

# SENIOR

A Guide for Active  
New Hampshire Seniors

*Lifestyles!*

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# Mobile technology helps seniors, caregivers monitor health

While 77 percent of Americans 65 or over own a cellphone, only 18 percent own a smartphone, according to Pew Research. However, with the development of larger phones and abundant features, now is the time for seniors to take a serious look at smartphone technology and the positive effect it may have on their lives – and their health.

"We frequently hear from people who think mobile technology is a young person's game," said Matt Kasper, director of sales for U.S. Cellular in New England. "However, wireless devices are suitable for all generations, and U.S. Cellular has found that mobile technology can help seniors in a variety of ways, especially when it comes to health."

• **Elder 411 and Elder 911:** Both of these free apps available in the Apple App and Google Play stores are focused on seniors. Elder 911 can help caregivers walk through an emergency situation. The screen asks for your relation to the senior and stage of crisis. From there, different checklists, steps and pertinent information are available. Elder 411 contains general caregiving information and tips on communication, financial matters and safety.

• **Family Protector:** Families can have greater peace of mind with U.S. Cellular's Family Protector service, which can notify family members immediately in an emergency. By downloading an app on the senior's device, the user easily can send alerts with the press of a button in case of illness, accident or injury. This service also provides safety and security by

monitoring the device's location through an online portal. The app is available for \$9.99 per month for up to five devices with a 30-day free trial.

• **iPharmacy Pro:** This free Apple app is a comprehensive guide to prescription medication. It includes vital information about a particular drug, including the purpose, side effects and interactions. It also offers Food and Drug Administration information and allows users to search for clinical journal articles about certain medications.

• **Pillbox:** It can be difficult to keep up with the schedule of when each pill must be taken. Pillbox, a free app available on Apple and Android devices, keeps track of medication lists and reminds users when a particular drug should be taken. The app can handle multiple patients for busy caregivers. It also allows doctors to monitor medication adherence through an analytics dashboard.

• **CareZone:** This free app allows Apple and Android users to create a "care" profile to record all information about a loved one who is receiving care and invite friends and family members to become "helpers." The shareable task list keeps everyone updated on the status of needed items, and a journal allows the group to log observations and upload photos. Medication tracking keeps a handy list of all medications, dosages, purpose, doctor information, pharmacy and more.

• **Vehicle Monitoring:** As we age, driving becomes a source of concern for seniors, family members and friends. Vehicle Monitoring is a great option to ensure safety and peace of mind. The easy-to-install module lets users troubleshoot and monitor vehicles from a wireless device or computer. From checking a vehicle's location on a map to deciphering engine codes from your couch, you have the power to keep a close eye on vehicles from afar.

• **Find my Phone:** When you are unable to reach a senior, it causes concern and stress. With the Find my Phone app for Android or the Find my iPhone app for Apple products, caregivers can locate where a senior's phone may be at any given time. The app communicates the location based on the GPS navigational technology on the device.

## SENIOR Lifestyles!

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# What's your path to retirement happiness?

A recent study, sponsored by Massachusetts Mutual Life Insurance Company (MassMutual), found that approximately eight in 10 retirees are enjoying themselves in retirement, seven in 10 can afford a comfortable lifestyle, and two-thirds feel financially secure. The survey also indicated that few retirees characterize themselves as being bored, lonely or anxious, and nearly half (45 percent) retired sooner than they expected.

The study, *Hopes, Fears and Reality - What Workers Expect in Retirement and What Steps Help Them Achieve the Retirement They Want*, polled more than 900 retirees one to 15 years into retirement and another 900 plus pre-retirees one to 15 years before retirement, all of whom had at least \$50,000 in savings and investments.

The research paints a positive picture of retiree lifestyles and adaptability. More importantly, it provides insights into the most important steps to take in preparing for a happy retirement.

"The study provides Americans with

a roadmap for enjoying a happy, secure and fulfilling retirement," says Elaine Sarsynski, executive vice president of MassMutual Retirement Services.

"There was a clear distinction between what steps the happiest retirees took compared to those who were less fulfilled."

Among the steps taken by the happiest retirees were the following:

- ▶ Calculated the best time to begin collecting Social Security benefits. The qualifying age for receiving full benefits is gradually moving to age 67, depending on your birthdate. The benefit is reduced for those who take it sooner. For those who wait, the benefit increases each year until age 70.

- ▶ Targeted how much money they would need to retire comfortably and estimated their medical and dental expenses in retirement.

- ▶ Created a budget for their retirement income and expenses and made an effort to increase their savings at least five years before stopping work. The 2015 contribution limit for 401(k)

plans and other employer-sponsored retirement plans is \$18,000 plus an additional \$6,000 for employees age 50 and older.

- ▶ Worked with a financial advisor. The overwhelming majority found their advisor to be helpful in preparing for retirement.

- ▶ Made new friends and/or re-connected with old friends before retiring. While it's important for everyone to have a social network, it's especially important for retirees.

- ▶ Focused on strengthening the relationship with their spouse or significant other. In many instances, pre-retirees find they need to re-establish their relationship with their significant other when children leave the nest.

