

Senior Lifestyles

A guide for active New Hampshire Seniors May 2015 • Free

INSIDE

NH Liquor Commission supports troops
Page 4



Plant your summer garden from scratch
Page 11



Stay in touch with your spiritual side
Page 19

OUT & ABOUT
Happenings in NH
Pages 20-22



Something about Nothing

\$5 cans of nothing support the NH Food Bank

With 1 in 9 New Hampshire residents not knowing when or where their next meal is coming from, New Hampshire Food Bank and the Citizens Bank Foundation announced that they are teaming up to do something about “Nothing.” The NH Food Bank, a program of Catholic Charities New Hampshire, launched the third annual “Nothing Campaign,” a month-long effort to raise awareness and critical funds to support the struggling population of more than 135,000 New Hampshire residents—including more than 44,440 children—who have nothing to eat. In this groundbreaking initiative, cans of “Nothing,” which represent the reality that thousands of people in New Hampshire have nothing to eat, will be sold throughout the state at participating grocery stores to raise money to support the NH Food Bank’s efforts. To learn more about the campaign and to donate, visit: www.nhfoodbank.org/nothing.aspx.

Governor Maggie Hassan purchased the first



(L to R) Thomas Blonski, President & CEO of Catholic Charities; Joe Carelli, Citizens Bank President; Governor Maggie Hassan; and Mel Gosselin, Executive Director of the NH Food Bank.

can of Nothing. Nothing cans are on sale for \$5 and are available at 68 locations statewide, including all New Hampshire Hannaford, Harvest Market, and Market Basket locations, as well as Sully’s Superette in Goffstown and Allenstown and Vista Foods in Laconia. Cans will be on sale through May 30.

Lee named Citizen of the Year by Franklin Lodge

LRGHealthcare would like to congratulate its own, Melissa Lee, Community Health Educator at Franklin Regional Hospital for recently being named “Citizen of the Year” by the Franklin Lodge of the Benevolent and Protective Order of Elks. She was presented the award on April 4 by Franklin Mayor Ken Merrifield at the annual meeting of the Franklin Elks Lodge Membership.

Melissa was recognized for her outstanding service and contributions to the Franklin community. Mayor Merrifield expressed his appreciation for her “helping to make Franklin a healthier



community” through her many community contributions including the Franklin Mayor’s Drug Task Force, the Franklin Healthy Eating Active Living Coalition (HEAL), the Community Day Planning Committee, her work on the Odell Park Centennial Project, coordination of the Franklin Farmer’s Market initiative, initiating the annual Odell Park after Dark Community Halloween event, instructing

Zumba classes at Bessie Rowell Community Center, and serving as a call EMT with the Franklin Fire Department.

Senior Lifestyles

A guide for active New Hampshire Seniors Free

246 W. Main St., PO Box 1190, Hillsborough, NH, 603-464-3388, 800-281-2859, E-mail: quillsales@tds.net, www.granitequill.com

25,000 copies available at all American Legion, VFW Posts, NH Senior Centers and at the following locations:

