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Travel for boomers made easier with AARP

These days, travel for baby boomers can be challenging. But AARP wants to make everyone's road to their favorite destinations quicker and more enjoyable through their new website, travel.aarp.org.

Multiple studies cite travel as the top aspirational activity for individuals ages 50 and over. And, recent research conducted by AARP shows that approximately 80 percent of people 50-plus spend between 30 and 36 hours a year researching, planning and booking their trips online. Ideally, they would prefer to spend about 12-18 hours per year doing so. Additionally, they spend about 18 hours a year online booking these trips, when they would rather spend 12 hours on this.

The nature of travel for boomers is diverse and includes business trips, visiting family members and taking exotic getaways. But online travel planning for any trip can be tedious, with time-consuming tasks of visiting many websites to get information to plan and book a trip.

The new AARP Travel website offers a one-stop shop to plan, book, and share a trip -- be it a quick weekend getaway or a longer vacation. Anyone can explore the site, which pulls together content, tools and features -- making each step both fun and easy.

The site's articles and tips are particularly geared toward helping people 50-plus think about fun ideas on where they may want to go,

including food festival-themed trips, places to reimagine their lives and must-see international destinations. The site also offers more practical information such as saving money, locating accommodations for special health needs and managing safety concerns.

The site's interactive tools were designed to make the planning process easier and more delightful. If a user would like more ideas on places to go, AARP has created a "Trip Finder" tool that offers suggestions. Destination Guides include key information and details about specific locales, including suggested things to do. Within each guide, a detailed "Map Explorer" function shows users street-level details of an area's hotels, restaurants and attractions that can then be saved to "My Saved Trips," where users can save personalized itineraries and build upon them each time they return and log in.

For more information and travel tips for individuals 50-plus and their families, visit travel.aarp.org. (News-USA)



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Help your pets avoid the threat of fleas

Pet owners love their four-legged friends. In fact, many are considered a part of the family. However, one thing that dog and cat lovers hate are the fleas that ultimately find their way onto their beloved pet and into the home.

"Protecting your dog from fleas is an important part of responsible pet care," says Caryn Stichler, vice president of marketing for Sergeant's Pet Care Products. "Fleas cause distress for pets, and can cause a condition called Flea Allergy Dermatitis."

Fleas, which can live both inside and outside of the home, can transmit tapeworms to animals, and their bites commonly cause skin irritation and itching. In fact, if you see your pet twisting into pretzle-like shapes trying to scratch certain body parts, chances are they have an allergy to the saliva of fleas -- or flea allergy dermatitis.



The best approach to managing an infestation is prevention. Giving your pet frequent baths, regularly cleaning your pet's bedding and vacuuming furniture, rugs and floors will help break the flea's life cycle.

"It is important to start treatment before there is a flea problem," says Stichler. "One or two fleas can quickly

become hundreds of fleas on your pet, so treating fleas fast is important."

If your pet has flea problems, you may want to consider treating your pet with an over-the-counter solution. For those pet owners seeking an alternative to topical flea medication, oral tablets such as FastCaps (nitenpyram), from the makers of PetArmor, is the solution.

FastCaps contain nitenpyram, the same veterinarian-recommended active ingredient found in Capstar (nitenpyram), and begins working in 30 minutes to kill adult fleas on your pet. The fast-acting oral tablet, which can be found at discount retailers, works for dogs and cats that are two pounds or greater and four weeks of age or older.

To learn more about FastCaps, visit www.petarmor.com. (NewsUSA)

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Here are some tips for healthy eating as we age

Good nutrition plays an important role in how well you age. Eating a healthful diet helps keep your body strong and can help reduce your risk for heart disease, diabetes, stroke and osteoporosis. Studies even show a link between healthful eating and longevity. "As we age, the body becomes less efficient at absorbing some key nutrients. Appetite and taste can suffer from loss of sense of smell and taste or from side effects of medications. Bad teeth can make some foods difficult to chew or digest," said Arthur Hayward, MD, a geriatrician and the clinical lead physician for elder care with Kaiser Permanente's Care Management Institute. "So choosing foods carefully is smart." Here are five tips to help you get the nutrition your body needs:

1. Avoid empty calories.

Foods with empty calories may contain very few vitamins and minerals. "Convenience foods," such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the "bad" carbs -- foods that have white flour, refined sugar and white rice.