- ▶ Developed a new hobby or cultivated new interests to make life more fulfilling. "Whether retirement came as planned, late or early, the majority of today's retirees will tell you that a happy, comfortable and secure retirement is an attainable goal," Sarsynski says. (BPT)

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# Active Retirement Association general meeting open to all

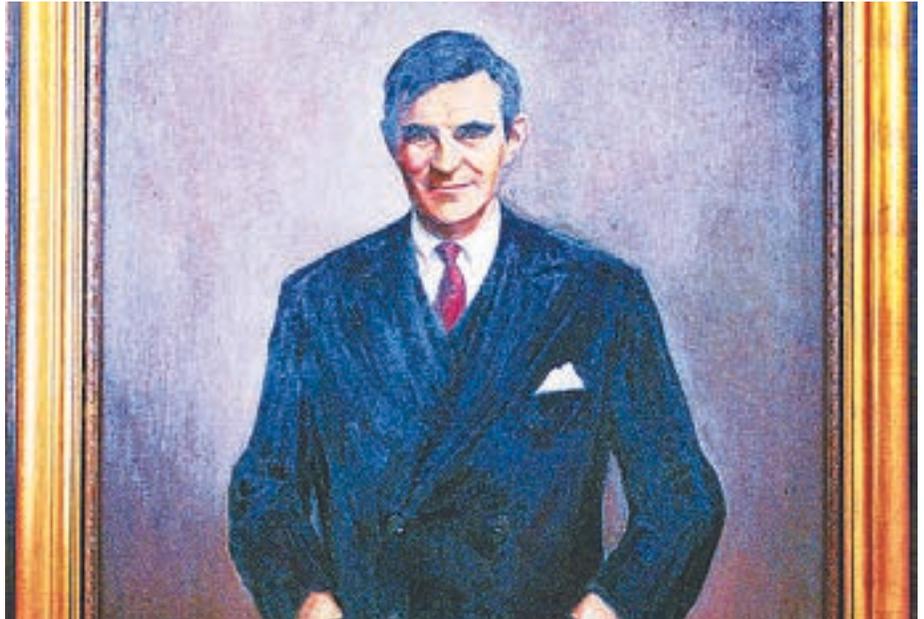
The Active Retirement Association offers programs reflecting the many interests of people 50+ years old, retired or not.

Please join us to meet new friends and learn more about the ARA and its upcoming activities at our March General Meeting on Monday, March 23, 2015, 1:30 pm, Durham Evangelical Church (sanctuary, upper level), 114 Dover Road (Route 108), Durham, NH.

The program will feature Carl Lindblade of the UNH Hospitality Management Department, speaking on "Governor Winant, the Untold Story."

John Gilbert Winant served as the first 3-term governor of New Hampshire, as the first head of the Social Security Board under President Franklin Delano Roosevelt, and as the United States Ambassador to Britain for most of World War II. He and General

Dwight Eisenhower are the only Americans to have been made honorary members of the British Order of Merit. Winant's life ended tragically, however, despite his major accomplishments and honors.



Currently the ARA has over 300 members from more than 30 communities in New Hampshire and Maine, who support the organization by annual dues. We offer lectures, discussion groups, films, cultural tours, walks/hikes, classes,

special-interest groups, and much more!

For additional information, visit our website at [www.unh.edu/ara](http://www.unh.edu/ara) or contact Membership Director Carol Caldwell at 603-343-1004 or [ccaldwell57@comcast.net](mailto:ccaldwell57@comcast.net).

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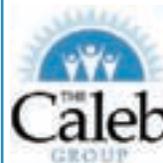
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## How the Affordable Care Act may affect your tax refund

The Affordable Care Act (ACA) brings a lot of changes to this year's tax code. Do you know if and how it will affect your tax refund? Here are tips from H&R Block to help you understand how your taxes and tax refund will be affected as a result of the biggest tax code change in more than 20 years.

► 1. Understand what will be different on your return as a result of the ACA.

The ACA has created a new intersection between health care and taxes. Starting this year, three elements are administered through your tax return, including:

\* Reporting if you and members of your household have qualified health insurance.

\* Accounting if you received any government assistance to help pay for your health insurance through your state's exchange or HealthCare.gov.

\* Determining a penalty, or exemption, if you, or someone in your household, don't have insurance.

► 2. Be aware if you fall into one of the two main categories that could be affected the most:

\* You purchased insurance through the federal marketplace or state marketplace.

\* You don't have insurance and may

have to pay the tax penalty.

► 3. If you received the Advance Premium Tax Credit, understand what will happen at tax time this year to settle up your credit. If you or someone in your household received the credit, you must file a tax return so the credit can be reconciled. The estimated income you reported will be compared to your actual income. This could affect you in two ways:

\* If your actual household income was more than you estimated, you may have to pay back some or all of the credit you received - up to the maximum repayment cap amount. This will likely reduce the amount of your tax refund, or add to your taxes due.

\* If your actual household income was less than you estimated, you may get money credited to your return.

► 4. Determine if you qualify for an exemption. Many people may qualify for an exemption to reduce or eliminate their ACA tax penalty. More than 30 available exemptions can apply, and they fall into two categories:

\* Exemptions you claim on your tax return.

\* Exemptions granted by the Health

Insurance Marketplace.

► 5. Complete and bring the necessary forms. If you or a member of your household received the Advance Premium Tax Credit, you will receive the new form 1095-A from the marketplace. Don't forget to bring this form to your tax appointment - your tax return cannot be completed without it. It should be mailed to you by the marketplace by the end of January. If you don't receive it, you should be able to access a copy through your marketplace account or by contacting the marketplace.

