortment of blank, disposable take-out boxes from your local craft store and apply adhesive labels. Write your guests' names on the labels and decorate the boxes for the occasion with embellishments and glue. When it's time to fill each box

as your guests prepare to leave, keep a marker and extra labels nearby so you can also write down what treats they'll find in each container.

■ **Storage solutions**

When the holidays are over, ornaments don't always find their way back to their original packaging. Wreath bags, ornament organizers, dinner plate containers and string light storage bins keep your decorations safe during the off-season. If you have wrapping paper left over that you'd like to save for next season, cut a toilet paper roll lengthwise and wrap it around the wrapping paper to prevent unraveling. To avoid holiday emergencies next year, keep a small, unopened tube of Krazy Glue's

Maximum Bond formula with the breakable decorations to quickly fix any ornaments, centerpieces or china that might get damaged in storage.

Elegant and often extravagant celebrations are at our fingertips in magazines, blogs and on sites like Pinterest and Etsy. The images inspire us to host picture-perfect holiday celebrations, but we can find ourselves in over our heads when it comes time to execute. Remembering these six simple tips will prepare you for a headache-free holiday season.

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Real Christmas Tree Traditions and Myths

Celebrating the holiday season with a Real Christmas Tree is a long-standing tradition. Each year, 30 to 35 million American families celebrate the holiday season with a fresh, farm-grown Christmas Tree. Christmas Tree enthusiasts believe the aroma of a Real Christmas Tree is a strong reminder and symbol of life, family traditions and the innocence of childhood itself. Much like other crops provide food for the body, the aroma of a farm-grown Christmas Tree provides food for the soul.

The use of evergreens as a symbol and celebration of life during Winter Solstice celebrations started in ancient Roman and Egyptian times. This practice evolved over the centuries to be incorporated in the celebration of Christmas in the Germanic areas of Europe.

The first recorded display of a decorated Christmas Tree was in 1510, in Riga, Latvia. Christmas Trees were decorated with fruit, cookies and candy that would later be shared among family members as gifts after the Holiday Season was over.

Now in the 21st century, the tradition of families choosing their centerpiece of holiday celebrations has become generational, inheritable and transferable. Many tree farmers and retailers across America witness this phenomena firsthand each year.

Along with legends and traditions, many

myths about the Real Christmas Tree have become as attached as the stars on the top. One such myth is that all Real Christmas Trees come from pristine forests and therefore it is shameful to use a Real Tree instead of an artificial one. Of course, this is only myth... 98% of all Real Christmas Trees used each year are grown on farms as sustainable crops, just like corn or pumpkins.

Another myth is that Real Christmas Trees are a fire hazard. How many times have we all seen the burning tree on the local action news? In fact, based on stats compiled by the National Fire Protection Association, fewer than one-one thousandth of a percent (0.001%) of all Real Christmas Trees used each year are involved in a fire. That's not a fire hazard! With proper care, Real Christmas Trees can maintain their freshness and moisture content throughout the holiday season.

Many people also complain that a Real Tree bothers their allergies. While it's quite possible that a person may be allergic to tree pollen or even tree sap, it's not as widespread as many believe. Judy Tidwell, on About.com reports that during the holidays, there "are many allergens that can cause reactions, although the Christmas Tree often takes the blame. The main culprits include mold, dust and food."

A Real Tree itself is unlikely to produce pollen during December, but being outdoors for years in the field, it can collect pollens, dust, mold or other allergens. Of course, so can the artificial tree stored in the attic or basement.

Compiled by the National Christmas Tree Association www.realchristmastrees.org

Frequently Asked Questions

The following are some of the most commonly asked questions we receive from consumers and the media:

Is it okay to buy a tree that is losing its needles? Some dropping of older, interior needles is natural and normal. However, if the overall color is faded, the bark of the

outer twigs is wrinkled and the green, exterior needles easily fall off at a gentle touch or when the tree is bounced on a hard surface, it is excessively dry. Select a different one.

Is a fresh cut really necessary before putting a tree in a water stand? Always make a fresh cut if possible. After time, generally 3 to 6 hours, the cut stump gets air in the plant tissue, which lessens a tree's water absorption capacity. A fresh cut will reopen the pores that take up water.

How much should be cut off? Only one half inch is necessary.