2. Choose nutrient-rich foods.

Eat a variety of foods. The more you



vary the foods you eat, the more vitamins, minerals and other nutrients you get. For example:

- * Eat lots of fruits and vegetables -- Choose fresh, frozen or no-salt canned vegetables and fruits in their own juice or light syrup.
- * Eat foods with protein -- Protein is found in lean meat, fish, poultry, eggs and cheese, cooked beans, peanut butter and nuts and seeds.
- * Get enough calcium and vitamin D -- Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.
- * Include foods high in vitamin B12 -- After 50, the body produces less gastric

acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish and eggs.

* Eat high-fiber foods -- This includes fruits, vegetables, cooked dried beans and whole grains.

3. Drink plenty of fluids.

Drink plenty of fluids -- enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

4. If your appetite is poor.

Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines. Medication can cause appetite or taste problems.

5. Eat soft foods.

As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry or fish. Add sauce or gravy to the meat to help keep it moist. For healthy recipe ideas, check out Kaiser Permanente's Food for Health blog at <https://foodforhealth.kaiserpermanente.org>. (NewsUSA)

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Choosing the right home health care agency

When illness or injury strikes, home health care is oftentimes not only preferred, but statistically shown to rapidly improve healing and give peace of mind. So, how do you sift through the many choices? To begin the process, make a list of what you think your loved one will need. Next, ask for referrals from your loved one's physician or a family member or friend. If your loved one has been hospitalized, ask a social worker or nurse at the hospital. Another good place to look is the Internet. Once you've identified the type of care needed, narrow the search to a few agencies. Here are some important questions to ask:

Services

* Service listing. Do their services cover your loved one's needs? Is someone available to provide information about services, eligibility requirements and funding sources?

* Training and supervision. What formal training programs and certifications does the agency require of its direct care providers? What level of professional supervises the care? How often and how do the supervisors oversee the caregivers



on location to ensure proper care?

* Documentation and coordination. Are visits and treatments documented? Do family members have easy access? Does the agency coordinate with the physician?

Direct Care Providers

* Length of visits. How often does the care provider visit, and how long do they stay? Do they provide care on weekends and evenings? Do the visits allow time to get to know the patient?

* Rotation of care. Is care provided consistently by the same caregiver, or is it rotated among different people? If rotated, how often? Does the family receive advance notice when a change is being

made?

* Accessibility. Do agency office staff and the care provider stay in regular contact? Do they keep you informed of any changes in the patient's health or plan of care?

Fees

* Funding and billing. Are services covered by Medicare or Medicaid? Do they supply written statements detailing costs? How often is the care invoiced if there is payment due?

* Special fees. Are there fees for special or extended services? Who is responsible for them? Are payment plans available for any out-of-pocket services? Is there someone at the agency who can assist in exploring all payment options?

Finally, remember that agencies that embrace current technology work efficiently and seamlessly and often provide the best patient care. Axxess, a supporter of home health care, designs and implements software technology for home health agencies so the care provider in the home can focus on the patient, not the paperwork. Visit www.axxess.com. (NewsUSA)





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Health tips every senior should know before traveling

Marvin Mallon, 86, and his wife, Reva, know how important it is to plan ahead before embarking on a long journey -- especially when it comes to their health. During a road trip through the United States and Canada, Marvin Mallon needed regular hormone injections to treat his prostate cancer. Thanks to his Kaiser Permanente physician, the Southern California grandfather was able to receive his treatment during a stopover in Helena, Montana. "I was miles away from my doctor, and Kaiser Permanente saw to it that I was taken care of," said Mallon. "Older adults usually have several health concerns," said Jose Dryjanski, M.D., a travel medicine specialist at Kaiser Permanente in Southern California.

"They should consult with their doctor or a travel clinic before going on a long trip. Being prepared is the key to staying safe and healthy."

Dr. Dryjanski offers six basic health tips for a less stressful trip.

1. Get vaccinated. Learn what vaccines are needed. You may need shots to protect against pneumonia, measles, meningitis, polio and other diseases. To



develop immunity, vaccines need to be given four to six weeks before your trip begins, so plan accordingly.

2. Remember to take your medication. Refill your prescriptions before you leave. Bring a list of all your medications in case you lose them or need medical attention. Bring important medicines in a carry-on bag. If you have diabetes, check with your airline about travel restrictions regarding insulin, insulin syringes and blood glucose testing supplies.