The bottom line is that the ACA could significantly impact your tax refund this year. One way to plan ahead this tax season is to visit your local H&R Block office on Jan. 8. Most H&R Block offices nationwide will be open from 9 a.m. to 9 p.m., giving consumers the opportunity to come in without an appointment and speak to an H&R Block ACA Specialist who can provide a no-charge ACA Tax Impact Analysis - your personalized review of how your taxes may be affected by the Affordable Care Act. You can also visit the H&R Block ACA website [www.hrblock.com/acataximpact](http://www.hrblock.com/acataximpact) for easy-to-understand ACA information, infographics, videos and FAQs. (BPT)



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## Ask the Pharmacist: Exercise tips your heart will love

(BPT) - While exercise is important for everyone, regular aerobic activity can be critical to ensuring healthier outcomes for cardiovascular patients. Even a little exercise goes a long way. "Just 5-10 minutes of daily running, even at very slow speeds, can significantly lower the risk of mortality among cardiovascular patients," says Ed Dannemiller, a specialist pharmacist in the Express Scripts Cardiovascular Therapeutic Resource Center. "Simply getting the recommended minimum amount of exercise can help reduce cardiovascular events such as heart attack and stroke by 30-40 percent."

Ed and his team counsel heart patients about the benefits of regular exercise in addition to following the medication regimen and other lifestyle changes.

Regular exercise has many other benefits for your heart as well, including: strengthening the heart muscle, lowering blood pressure and cholesterol levels, gaining better control of one's blood sugar and maintaining bone strength. Exercise can also help heart patients lose weight and lead more active lives without chest pain.

If you are considering starting an exercise regime, keep these precautions in mind to minimize your risks and prevent an adverse reaction.

\* If you recently had a heart surgery or procedure, experience chest pain or shortness of breath, recently had a heart attack, or have diabetes you should consult a physician before beginning any exercise regimen.

\* If you are on beta blockers, anti-arrhythmic drugs and calcium channel blockers, you may have a reduced heart rate and may experience lower gains in heart rates when exercising. Medications such as the decongestant pseudoephedrine, anti-depressants, and thyroid medications can increase exercise heart rate. \* If you are a cardiovascular patient, high-intensity exercises such as push-ups, sit-ups and heavy lifting may not be recommended for you, so it's a good idea to first speak with your physician.

\* You may also need to avoid certain everyday activities that can overly affect the heart rate, such as raking, shoveling and mowing.

\* Walking, swimming and light jogging are good beginning exercises if you have a cardiovascular condition.

But what if you're already on a work-out schedule? Then keep these useful tips in mind:

\* Maintain a steady pace and rest between workouts.

\* Do not exercise outdoors in extremely humid, hot or cold temperatures. Extreme temps can make breathing difficult and cause chest pain. Try mall-walking instead.

\* In cold weather, cover your nose and mouth when exercising outside.

\* Stay hydrated by drinking water, even when you're not feeling thirsty and especially on hot days.

\* Avoid cold/hot showers or sauna baths after exercise.

\* Stop exercising if you experience pain, dizziness, shortness of breath or excessive fatigue. Consult your physician.

\* Stop the activity in the event of a rapid or irregular heart-beat. Check your pulse after 15 minutes of rest and consult your physician if the rate is still higher than 100-120 beats per minute. (BPT)

# Spring brings return of NH Maple Experience to The Rocks

As spring returns to the North Country this year, so does the New Hampshire Maple Experience at The Rocks Estate. Scheduled to run March 14, 21-22, 28-29 and April 4, the Maple Experience offers visitors a chance to learn about and participate in each step of maple sugaring, a treasured rite of spring in the area.

"The Maple Experience program at The Rocks is really hands-on, and that's what sets us apart from other maple tours," said Nigel Manley, manager of The Rocks Estate. "Participants drill holes in the trees, put taps in, and hang buckets. They also learn to identify different types of trees, so they can tap their own sugar maples at home."

Maple Experience visitors will enjoy a horse-drawn wagon ride through the historic Rocks Estate as part of the program. An interpretive guide is on board each wagon, sharing some of the local history and information about sugaring.

Maple Experience tours include a visit to the sugar house, tucked into one of the many renovated historic buildings at The Rocks. Here,

visitors will watch fourth-generation sugar maker Brad Presby at work. Guests are invited to purchase a New Hampshire Maple Experience commemorative mason jar to fill at the sugar house with warm syrup to bring home.

Adjacent to the sugar house is the interactive maple museum and education center, featuring maple sugaring artifacts from the extensive collection of legendary Sugar Hill sugar maker Charlie Stewart.

Visitors will also enjoy a maple syrup tasting – paired with the traditional fresh donut and sour pickle. Maple cooking demonstrations by chefs from the Sugar Hill Inn and other local restaurants will be staged each day of the Maple Experience at noon. Onlookers will be invited to sample the finished product, and each recipe will be printed and available for visitors to take home.

Kingdom Kernels Kettle Corn will be onsite, with their delicious fresh popcorn in a variety of flavors including maple.

The Rocks and its gift shop will be open during Maple Experience days from 10 a.m.-4 p.m. Maple

tours are offered at 10 a.m., 10:45 a.m., 11:30 a.m., 12:30 p.m., 1:15 p.m., and 2 p.m. Reservations are recommended, with walk-in visitors allowed as space allows.

The Rocks staff will be selling mixes from widely-famous Polly's Pancake Parlor in Sugar Hill.

For those looking to turn the Maple Experience into a weekend-long North Country stay, The Rocks is again partnering with local inns to offer weekend vacation packages. Visit [HYPERLINK "http://www.therocks.org/vacations.php"](http://www.therocks.org/vacations.php) www.therocks.org/vacations.php to find participating lodging establishments.

For more information, please visit [www.therocks.org](http://www.therocks.org). For reservations and other inquiries e-mail [info@therocks.org](mailto:info@therocks.org) or call 603-444-6228.