Will tapering the base or cutting it at an angle increase the area that takes up water? No. This reduces the surface area of plant tissue that absorbs water molecules. Once the water level falls below the exposed surface on a tapered trunk, drying will begin. An angle or "V" cut will require more water depth to cover the cut surface. It also makes the tree more difficult to hold upright in a stand and less stable.

Should I add bleach, aspirin, fertilizer or other things to the water to make my tree last longer? No! Research has shown that plain tap water is best.

How large should my water stand be? Choosing a large capacity stand is one of the most important steps to maintaining your tree's freshness. Avoid small "coffee cup" stands.

What kind of tree stand should I use?

The most important characteristic is water capacity.

Do Real Trees present the type of fire hazards we often hear about on the news?

Less than 0.0004% of Real Christmas Trees used each year are ignited in home fires and NEVER has a Real Christmas Tree caused or started a fire. Even though the chance of a Christmas Tree fire is very slim, you can ensure that your Real Christmas Tree stays fresh and safe by following the NCTA recommended care tips.

Isn't it bad for the environment to cut down a tree and use it for Christmas?

It is much better environmentally to use agricultural crop and recycle it after the holidays.

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Real Christmas Trees are Recyclable

After the holidays, don't throw your Real Christmas Tree in the trash or set it on the curb. Real Christmas Trees are biodegradable, which means they can be easily reused or recycled for mulch and other purposes. Here are some recycling options and tips on what to do with your tree after the holidays. Every community is different, but in general, you have these options:

Curbside pick-up for recycling: Most areas will collect trees during their regular pickup schedules on the two weeks following Christmas. There are often requirements for size, removing ornaments, flocking, etc.

Take your tree to a drop off recycling center: Most counties have free drop-off locations throughout the county. Usually, you may take up to two trees to a drop-off location at no charge.

Yard waste: Cut the tree to fit loosely into your yard waste container.

Tree recycling/mulching programs: Tree recycling and mulching programs are a fast-growing trend in communities throughout the nation. Check with your local department of public works for information. They chip and shred the trees, then make the mulch available

for use in your garden. Your hauler will notify you of pick-up dates in your area. Be sure to check with your local hauler.

Nonprofit pickup: Call for an appointment to have a nonprofit organization in your area pickup your tree. Some Boy Scout troops offer a pickup service for a small donation (often \$5).

Other Recycling Options

Soil erosion barriers: Some communities use Christmas trees to make effective sand and soil erosion barriers, especially for lake and river shoreline stabilization and river delta sedimentation management. Read about how Christmas trees are helping the sand dunes in New Jersey recover from Hurricane Sandy.

Mulch: A Christmas tree is biodegradable; its branches may be removed, chipped, and used as mulch in the garden. If you have a neighbor with a chipper,

see if he will chip it for you.

Paths for hiking trails: Some counties use the shredded trees as a free, renewable and natural path material that fits both the environment and the needs of hikers!



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10 AM to 7 PM until
Christmas Eve

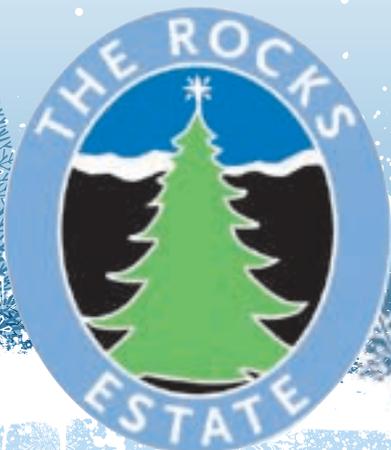
Free Hay Rides
And Hot Chocolate
Every Weekend

Pre cut trees from
4 ft to 20 ft

Come see Santa
every Sunday
afternoon 1-3

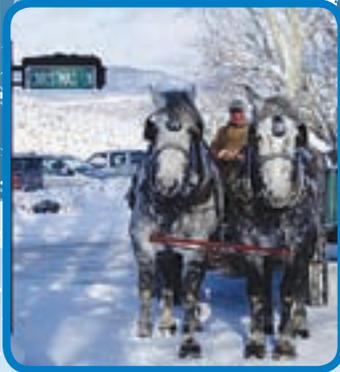
Come and visit the
Traveling Barnyard
See and pet the
Farm animals
(weekends only)

Return this ad and receive
\$5 OFF when you buy a
wreath & tree combo.