3. Drink bottled water, and avoid raw food. Stay hydrated. If you're traveling in a developing country, drink bottled water and bottled juices only. Avoid ice, ice cream, soft cheeses and raw veg-

etables. Bacteria found in these foods can cause diarrhea and vomiting.

4. Exercise often. Take stretch or walk breaks, especially if you're on a plane or in a car. Sitting for long periods of time can cause vein and pulmonary clots.

5. Prevent falls and injuries. It's easy to fall while traveling. You can stumble on a curb while sightseeing, or trip in your unfamiliar hotel room. Walk carefully, and make sure your room has proper lighting and a clear path to the bathroom -- free of telephone cords, bags and suitcases.

6. Protect against mosquito bites and sun damage. Mosquito bites can transmit diseases such as malaria. Wear clothing that covers your skin, and use insect repellent approved by the U.S. Environmental Protection Agency. Prevent sun damage by using sunscreen with a sun protection factor of at least 30. If you're traveling abroad, find out in advance whether your health plan covers you. Kaiser Permanente members are covered for care anywhere in the world. Visit share.kp.org/travel. (NewsUSA)

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Skilled Care — The skilled rehabilitation program is run by highly trained professionals providing care, treatment and rehabilitation therapies to individuals following a stay in the hospital, usually for orthopedic surgery, cardiac care, or recovering from serious illness.

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10 steps to help older adults prevent slips, trips and falls

(NewsUSA) - Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the National Institutes of Health.

Seniors who have broken a hip by falling can have trouble recovering and regaining mobility.

The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication.

"Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy. Either can lead to a fall," said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta.

"If you fall, be sure to let your doctor know, even if you aren't hurt. Sometimes falls are a sign of a new medical problem that needs attention."

Many underlying causes of falls can be treated or corrected. Dr. Marina

recommends these 10 proactive steps to reduce the risk of falling.

Make your home safe.

1. Remove clutter, throw rugs and electrical cords that might cause you to trip.
2. Store items on bottom shelves.
3. Add grab bars where necessary -- in hallways, stairways and bathtubs.
4. Add a rubber bath mat in the shower or tub.
5. Make sure your home is well lit. Use night lights in hallways and bathrooms.
6. Keep a phone and flashlight by your bed.

Take care of yourself.

7. Stay as physically active as you can.
8. Wear comfortable shoes with good support.
9. Have your vision and hearing checked.
10. Use a cane or walker if you feel unsteady.

For more information on how to prevent falls, visit share.kp.org/preventing-falls. Also check out everybodywalk.org for tips on walking as an exercise. For questions or advice about a specific condition, talk to your physician.



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A new prescription for finding the right doctor

Finding the right doctor can mean living a healthier life, or it can be the difference between life and death.

Yet until now, consumers traditionally haven't accessed information that would enable them to find the right doctor for their individual needs.

Americans have typically found their physician by word of mouth -- either from friends, family members, their doctor or their insurance list. And the problem is that these references are not subjective and only give a snapshot of a particular doctor -- one who may or may not be the best fit for your needs.

"The Internet has dramatically changed how people get important information and make connections. Just look at the popularity of sites like Zillow and TripAdvisor.com. But unlike shopping for a house or vacation, detailed information



about physicians and hospitals hasn't been easy to use for decision-making," says Roger Holstein, CEO, Healthgrades.

But that's about to change. For the first time, consumers can search for doctors based on information that physicians themselves agree are most important: the doctor's experience, the clinical outcomes of the hospital where they practice and

the satisfaction of their patients. The new search experience is available free at Healthgrades.com.

The in-depth search capability addresses an important gap -- 90 percent of consumers have said they could make a better choice when selecting a physician if they knew more about the physicians in their insurance plans, according to a Harris Interactive study conducted for Healthgrades.

"Knowing if a doctor diagnoses a particular condition or performs a procedure is critical to understanding their experience in treating patients like you -- which can influence the quality of care you receive," says Archelle Georgiou, MD, a healthcare advisor. "If you are searching for a doctor, Healthgrades should be your first stop."

To find the right doctor for you, visit www.healthgrades.com. (NewsUSA)



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Grandparents, keep your meds away from young children

Grandparents love spending time with their grandchildren. Grandbabies bring so much joy. However, it's not unusual for the curious, tiny fingers of youngsters to end up in places they shouldn't. Putting precious or breakable objects out of reach is important, and so is keeping medicines and vitamins up and away and out of sight of young children.