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

## Maple Sugaring Supplies

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# Sap Gathering Contest

March 28, 2015, 10:00 AM, \$5 per person, 242 Chesterfield Rd., Keene, NH  
Phone: 603-357-7278

This year the Farm will host its 16th annual horse drawn sap gathering contest. Families across the region come to enjoy this unique and traditional New England event. Teams consist of two draft horses hitched to a sap sled, a teamster, and two "sap runners". They race to collect all of the sap buckets on the course while being judged on the teamster's command of the horses. All of the sap buckets and lids must be properly placed back on the trees and the team must cross the finish line on the sled.

When the team completes the course the amount of sap in the sled's tank is measured and their score is tallied based on their finishing time, amount collected, and deductions taken for any uncollected buckets, or horse/teamster judged infractions.

The event highlights not only the state's important maple syrup industry, but also celebrates New Hampshire's rich farm heritage. Farm staff will be hard at work in our sugar house demonstrating how sap becomes syrup, and handing out free samples, an added feature to a fun family day. Hot food and beverages are available for purchase and the Farm's barns and store are open to all visitors. Teams are typically racing on the course 10:30am to 2:30pm with a short break for lunch.

# Maple Express

March 7, 2015, 10:00 AM, \$19pp (Save \$5 per ticket by using promo code :  
sap15), 774 High Street, Candia, NH Phone: 603-483-5623

March is MAPLE MONTH in New Hampshire so come join us on our horse-drawn Maple Express. Charmingfare Farm has created an event for the whole family to experience maple sugaring in New Hampshire on a working farm. Horse-Drawn Ride Our draft horses transport you 20 minutes to the authentic sugar shack and meet a professional Sugar Maker.

Maple Tree & Tapping Learn about the trees themselves and the proper way to tap them for their delicious sap! Authentic Sugar Shack Tour Take a look at how a real sugar shack operates and learn about all the equipment involved in sugar making. Taste Testing Your mouth will water when you take your first bite of the syrup on our buttery silver dollar pancakes. Maple Syrup Not to worry, the Sugar Maker will have pints, quarts and 1/2 gallons for sale. Don't forget to prepare your shopping list for your family and friends. Visit the Animals The Oakhurst Dairy Discovery Barn will be available for your children to visit with their animals friends.

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# Threats to Maple Trees

The Asian Longhorned Beetle is a native of China and Korea, but has recently arrived in the United States and Canada. This large beetle attacks and kills maple trees and other hard woods. If allowed to spread, it could potentially devastate our hardwood forests and upset the balance of our forest ecosystem. Lumber & firewood harvesting, maple production and our beautiful fall foliage would all be adversely affected.

### How did it get here?

It is possible this insect began arriving in the United States in the 1980s, but was not discovered and identified until 1996. It is believed to have arrived as larvae within wooden pallets, crates and packing material from the Orient. As the larvae ate its way through the wood and matured, it found that our hardwood trees were good hosts, with the sugar maple being the tree of choice.

### How does it damage the trees?

The adult beetle chews through the bark down to the cambium interface and lays her eggs in the tree. As the larvae grow, they tunnel into the tree. It takes about 12-18 months for the larvae to reach adulthood, and during this time, they continue to tunnel through the tree. These tunnels interrupt the flow of sap and soon kill the tree.

### Where has it been found?

The Asian Longhorned Beetle has been found in Toronto, Canada, and in 1996 it was discovered in Brooklyn, NY. Later it was discovered in other parts of New York, New Jersey and Illinois. Government agencies converged on the infected areas and removed thousands of trees in an attempt to keep the beetle from spreading. In the summer of 2008, the ALB was discovered in Worcester, Massachusetts. It is believed to have arrived about ten years earlier, so it had spread significantly during those years and is the largest infestation found in the U.S. Thousands of trees had to be removed, finely chipped and burned. Currently, foresters are working to identify infected trees and plan for eradication during the beetle's winter dormancy. The ALB has also been found in warehouses and ports all over North America, but halted before infestation could occur.

### What is being done to stop its spread?

Fortunately, the ALB does not fly far, so infestations tend to be localized. There is no insecticide known to kill the ALB, therefore, infected trees must be destroyed. Infected areas are quarantined, and firewood is not allowed to be removed from those areas. New Hampshire is asking people not to transport firewood into the state, because it could contain ALB larvae. A baited trap is being de-

veloped to catch the beetle and hopefully prevent the cutting of trees. Persistent efforts are being made to alert and educate the public about the Asian Longhorned Beetle, so everyone will be on the lookout for it. In July, 2006, the quarantine in Illinois was lifted because no more ALB were found.

### What does the Asian Longhorned Beetle look like?

Threats to Maple Trees Threats to Maple Trees Adult beetles are large, (3/4 – 1 1/2 in. long) with very long black and white banded antennae. The shiny body is black with white spots. The adult ALB can be seen from June to November. Do not transport any firewood into NH from another state. Examine any wooden pallets you may have to learn where they originated. If any read China, inspect them carefully for larvae tunnels and 1/2 inch adult exit holes. Do not transport pallets that may be carriers, but check nearby trees for signs of infestation. Be alert for signs of the Asian Longhorned Beetle, and notify your state forestry department if you should see one.

PLEASE HELP US ERADICATE THIS INSECT BEFORE IT DESTROYS OUR HARDWOOD FORESTS!