The Rocks Estate

4 Christmas Lane,
Bethlehem, NH 03574
Please call 603-444-6228
www.therocks.org



Holiday magic returns to The Rocks Estate this season

**Farm open for shopping November 3,
for Christmas trees November 22**

BETHLEHEM, N.H. - There's no better place to get into the holiday spirit than Christmas Lane, address of The Rocks Estate. With row upon row of perfect Christmas trees, a fire pit for munching s'mores and sipping cocoa, two shops filled with gifts and decorations, horse-drawn wagon rides and its very own Green Father Christmas, The Rocks is brimming with holiday magic.

The Rocks Marketplace and the Gift Shop open for early shoppers Nov. 3 and will be open 10 a.m.-4 p.m. daily through Christmas Eve. Christmas tree shoppers may select a tree from the farm's retail lot or wander the fields to Cut-Your-Own Christmas tree beginning Nov. 22. The Rocks will be closed Thanksgiving Day, but otherwise open daily through Dec. 24.

"Each year we welcome new customers and visitors who return every Christmas, year after year, to find their tree at The Rocks," said Rocks Estate Manager Nigel Manley. "We love being part of the holiday traditions of so many families. It's impossible not to get swept up into the joy and magic of the season when you're here."

In addition to Christmas trees, The Rocks also offers an array of classic and whimsically decorated handmade wreaths, garland, ornaments, and Christmas tree accessories. The farm boasts two shops, brimming with unique gift items and holiday décor.

"There really is something for everyone in our shops, and we try to balance proven favorites and exciting new items when we stock the shelves each year" said shop manager Carleen Quinn. "We're proud to offer a high percentage of locally and regionally made items, including many from area crafters and artisans, as well as American-made goods from a bit further afield."

The Marketplace is filled with an array of U.S.A.-made and locally-crafted items, from home goods and holiday decorations to jewelry and hand-made soaps, including hundreds of new Christmas ornaments. Marketplace favorites include the selection of Ginger Cottages, handcrafted in Virginia and complete with display lights, as well as a line of wine and cocktail glasses etched with moose images, and designer bottles of maple syrup.

New this year are beautiful Advent calendars depicting classic New England scenes, whose artful appeal will extend beyond the holiday season. Offerings by local crafters and artisans extend from New

Hampshire-themed chocolates and unique preserves to handmade soaps and pottery.

The Gift Shop shelves are filled with Rocks maple syrup, as well as ornaments, decorations, and tee-shirts. Both shops are open daily (closed Thanksgiving Day) beginning Nov. 3, from 10 a.m.-4 p.m.

The Rocks opens for the Christmas tree season Nov. 22. Weekend visitors will find a variety of festive activities, from horse-drawn wagon rides through the beautiful historic Estate to roasting marshmallows around the fire pit and visiting with The Rocks' own Green Father Christmas.

Wagon rides will be offered Nov. 22, Nov. 28-30, Dec. 6-7, Dec. 13-14, and Dec. 20. Father Christmas will be at the farm visiting with shoppers and presenting fir tree seedlings to children Saturdays from 10 a.m.-2 p.m.

The Rocks will again be supporting the Trees For Troops program and its national campaign to deliver 17,000 farm-grown Christmas trees to members of the United States military and their families at home and abroad this holiday season.

Can't make a trip to The Rocks this season? Don't fret; the shopper-friendly Rocks Estate online store offers a variety of Christmas trees and holiday wreaths, along with ornaments, garland, and tree accessories, as well as The Rocks' own maple syrup. All items include free shipping, and customers may create a holiday wish list and ship to multiple addresses with one order. Mail order shopping is open through Dec. 16.

The Rocks Estate has been featured in media outlets from the Boston Globe and Martha Stewart's Living to WMUR's Chronicle and Good Morning America.

The Rocks is the North Country Conservation and Education Center of the Society for the Protection of New Hampshire Forests (HYPERLINK "<http://www.forestsociety.org/>" www.forestsociety.org). The Forest Society is a non-profit membership organization founded in 1901 to protect the state's most important landscapes and promote wise use of its natural resources.

The landmark 1,400-acre Rocks Estate includes numerous buildings listed on the National Register of Historic Places and offers Agri- and Eco-tourism opportunities throughout the year. For more information please visit HYPERLINK "<http://www.therocks.org/>" www.therocks.org For reservations and other inquiries e-mail HYPERLINK "<mailto:info@therocks.org>" info@therocks.org or call 603-444-6228.