More than 70,000 children end up in emergency departments each year after getting their hands on medicines left within reach. That's 165 kids -- or roughly four busloads of kids -- per day. Far too often, that medicine belonged to a grandparent.

Where are young children getting their hands on medicines? From countertops and bedside tables, purses and pockets, and loose pills on tables or floors. Weekly pill minders can help you keep track of multiple medications, but they rarely have child-resistant features so a curious child can't get into the colorful medicines stored inside.

"Grandparents and parents may not



be aware of the danger posed by leaving medications where young children can reach or see them," says Dr. Dan Budnitz, director of the Medication Safety Program at the Centers for Disease Control and Prevention (CDC). "A few simple steps -- followed every time -- can protect our children."

So, grandparents, enjoy your precious time with your young grandchildren. But whether hosting them in your house or visiting at theirs, remember to store your medicines in a place they cannot access. Here are some tips from CDC's "Up and Away and Out of Sight" initiative:

* Keep all medicines and vitamins

up and away and out of sight in a high cabinet or other place inaccessible to your grandchildren. If you think you may forget to take your medicines if they are not in sight, leave yourself a reminder on the refrigerator or somewhere you check daily.

* Never leave medicine or vitamins out on a counter or bedside table, even if you have to take the medicine again in a few hours.

* Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the click.

* Never tell children medicine is candy so they'll take it, even if your grandchild does not like to take his or her medicine.

* Keep purses, bags or coats that have medicines or vitamins in them out of reach and sight of young children.

* Program the Poison Help number (1-800-222-1222) into your phone so you have it in case of emergency.

Visit UpandAway.org for more tips on safe medicine storage. (NewsUSA)



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Important tips for choosing a Medicare Health Plan

As baby boomers retire in record numbers -- 10,000 Americans a day -- more seniors than ever will be asking themselves, "How do I choose a Medicare health plan that's right for me?"

"Seniors should look for a high-quality health plan that has a team of doctors and specialists, who work together to coordinate your care and keep you healthy," said Patrick Courneya, M.D., medical director, Kaiser Permanente Medicare Health Plans.

Dr. Courneya offers these five important tips to help older adults make an informed decision for a healthy future:

1. Know when to enroll. Anyone who first becomes eligible for Medicare as they turn 65 can enroll during the three-month period before or after their 65th birthday. Those who choose to enroll after this window of time may pay a late-enrollment penalty. Medicare-eligible members may join or change plans during open enrollment from Oct. 15 to Dec. 7 each year, or they can join a Medicare five-star quality-rated plan nearly all year long. See tip four for star ratings details.

2. Know the difference between



Medicare and Medicare Advantage. Medicare is the national health insurance program that began in 1965 and covers millions of Americans who are 65 and older, and those with certain disabilities. Medicare Advantage plans are offered by private organizations and approved by Medicare. Some Medicare Advantage plans offer extra benefits such as vision. Enrollment trends show that nearly one in three people who have Medicare are enrolled in a Medicare Advantage plan.

3. Confirm health plan doctors accept new Medicare members. Choose a Medicare health plan that offers a network of doctors and specialists who accept new Medicare members. Some physicians are opting out of caring for Medicare mem-

bers. Also, keep in mind, as Medicare members age, they may need access to more specialists who accept Medicare members.

4. Use the Medicare 5-star Quality Ratings Tool. The Medicare Star Quality Ratings system was created by the Centers for Medicare & Medicaid Services to help beneficiaries choose high-quality Medicare health plans. Plans receive an overall rating from one to five stars, with five being the highest for quality and service. Medicare members have the benefit of joining a five-star plan nearly all year -- from Dec. 8 through Nov. 30 of the next year. They must be eligible and live where a five-star plan is offered.

5. Review your health care needs annually. A Kaiser Family Foundation survey found that many beneficiaries -- once enrolled in a Medicare health plan -- don't often feel confident they made the right choice, and don't review their plan if their health care needs change. Medicare enrollees can use the Medicare star ratings to help them feel confident about choosing a high-quality plan. (NewsUSA)

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Lighting for aging eyes - Don't get left in the dark

Lighting becomes more important as people age. According to the American Lighting Association (ALA), with each passing year, everyone requires more light to see properly. Terry McGowan, director of engineering for the ALA, says, "Older eyes experience two important changes."