## The New Hampshire Maple Experience

*is a hands-on learning adventure. Visitors not only see how syrup is made, but also learn about the history, basic tree identification techniques, and the economic importance of natural maple products. Visitors help drill & tap a maple tree so that they can enjoy and understand this rural aspect of New England.*

**March 14, 21, 22, 28, 29 and April 4**

- Chef Demo's
- Demonstrating techniques used by Native Americans & early settlers and the modern day sugar maker.
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- Learn how to drill and tap a Maple tree.
- Visit the Maple Museum that houses artifacts from 200-300 years ago.
- Everyone welcome! Or Maple Vacation packages available! Call for special weekend vacation package deals with area hotels and inns.

Reservations advised, program space limited. Contact The Rocks or [info@therocks.org](mailto:info@therocks.org). Motor coach tours, school groups & private tours welcome!



**The Rocks Estate**

4 Christmas Lane, Bethlehem, NH  
Please call 603-444-6228  
[www.therocks.org](http://www.therocks.org)

**Everyone welcome!**



# Here's How to Make Maple Syrup

## NH MAPLE ASSOCIATION -

The maple sugaring season in New Hampshire usually lasts about six weeks from mid-February to mid-April, depending on the location.

When nighttime temperatures are below freezing and daytime wind chill temperatures rise to 35 F or more, the sap begins to run.

It will not run every day if weather conditions are not right. Ideal conditions for good sap runs occur on sunny days with little wind and temperatures in the 40s after a night of temperatures in the 20s. Maple syrup is produced when the sap of the maple tree is boiled down to the density of syrup. Nothing is added, and only water is removed. It takes approximately 40 gallons of sap from a sugar maple to make one gallon of maple syrup.

The following steps are only the basics of maple sugaring for those interested in making syrup for their own use. To sell commercially, other requirements must be met. More detailed information can be found in "Maple Syrup Producers Manual", "Sweet Maple", "Backyard Sugarin" or any of a number of other maple sugaring handbooks.

Making Maple Syrup Select a healthy-looking

maple tree that is at least 12 inches in diameter at about chest height for one tap. Trees eighteen inches or more in diameter can accommodate two taps. Do not over tap. Sugar maples provide the sweetest sap, although black, red, silver, and Manitoba (box elder) maples can also be tapped. During a good season, one tap in the average sugar maple will give about ten gallons of sap, yielding about one quart of syrup. When tapping any of these other maples, more sap is required to make a quart of syrup. Tap holes will usually dry up in about 6 weeks, so its best not to tap much before the season begins.

Basic equipment you will need for just a few taps: Drill, hammer, spiles (spouts), buckets with covers (or special plastic sap bags or tubing), collection pail or barrel (plastic juice barrels work fine), tank or barrel for storing sap, large pan to boil sap, white felt or paper filters, large kitchen strainer to hold the filter, two or more large pots or kettles, accurate candy thermometer, (hydrometer is optional), a funnel and jars or jugs for bottling the finished product.

Use only food grade pails and containers and be sure all of your equipment and containers

are clean and rinsed thoroughly with hot water, as soap residue will flavor the syrup. Never use containers that once held toxic materials.

Making Maple Syrup At about 2-4 ft. above ground level (not snow level), 6 or more inches away from old tap holes, and using a 5/16" drill for health spouts (7/16" for older-type spiles), drill a hole in the tree at a slightly upward angle about 1" deep. Check to be sure your hole is not in dark brown wood. Tap on any side of the tree, but a tap on the sunny side will run earlier.

With a hammer, gently tap spile (spout) into the hole and hang a covered bucket, plastic sap bag, or attach plastic tubing to the spile.

Collect and filter accumulated sap each day, keeping it cold to prevent souring.

Completely boil each run of sap daily, using a large, clean, open pan. The larger the opening at the top of the pan, the faster the water will evaporate. While this is boiling, watch your evaporator pan to be sure it doesn't go dry and burn. Boil until product reaches 7.5 degrees F. above the boiling point of water for that day. (or 59 Brix or 32 Baume on the hydrometer). The bulk of the boiling should be done outside the house, as large amounts of

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steam will cause wallpaper to peel. When syrup nears the proper density, it will foam up. When this happens, reduce heat or touch foam with just a drop of cooking oil or butter. It will recede almost immediately. Be careful not to burn the syrup with too hot a fire.

**How to Make Maple Syrup** When syrup has reached the proper temperature or density, remove it from the pan and filter it through a wet, clean, white felt or paper filter. Be sure filters are free of odors. Syrup will pass through filters best when boiling hot. After rinsing filter, squeeze out excess water, do not wring.

If your bottling syrup in plastic jugs, cool the syrup to 180 – 190 F. before filling. Syrup can be poured into glass canning jars at a higher temperature. After filling each plastic jug, seal and lay on its side for several minutes before standing them upright. Space upright containers so they will cool quickly. When packaged properly, syrup will keep well at room temperature. Refrigerate after opening.

When the buds first appear on the tapped tree, its time to pull your taps. Perhaps they have already dried up. Sap from budding trees makes an unpleasant-tasting syrup.

Clean your equipment during and at the end of the season, but do not use soap.

## Maple Recipes

*Courtesy Nigel Manley / The Rocks Estate*

### MARINATED MAPLE B.B.Q SHRIMP

*From Chef Kirk Spencer at the Sunset Hill House.*

Marinate shrimp in maple syrup for 2 hours, or as long as overnight, and mix with barbecue sauce before grilling. Below are a couple of barbecue sauce recipes, or use your own favorite barbecue sauce.