NEW HAMPSHIRE

Allenstown: Sully's Superette
Amherst: Joey's Diner, LaBelle Winery, Moulton's Market, Salzburg Square, Wal-Mart Super Center
Andover: Post Office, Pizza Chef, Lake Sunapee Bank, Blackwater Junction Diner
Antrim: Marketplace, T-Bird, Edmunds, Rick & Dianne's
Auburn: Auburn Supermarket
Atkinson: Sunoco A-Plus
Bedford: Bedford Falls Senior Living, Bentley Commons, Briston Manor West, Hannaford Supermarkets (2), Harvest Market (Vista)
Bennington: General Store, 202 Convenience
Belmont: Shooters Sport's Bar
Boscawen: Alan's Of Boscowen
Bow: Baker Free Library, Community Center, Chen Yang Li, Hampton Inn, Days Inn
Brentwood: Bessie's Lunch, Heav'nly Donuts
Bradford: Bradford Junction Restaurant, Post Office, Country Store, Appleseed Restaurant, Lake Sunapee Bank
Brookline: Brookline Village Store
Candia: Candia First Stoppe Country Store
Chichester: Country Store HV Box
Claremont: Hannaford, Market Basket
Concord: Capitol Area Dental, Concentra Emergency, Concord Hospital, Dartmouth Hitchcock Med Ctr, Concord C.O.C. Tourist Info, Hannaford, Haven-wood, Health Source, Horseshoe Pond Medical, Market Basket, Red Cross Clinic, Shaw's (2)
Contoocook: Colonial Village Supermarket, Covered Bridge Restaurant, Dimitri's, Every Day Cafe
Derry: Hannaford (2), Shaw's, Chamber of Commerce
Dover: Chamber of Commerce, Hannaford, Newick's Restaurant, Tedeschi's Food Shops
Dunbarton: Pages Country Store
Durham: Holiday Inn Express, New England Center
Elkins: Post Office
Enfield: Evans Express Mart
Epping: O'Neil Cinemas, Market Basket
Epsom: ICare Pharmacy, Country Cook'in Restaurant
Exeter: American Independence Museum, Hannaford
Francestown: Country Store, Post Office
Franklin: Packers Outlet, Brother Donuts & Deli Shop, Shopping Ctr, Hannaford, Rollin' in the Dough, City Hall
Georges Mills: Post Office, Jake's
Gilford: Mobil Mart, Hannaford, Mountain View Market, Piche's, Shaw's
Goshen: General Store
Grantham: Circle K, Rum Brook Market
Greenfield: Harvester Market, Post Office
Greenland: Country View Restaurant, T/A Travel Center

Goffstown: Hannaford, Town Hall, Sully's, Ace Hardware
Guild: Post Office, Dorr Woolen Mill Store
Hampstead: Hampstead Center Market, Hannaford
Hampton: Best Western, Lamie's Inn & The Old Salt Restaurant, The Galley Hatch
Hampton Beach: Ashworth Hotel, Casino Ballroom, Chamber of Commerce, O'Keefe's General Store, Patriot's Corner MKT
Hampton Falls: Liquor Store
Hancock: General Store, Fiddleheads
Hanover: Co-Op Service Center
Haverhill: Steve's House of Pizza
Henniker: Harvester Market, Henniker Pharmacy, Farm Store, Town Office, All In One Market
Hillsborough: Shaw's, Subway, Liquor Store, Lake Sunapee Bank
Hollis: Harvest Market-Hollis
Hopkinton: Cracker Barrel, Town Office
Hollis: Hollis Pharmacy
Hooksett: Elliot at Hooksett, Hannaford, Market Basket, Shaw's
Hudson: Hannaford, Palmer's Market
Jaffrey: Mr. Mike's, Dunkin Donuts
Keene: Hannaford, Price Chopper
Kensington: Kensington Grocery
Kingston: Carriage Towne Market
Laconia: Community Center, Medical Center, Post Office, General Hospital, Chamber of Commerce, Medical Office Bldg.
Lebanon: Co-op Food Stores, Price Chopper Supermarket, Lebanon Village Market
Litchfield: The Lobster Boat Restaurant Londonderry: Elliot at Londonderry, Hannaford (2), Market Basket (2), Shaw's (2)
Loudon: Red Roof Loudon
Manchester: Catholic Medical Center, Dartmouth Hitchcock, Easter Seals Senior Center, Elliot Health Center, Elliot Hospital, Elliot Pharmacy, Elliot Wellness Center, Elliott Senior Center, Hackett Hill Healthcare, Hannaford (3), Hanover Hill Nursing Home, Ledgewood Adult Comm Ctr, Manchester Welcome Center, Maple Leaf Nursing Home, Palace Theater, Villa Crest Nursing Home
Meredith: Hannaford
Merrimack: Reeds Ferry Market, Shaw's (2)
Milford: Shaw's, Market Basket
Nashua: Hannaford, Hunt Community, Market Basket (3), Senior Center Shaw's (2), St Joseph's Hospital, Whole Foods
New Castle: Wentworth by the Sea, 104 Diner, 7-Eleven, Demoulas
Newbury: Marzella's Deli, Bubba's Bar & Grille