First, the amount of light required to sustain visual performance increases with age. Research shows that a 60-year-old needs twice as much light as a 30-year-old. Second, with time, human eyes become more sensitive to glare. This can seem like a bit of a Catch-22, as more light can often result in increased glare. That's what makes the quality of light more important as you grow older.

With many baby boomers reaching their mid-60s, homeowners should consider user age as a factor in their home lighting design. It is easy to enhance the visual performance and enjoyment for baby boomers and older folks with a few



simple lighting adjustments:

- * Turn on one or two table lamps while watching TV to reduce the contrast between the bright screen and the surrounding darkness.

- * Use a torchiere for uplighting as well as downward illumination for versatility. Look for a fixture with a separate task light attached or one with a glass bowl at the top to shine some light downward.

- * Have a task light that can be directed or pivoted. In addition to providing sufficient light, proper lighting design is essential to human health. "As people get

older, it isn't just the amount of light, it is also the color of the light and when it is applied, that is key to regulating things such as circadian rhythm and REM sleep cycles," says McGowan.

Growing research indicates that light can impact human health in numerous ways, including susceptibility to Alzheimer's disease. The question is: What exactly can aging people do to help their

eyes and health? The answer, according to McGowan, is to enjoy bright days and dark nights. "If you're older and don't sleep very well, expose yourself to bright light, such as daylight, early in the morning ... a walk outside will do it ... and sleep in a dark room at night. That will do everything required to regulate your circadian rhythm," says McGowan.

To see fixtures to help improve light quality without increasing glare, go online to www.americanlightingassoc.com. (NewsUSA)

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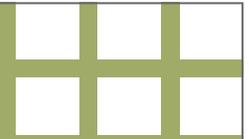
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OUT & ABOUT

Friday Night Lights Shopping Series at Settlers' Green

1/9/2015 (4:00PM)
 Event Fee: Contact for details.
 Free hot chocolate vouchers and special offers to select stores. Plus, new this year, purchase Attitash Mountain Resort and Wildcat Mountain discounted lift tickets during this event.
 2 Common Court
 North Conway, NH 03860
 Phone: 603-356-7031
 Email: info@settlersgreen.com
 Website: settlersgreen.com

The Spirit of Johnny Cash

1/10/2015 (7:30PM)
 Event Fee: Tickets start at \$19
 Johnny Cash's music is presented in an informal ensemble of songs, spanning his entire career, creating a concert very similar to what Johnny would have produced and performed. Harold Ford's voice and physical resemblance to Johnny Cash are unmistak-

able, making him a natural as a Johnny Cash tribute artist. True to Johnny's style of showcasing guest artists and sharing the stage, you will hear Carter family songs as well as Statler brother harmonies recreated. The endearing harmonies of Johnny Cash and June Carter come alive at The Flying Monkey for one night only! 39 South Main St., Plymouth, NH
 Phone: 603-536-2551
 Email: fmbboxoffice@thecman.com
 Website: http://www.flying-monkeynh.com/event-detail/the-spirit-of-johnny-cash/2015-01-10/

Potluck Dinner & Silent Auction

1/10/2015 (6:00PM)
 Event Fee: Bring a dish to feed 6-8 people. Potluck Dinner & Silent Auction Potluck dinners at Jackson Ski Touring Foundation are a long honored tradition of social gathering and great food. Potluck starts at 6 pm with appetizers. Please bring a dish to feed 6-8 people and settings for your party. To confirm email info@

jacksonxc.org or call 603-383-9355. The January Potluck will have a Silent Auction for retired signs and meet the new Director Breanne Torrey.

Jackson Ski Touring Center
 153 Main Street
 Jackson, NH 03846
 Phone: 603-383-9355
 Email: info@jacksonxc.org
 Website: www.jacksonxc.org

Winter Trails Day

1/10/2015 (12:30PM)
 Event Fee: Free! Winter Trails Day is a free one day event where people new to snow sports can try snowshoeing and/or cross country skiing! To promote the health, fitness and social benefits of snow sports participation, we are offering free cross country skiing lessons and snowshoe rentals to first timers only on Saturday, from 12:30 -4:00 p.m. Minimum age for a ski lesson is 6 yrs however any first timer can snowshoe or try skiing for free.
 Great Glen Trails, 1 Mount Washington Auto Road, Gorham, NH

Phone: 603-466-2333
 Email: info@greatglen-trails.com
 Website: http://greatglen-trails.com/winter/winter-trails-day/