### South Carolina B.B.Q Sauce

- 1 cup prepared yellow mustard
- ½ cup sugar
- ¼ cup light brown sugar
- ¾ cup cider vinegar
- ¼ cup water
- 2 tablespoons chili powder
- 1 teaspoon black pepper

- 1 teaspoon white pepper
- ¼ t. cayenne
- ½ t. soy sauce
- 2 TBLSP. butter
- 1 tablespoon liquid smoke (hickory flavoring)

### Classic B.B.Q

- 2 cups ketchup
- 1/3 cup brown sugar
- ¼ cup minced onion
- 2 tablespoons olive oil
- 2 tablespoons water
- 3 cloves garlic crushed
- 1 tablespoon apple cider vinegar
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 ½ teaspoon liquid smoke
- 1 teaspoon dry mustard
- ½ teaspoon cayenne
- fresh ground pepper to taste

### MAPLE BALSAMIC VINAIGRETTE

*From Chef Kirk Spencer at the Sunset Hill House.*

- 1 T. Dijon mustard
- 1 T. Whole Grain Mustard
- 1 T. Dry Mustard
- 1 Cup Balsamic vinegar
- ¼ cup maple syrup
- Salt and pepper
- 1 Quart best extra virgin olive oil

Blend together all but oil. When well mixed, add oil as you are blending. Serve over Spinach salad with Bleu cheese, dried cranberries and candied pecans. Walnut Angel Food Chiffon Cake

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# Ways smart hearing aids can change your life

Smart devices are everywhere today. From phones and watches to appliances and even toothbrushes, smart devices are easy and intuitive to use, anticipate your needs and desires, are interactive, and seamlessly connect with your other high-tech devices.

Even hearing aids are getting a high-tech upgrade, with brands like Siemens now making smart hearing aids. But how do you know if a smart hearing aid is for you? Check out the top seven features of smart hearing aids and see how they can redefine quality of life for you and your loved ones:

1. They mimic the way your brain hears. Did you know you hear with your brain, not your ears? When fit as a pair, smart hearing aids share and exchange information in real time, imitating how the brain naturally hears. This type of technology is called binaural (two-ear) hearing.

2. They outperform normal hearing. Ever had trouble hearing in a busy restaurant? Smart hearing aids automatically tune in to speech you want to hear while suppressing unwanted background noise. This has been proven to provide better

hearing in these situations than people with perfectly normal hearing.

3. They outsmart wind. If you've ever been on the phone when the wind is blowing, you know what it's like to have wind wreak havoc on your conversation. With traditional hearing aids, the same thing happens when wind hits the tiny microphones. Smart hearing aids outsmart wind by taking the audio signal from the hearing aid with less wind and instantly transferring it to the side with more wind.

4. They anticipate and adapt automatically. Smart hearing aids constantly scan the environment to determine the optimal listening mode for your current situation. For example, at a noisy family gathering, the hearing aids can automatically focus on Aunt Sally talking in front of you. They even know when you're driving a car from the sound of the engine. The microphones automatically adjust to the side or back seat so you can hear passengers clearly without turning your head.

5. They continuously learn. Manual volume or treble adjustments are sometimes needed when you first wear hearing aids but nobody wants to be constantly

fiddling with these controls. Smart hearing aids remember and learn from every volume adjustment you make, so in just a few weeks they will have learned your personal listening preferences.

6. They put you in control. Automatic adjustments are very convenient, but in some situations it's good to know you can still take manual control when wanted. Smart hearing aids make these manual adjustments easy and discreet by integrating with your smartphone. Free smartphone apps allow you to discreetly control the volume, program and treble of your hearing aids. Another app lets you choose the direction you want to listen just by tapping your phone.

7. They connect to other devices. Smart hearing aids use Bluetooth technology to transform your hearing aids into wireless stereo earbuds. They give you the freedom to interact with all of your devices, so you can stream a phone call, listen to iTunes or Pandora radio, or stream Netflix from your TV or tablet.

Talk with your hearing care professional to find out if smart hearing aids are the right solution for you. (BPT)

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# OUT & ABOUT

## Cross-Country Ski and Snowshoe the Courser Farm

March 7, 2015, 1:00 PM  
 Free. 374 Schoodac Road  
 Warner, NH 03278  
 Phone: 603-224-5853  
 Join The Nature Conservancy, Ausbon Sargent Land Preservation Trust and the Courser Family for an outdoor adventure through the snowy fields of this protected family farm. We'll start in the field across from the sap house (which may be running if weather conditions are right) and offer both a beginner and advanced loop. We'll explore "over the brook and through the woods." Both groups will return to the farm for refreshments following the trip. Please be prepared when you RSVP to advise us if you will be snowshoeing or skiing and whether you are a beginner or are more advanced so that we may plan our groups.

## Eileen Ivers Beyond the Bog Road

March 12, 2015, 7:30 PM  
 \$45, \$35, \$25. Lebanon Opera House, 51 N Park St, Lebanon, NH  
 Phone: 603-448-0400  
 Groundbreaking Irish-American fiddler Eileen Ivers can keep up with classical virtuosos while keeping up the warmth of a kitchen party. She can shred, play

reels through a cry-baby pedal, inspire with a bittersweet air and with her signature intensity, all while transmitting her deep love for tradition. The audience and stage become one through the interactive nature of the music, the joy of the musicians and the passion with which Eileen Ivers shares the stories of these traditions. Ivers has established herself as the pre-eminent exponent of the Irish fiddle in the world today. She has won a Grammy award and was nominated for an Emmy award; played with the London Symphony Orchestra, Boston Pops and guest starred with over 40 other orchestras.