Gathering Time

1/11/2015 (2:00PM)
 Event Fee: \$20
 Hailing from Long Island, NY, this head-turning harmony Trio of Hillary Foxsong, Stuart Markus and Gerry McKeveny, delivers a seamless vocal blend, inspired guitar work and precise percussion. Gathering Time pays, and plays tribute to, the socially conscious spirit of Peter, Paul & Mary; incorporates the harmonic complexity and rock energy of Crosby, Stills & Nash, and throws in a bit of the Byrds and a jolt of Joni Mitchell with exhilarating results! When they cut loose while performing on stage, "some sort of fundamental, cosmic concordance occurs that makes you very happy that you have ears."
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OUT & ABOUT

Anderson Hall, Wolfeboro, NH
 Phone: 603-569-2151
 Email: info@wfriendsofmusic.org
 Website: <http://wfriendsofmusic.org/>

Book Club reads **The Good Soldier, by Ford Madox Ford**

1/12/2015 (7:00PM)
 Event Fee: Free
 A masterpiece of early modernism, *The Good Soldier* tells the story of the unfolding relationships between two couples at the beginning of the 20th century in the words of an archetypal 'unreliable narrator'. Its portrayal of the destruction of a civilized elite is a work of unforgettable power and literary skill. Our book club is open to all. We've chosen an eclectic, ambitious list of books for the coming year: join us for every meeting, or deal yourself in as the spirit moves you. Most of these titles are in paperback, or should be by the time we'll read them, and they will all be discounted 25% from the publisher's

price for the following year, whether you join us for meetings or not. All meetings unless otherwise noted are on the first Monday of the month, and begin at 7:00, to give you time to have dinner and relax a bit first. Parking is free in the Capitol Commons garage and on the street, after 5 p.m. 45 South Main Street Concord, NH 03301
 Phone: 603-224-0562
 Email: gibsonsevents@gmail.com
 Website: <http://www.gibsonsbk.com/event/Book-Club-January-2015>

Community Conversations: Spirituality - The Quest for Meaning

1/13/2015 (7:00PM)
 Event Fee: FREE
 Monadnock MoonThe Monadnock Region has always served as a source of energy and inspiration for those with spiritual yearnings. This Conversation is about how the spirit of our daily lives here is influenced by our surroundings, and what resources are available

for people seeking to further explore and develop their expression of spirituality. Panelists: Swift Corwin: forester, poet, photographer Jamie Hamilton: rector, All Saints Episcopal Church Hari Kirin: Artist, Author, Yoga Teacher Phillip Gammons: Baha'i Faith, Property Manager of the Historic Dublin Inn, which serves as the local Baha'i meeting place. Following a short presentation from each panelist there will be moderated conversation, and widespread participation is encouraged. Community Conversations is a series that explores many of the issues impacting our communities. A partnership between the Monadnock Center for History and Culture, and the Monadnock Ledger-Transcript, each Conversation features local experts talking about challenges faced by our communities. Some issues are global in nature, but each conversation is designed to examine the topic from a local perspective. The program provides residents

with the opportunity to learn more about key issues impacting their communities, to engage in a civil dialog with speakers and with each other, and to come away with a sense that there are things that individuals and communities can do to foster change and improvement. Community Conversations are held in Bass Hall at the Monadnock Center for History and Culture, 19 Grove St, in Peterborough. Community Conversations are free and open to all. Bass Hall, Monadnock Center for History and Culture 19 Grove St., Peterborough, NH
 Phone: 603-924-3235
 Email: director@monadnockcenter.org Website: <http://monadnockcenter.org/>

Move It & Lose It! 6-Week Co-op Weight Loss Series

1/14/2015 (6:00PM)
 Event Fee: \$40
 With Local Chefs, Dietitians, & Fitness Experts Wednesday Nights, January 14 – February 18, ▶