## Yankee humorist Fred Marple presents comedy, music and tall tales, March 14 in Charlestown, NH

March 14, 2015, 7:00 PM  
 \$10, Charlestown Town Hall 19 Summer St., Charlestown, NH  
 Phone: 603-525-3391  
 Yankee humorist Fred Marple brings his one-man show of comedy and music to the Charlestown Town Hall on Saturday, March 14 at 7 pm. Fred Marple is the unofficial spokesman for the mythical town of Frost Heaves, the most under-appreciated town in New Hampshire. He has appeared on NH Chronicle, in

the pages of Yankee Magazine and New Hampshire Magazine, on radio, and in the viral Internet hit, "Yoga for Yankees." Tickets are \$10, available at the door. Find out what's happening at the Frost Heaves Community Church, home of meatloaf suppers, a tone-deaf choir, and the annual Snowflake Fair. Drop in to the Bluebell Diner, where the gravy is hot and the food is so-so. Follow the adventures of F.R.E.D. (the Frost Heaves Regional Economic Development council) as they try to put Frost Heaves back on the map. Frost Heaves is every small town you've ever lived in and every character you've ever known. The program is a benefit for the NH Lions of District 4N.

## Learn to Fly Fish

March 18, 2015, 6:00 PM  
 \$5 per person. Ages 9 & up Advance registration with payment required. 4 Fletcher St Manchester, NH 03105  
 Phone: 603-626-3474  
 Discover this unique pastime! Members of Trout Unlimited will be our instructors, teaching us about fly fishing equipment, fly-tying, strategies and techniques, where fish live and how to read the water. For Beginner and Intermediate, four consecutive Wednesday sessions.

## Maple Express

March 7, 2015, 10:00 AM

\$19pp. Children 23 months and under FREE. Save \$5 use Promo Code: Sap15. 774 High Street Candia, NH 03034  
 Phone: 603-483-5623  
 March is MAPLE MONTH in New Hampshire so come join us on our horse-drawn Maple Express. Charmingfare Farm has created an event for the whole family to experience maple sugaring in New Hampshire on a working farm. Horse-Drawn Ride Our draft horses transport you 20 minutes to the authentic sugar shack and meet a professional Sugar Maker. Maple Tree & Tapping Learn about the trees themselves and the proper way to tap them for their delicious sap! Authentic Sugar Shack Tour Take a look at how a real sugar shack operates and learn about all the equipment involved in sugar making. Taste Testing Your mouth will water when you take your first bite of the syrup on our buttery silver dollar pancakes. Maple Syrup Not to worry, the Sugar Maker will have pints, quarts and 1/2 gallons for sale. Don't forget to prepare your shopping list for your family and friends. Visit the Animals The Oakhurst Dairy Discovery Barn will be available for your children to visit with their animals friends. Space is limited be sure to reserve your seat on the Maple Express today!



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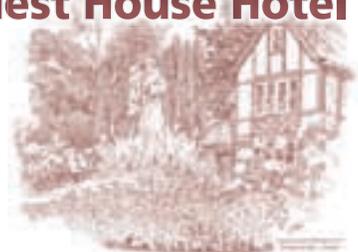
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# OUT & ABOUT

## Snowshoe Nature Tour

March 7, 2015, 10:00 AM  
 \$10. Jackson Ski Touring Center  
 153 Main St., Jackson, NH 03846  
 Phone: 603-383-9355.  
 Two Hour Instructional Nature  
 Tour on Snowshoes with Expert  
 Guide - Jackson Ski Touring  
 Foundation guides will show  
 you places along the trails and  
 off the system that most people  
 would never get to find. This is a  
 fun and interesting tour led by  
 snowshoeing experts who will  
 also give technique tips along the  
 way. Pre-registration suggested.  
 Tour price \$10. Tours start at 10  
 am and 1 pm. Rentals available  
 for just \$12. For more information  
 or to register email [info@jackson.org](mailto:info@jackson.org)  
 or call 383-9355 or visit [www.jacksonxc.org](http://www.jacksonxc.org)  
 Tours 10 am-noon  
 & 1-3 pm.

## ROCK N' BLUES FEST featuring Dana Fuchs, Joe Louis Walker & Eric Sardinas

It's time for the Rock N' Blues Fest

in Plymouth, NH! This year's line-  
 up: Eric Sardinas, Joe Louis Walker,  
 and Dana Fuchs. 3 bands..1 night  
 only! Dana Fuchs All Dana Fuchs  
 has to do is sing. All it takes is one  
 note from those celebrated lips  
 and clocks stop, crowds snap to  
 attention, hearts beat like bass  
 drums and neck-hair tingles. It's  
 often been said that the Florida-  
 born front-woman could sing the  
 phone directory and still hold her  
 listeners spellbound. From the  
 big screen in Across The Universe,  
 to the Broadway stage perform-  
 ing as Janis Joplin; Dana has  
 earned her place as a blues star  
 and now she is making her way  
 to the Monkey! Joe Louis Walker  
 Walker picked up the guitar as a  
 child, and by the time he was 16  
 was regularly backing touring  
 blues artists rolling through town.  
 As a teenager he was the house  
 guitarist at San Francisco's famed  
 musical playground, The Matrix,  
 where he played with or opened  
 shows for everyone from Lightnin'  
 Hopkins to Jimi Hendrix to Thelo-  
 nious Monk. The blues legends

Walker accompanied shared not  
 only musical knowledge but also  
 their personal wisdom with the  
 up-and-comer. Inspired by what  
 he learned, Walker developed his  
 own fiery, melodic, and always  
 unpredictable guitar attack. Eric  
 Sardinas This American blues-  
 rock slide guitarist is noted for  
 his use of the electric resonator  
 guitar and his live performances  
 which sometimes get so intense  
 he sets his guitar alight on stage!  
 Sardinas began to play the guitar  
 at age six and leaned toward  
 vintage recordings by such Delta  
 bluesmen as Charlie Patton and  
 Muddy Waters. Although he was  
 left-handed, he eventually started  
 to play right-handed.

## 4th Annual Fido's Feast

March 22, 2015, 2:00 PM  
 \$30.00 per person. The Maple-  
 wood, Route 302, Bethlehem, NH  
 Phone: 603-823-7077  
 4th Annual Fido's Feast is being  
 presented by Above the Notch  
 Humane Society. A culinary tast-

ing event that will feature many  
 of the best local chef's and restau-  
 rants. Live and Silent Auction  
 items will be also featured which  
 will include a handmade quilt.  
 Live music.

## West Side Story

March 6, 2015, 7:30 PM  
 Tickets range from \$15.00 to  
 \$45.00. No refunds or exchanges  
 are allowed. Palace Theatre, 80  
 Hanover Street, Manchester, NH  
 Phone: 603-668-5588.  
 On the mean streets of New York  
 City, two gangs are in a long-  
 lasting duel. The Sharks, a Puerto  
 Rican gang, grapple with the dif-  
 ficulties of assimilating into Ameri-  
 can society. The Jets, the American  
 gang, want to resist newcomers  
 entering their territory. In the  
 midst of this rivalry, a Jet, Tony, falls  
 in love with a beautiful Shark girl,  
 Maria. After a fight between the  
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# OUT & ABOUT

## Celtic Woman - 10th Anniversary

March 17, 2015, 7:30 PM  
 On Sale September 17th @ noon  
 \$99, \$59 & \$43.50 box office or  
 Ticketmaster, 555 Elm Street  
 Manchester, NH 03101  
 Phone: 603-644-5000  
 The enchanting musical experience features Celtic Woman performing a treasure chest of traditional Irish standards, classical favorites and contemporary pop songs, with an unforgettable signature style.

## The New Hampshire Maple Experience

March 21, 2015, 10:00 AM  
 Adults \$15 Children \$12  
 The Rocks Estate, 4 Christmas Lane, Bethlehem, NH 03574  
 Phone: 603-444-6228  
 Maple tours are back on tap at The Rocks Estate this spring. Discovering the history of maple sugaring, participating in the process of tapping trees and making syrup, horse-drawn wagon rides through the scenic Rocks prop-

erty, and tasty treats have made these tours a favorite springtime tradition. "Last year nearly 800 visitors participated in the Maple Experience at The Rocks in just seven days," said longtime Rocks Estate manager Nigel Manley. "We collaborate with a number of other area businesses to provide a fun and educational program for visitors of all ages." Reservations are recommended. Visitors learn how to identify the sugar maple trees that produce the sweet sap for making syrup, hear the history of maple sugaring, and see part of the process demonstrated at the on-site New Hampshire Maple Experience. In continuing its tradition of partnering with area businesses, The Rocks has again teamed up with the famous Polly's Pancake Parlor in nearby Sugar Hill to offer a tasty twist to the popular sugaring program. Polly's will offer an abbreviated menu at The Rocks from 10 a.m.-2 p.m. each day of The New Hampshire Maple Experience. Polly's waffle and

pancake mixes will be available for sale again this season. Kingdom Kernels Kettle Corn of Lower Waterford, Vt., will also be onsite, offering fresh-popped corn in two varieties Original of course, Maple Kettle Corn. With the 2010 opening of the N.H. Maple Experience museum, The Rocks also offers off-season tours during the summer and fall. For those looking to turn the springtime Maple Experience into a weekend-long North Country stay, The Rocks collaborates with local inns to offer weekend vacation packages. Visit [www.therocks.org/vacations.php](http://www.therocks.org/vacations.php) to find participating lodging establishments.

## 48th New Hampshire State Home Show

March 13, 2015, 9:00 AM  
 \$9.00/\$6.00/\$5.00 with Military I.D. Radisson Hotel. 700 Elm Street, Manchester, NH Phone: 603-228-0351. Welcome to the 48th Annual New Hampshire State Home Show, the longest running and largest consumer show of its type in Northern New England.

Produced by the professionals at the New Hampshire Home Builders Association this is the one show of the year to attend and interact with builders, remodelers, decorators, landscapers, and all types of home solutions providers. The latest in home-related products and services will be showcased - everything from mortgages to landscaping, hot tubs to custom home builders, and custom closets to fabulous kitchens and baths.

## The Bread & Roses Strike

April 1, 2015, 6:30 PM, Free  
 Historical Society of Cheshire County, 246 Main Street Keene, NH. Phone: 603-352-1895  
 In 1912, approximately 23,000 mill workers in Lawrence, Massachusetts, went on strike following a cut in pay by factory owners. Dr. Robert Farrant will present a history of the famous Bread & Roses strike, which impacted the fair labor movement on a national scale. Dr. Farrant is a professor of History at UMASS Lowell.

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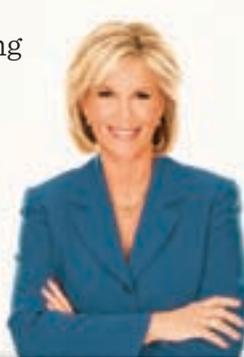
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