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OUT & ABOUT

2015, 6-7:30 pm At the Grappone Conference Center, Concord, NH
 Back by popular demand, the Co-op will again feature our original Move It & Lose It! weight-loss program this January. Whether you're just starting out or could use a refresher, join us as we delve into a scientifically proven weight loss plan that features delicious recipes made with whole foods and fun fitness for whole body health. Your Registration Includes... 6 Classes, including wellness talks and cooking demos Free Recipe Samples The Eating Well Diet Book (our class handbook) OR Meatless Meals Cookbook (if you already have the EatingWell Diet book from a previous series) Raffle Prize Opportunities Featuring Expert Presenters: Traci Komorek, RD/LD, Nutritionist & Dietitian Hilary Warner, RD/LD, Dietitian Dr. Laura Jones, ND, Naturopathic Doctor Erin Girzone, Fitness Trainer Eric Marsh, Fitness Trainer Chef Scott Jones, Executive Chef Led by Maria Noël Groves, Clinical Herbalist Space is limited. Reser-

ervations required. To register for this class, visit concordfoodcoop.coop/classes, call 603-225-6840, visit the Concord Co-op, or email classes@concordfoodcoop.coop. 70 Constitution Avenue Concord, NH. Phone: 603-225-6840 Email: classes@concordfoodcoop.coop Website: concordfoodcoop.coop/classes

American Heart Association Pledge Campaign

1/14/2015 (8:00AM)
 Event Fee: Contact 383-9355
 American Heart Association Pledge Campaign Open Registration Participants set a goal to ski for their health and to raise money for the American Heart Association. The pledge period starts January 14 and runs until February 14. Registration includes a JSTF day pass and a Ski (Heart) Strong at JXC t-shirt. For more information call 383-9355 or info@jacksonxc.org. 1/14 Jackson Ski Touring Center 153 Main Street, Jackson, NH

Phone: 603-383-9355
 Email: info@jacksonxc.org
 Website: www.jacksonxc.org

Alzheimer's Cafe

1/15/2015 (2:00PM)
 Event Fee: Free
 Individuals living at home with dementia are invited to visit the Museum with their family members or care partners for light refreshments and friendly conversation with others in a similar situation. There is no cost to participate and reservations are not required. Please call Paula Rais, Vice President of Development and Community Engagement, at 603-742-2002.

6 Washington Street
 Dover, NH. Phone: 603-742-2002
 Email: paula@childrens-museum.org Website: www.childrens-museum.org

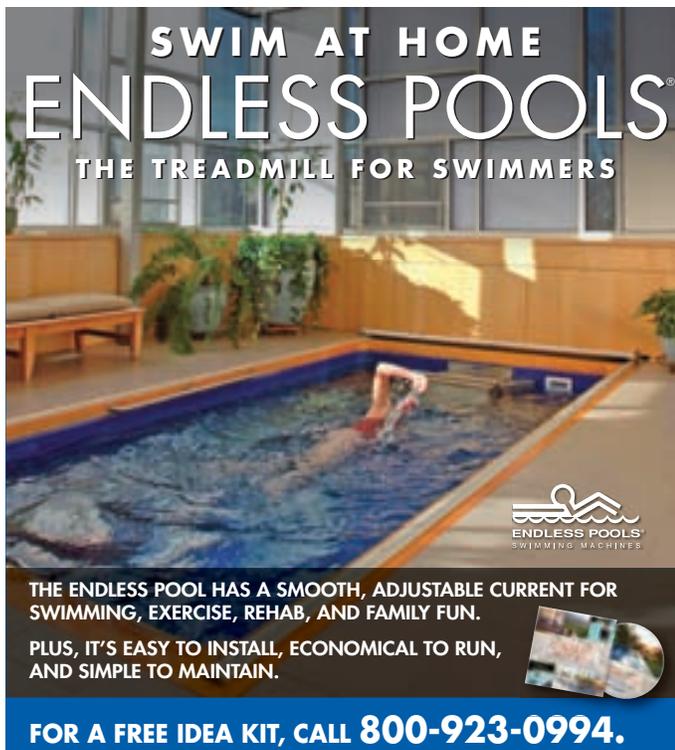
NHTP presents I Am My Own Wife

1/16/2015 (8:00PM)
 Event Fee: Gen Adm \$24; Student/Senior \$20
 An evocative one-man show

examines the life of German antiquarian Charlotte von Mahlsdorf, who survived the Nazi and Communist regimes in East Berlin as a transgender person. Won the 2004 Pulitzer Prize for Drama. Directed by Genevieve Aichele, starring CJ Lewis. NHTP at West End Studio Theatre. 959 Islington St., Portsmouth, NH 03801
 Phone: 603-431-6644
 Email: reservations@nhtheatreproject.org Website: www.nhtheatreproject.org

UNH Faculty Concert Series: Trio Sospiri

1/17/2015 (2:00PM)
 Event Fee: Free
 The University of New Hampshire Faculty Concert Series presents Trio Sospiri, with guest flutist Dr. Douglas Worthen, Saturday, Jan. 17, 2015 at 2 p.m. in Johnson Theater of the Paul Creative Arts Center on the Durham campus. Known for their lively and accessible concerts, UNH faculty members Margaret Herlehy, oboe; Janet Polk, bassoon; & Arlene ▶



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OUT & ABOUT

Kies will play pieces by Claude Debussy, Thea Musgrave, Melvin Solomon, and Théophile-Casimir Lalliet, joined by Douglas Worthen. Paul Creative Arts Center 30 Academic Way, Durham, NH Phone: 603-862-2404 Email: music.info@unh.edu Website: cola.unh.edu

The Met Live in HD: "The Merry Widow"

1/17/2015 (1:00PM)
Event Fee: \$25
The Met Live in HD: Lehar's "The Merry Widow" The great Renée Fleming stars as the beguiling femme fatale who captivates all Paris in Lehar's enchanting operetta, seen in a new staging by Broadway virtuoso director and choreographer Susan Stroman (The Producers, Oklahoma!, Contact). Stroman and her design team of Julian Crouch (Satyagraha, The Enchanted Island) and costume designer William Ivey Long (Cinderella, Grey Gardens, Hairspray) have created an art-nouveau setting that climaxes with singing and dancing

grisettes at the legendary Maxim's. Nathan Gunn co-stars as Danilo and Kelli O'Hara is Valenciennne. Andrew Davis conducts. 55 Hadley Road, Peterborough, NH, Phone: 603-924-7585 Email: info@peterboroughplayers.org Website: http://peterboroughplayers.org/

Tall Granite Jazz BAND

1/17/2015 (7:00PM)
Event Fee: \$20 All Ages
The only 17-piece band north of Texas! Remember how music used to be, before live bands needed an electrician and a forklift? Back when a piano, some horns, a doghouse bass, and a drummer beating swing-time used to be enough to rouse a room? Grab your two-tone shoes, turn back the clock and swing and stomp or just relax to the Tall Granite Jazz Band's smokin' horn harmonies and big-band beat! Tickets: \$20 All Ages 34 Papermill Drive, Lincoln, NH Phone: 603-745-2141 Email: info@jeansplayhouse.com Website: www.jeansplayhouse.com

Eagles Along the Merrimack

1/17/2015 (10:00AM)
Event Fee: \$3 per person, \$6 per family Advance registration with payment required.
Join us as we search for bald eagles in Manchester. The program begins with an orientation at the center, followed by a quest to spot the first eagle of the day! Expect to carpool and bring your binoculars if possible. 4 Fletcher St., Manchester, NH Phone: 603-626-3474 Email: rgates@nhaudubon.org Website: www.amoskeagfishways.org

Brews & Bites

1/24/2015 (5:30PM)
Event Fee: \$15.00, \$20.00 Day of
Join us for Brews & Bites and take a tour that includes a sample from a finishing tank and ends with you enjoying some Game day food pairings. Come to the Merrimack home of Anheuser Busch where you'll learn what beers to pair with some amazing

football favorites that will make you the MVP of your own Game day party. Tickets purchased in advance are \$15.00. Tickets at the door are \$20.00 and limited. 221 Daniel Webster Highway Merrimack, NH 03054 Phone: 603-595-1202 Website: http://www.etix.com/ticket/online/performanceSearch.jsp?performance_id=8291344

Symphony NH Concert Series: Beethoven Forever

1/24/2015 (8:00PM)
Event Fee: See symphony.nh.org for details. Keefe Center for the Arts Irina Muresanu, violin / Jonathan McPhee, conductor An evening dedicated to the work of a master. Violinist Irina Muresanu, hailed as "not just a virtuoso, but an artist," will tackle his violin concerto, one of the genre's most beloved. The composer's Egmont Overture and his Symphony No. 1 complete this program. Keefe Center for the Arts, 117 Elm St., Nashua, NH 03060. 603-595-9156.

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1. Federal Bureau of Investigation, 2008 National Crime Report http://www.fbi.gov/news/stories/2009/june/ucr_stats06109 2. http://fbi.gov/safes.gov/content/pub/press/vdhrp.cfm 3. FBI, 2008 National Crime Report http://www.fbi.gov/news/stories/2009/june/ucr_stats06109 4. http://www.beyondidentitythet.com/home-security-statistics.html

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