New London: Hannaford, New London Hospital, Colonial Marketplace, MacKenna's Restaurant
Newport: Shaw's, Sugar River Bank
Newmarket: Lamprey River Tavern
New Boston: Dodge's Store, Town Office, Molly Stark, Trading Company
North Hampton: Shaw's, Hannaford Northwood: Johnson's Seafood & Steak
Nottingham: Anchorage Inn by the Sea
Pelham: Hannaford (2)
Peterborough: Shaw's, Monadnock Hospital, Dunkin Donuts, Brady's American Grill, Nonie's Restaurant & Bakery
Pittsfield: Market Basket
Plaistow: Shaw's
Portsmouth: Discover Portsmouth Center, Market Basket (2), Chamber of Commerce, Strawberry Banke
Raymond: Hannaford
Rochester: Hannaford, Market Basket, Chamber of Commerce
Rye: Petey's Seafood, Market Basket
Salem: Market Basket, Shaw's, Tedeschi
Salisbury: Shaw's
Sanborton: Market Basket
Seabrook: Market Basket (2), Sam's Club
Somersworth: Village Market
Stratham: Shaw's, Market Basket
Sunapee: Town Hall, Post Office, Mini Mart
Sutton: Vermont General Store, Post Office
Tilton: Hannaford, Shaw's
West Lebanon: Price Chopper, Shaw's
Warner: Market Basket
Weare: Dimitri's, Subway, Lanctot's, Weare Town Grill
Wilton: Wilton Theater
Windham: Shaw's
Winnisquam: Market

MASSACHUSETTS

Amesbury: Vermette's
Newburyport: Market Basket, Shaw's

MAINE

Arundel: Arundel Market
Biddeford: Hannaford, Shaw's
Kennebunk: Veria Pizza, Chamber of Commerce, Hannaford
Kittery: Kittery Trading Post
Ogunquit: Chamber of Commerce
Wells: Chamber of Commerce, Hannaford

Senator Ayotte praises Medicare payment reforms

A new way for Medicare to pay doctors, approved in a bipartisan U.S. House vote, will sail through the Senate, according to Sen. Kelly Ayotte, R-N.H. The state's junior senator was the keynote speaker at a legislative briefing for New Hampshire business leaders, hosted by the Business and Industry Association.

She praised a 392-37 vote by the House of Representatives on a bill to repair the formula for reimbursing physicians whose patients rely on Medicare, after nearly 20 years of stopgap measures.

The bill, promoted by Republican House Speaker John Boehner and Democratic Leader Nancy Pelosi, fixes a long-standing problem with how Medicare pays doctors and makes adjustments to the health insurance program for seniors. It also extends the Children's Health Insurance Program (CHIP) and funding for community health centers for another two years.

Ayotte said she expects bipartisan support in the Senate as well, when it reconvenes after the Easter break.

"When we return, I expect it will get a strong vote in the Senate and I'm glad we resolved this," she said. "Our physicians spend so much time worrying about this (Medicare) fix that we often don't get to the other challenges we face in health care."

President Barack Obama praised the House passage and said he hoped the Senate would approve the measure too, because he wants to sign it. The Boehner-Pelosi measure would replace a 1990s formula that linked doctor pay

to economic growth with a new one more focused on quality of care. It also would require means-testing of Medicare beneficiaries so higher income people pay higher premiums.

Steve Ahnen, president of the New Hampshire Hospital Association, publicly thanked Ayotte for supporting the measure. "We've kicked that can down the road 17 times before fixing it once and for all," he said. "This is an important step forward."



Atty. General obtains injunction against Vet museum

Attorney General Joseph A. Foster announces that the Charitable Trusts Unit has today obtained a preliminary injunction against a registered New Hampshire charitable organization, Veteran Museum of New Hampshire, and its president, Henry T. Pratte. The injunction prohibits the Museum organization and Mr. Pratte from soliciting donations or accepting military artifacts, pending a final hearing in the case. This injunction comes after several years of efforts to bring the organization into compliance with the law.

The complaint against Veterans Museum of New Hampshire and Mr. Pratte was filed on March 27, 2015. It alleges that the defendants committed numerous violations of statutes concerning the solicitation of donations and the composition of the board of directors. In this case, it is alleged that the defendants maintained a website, veteransmuseumofnh.com, that sought donations to build a museum across from the New Hampshire Veterans

Cemetery, on land they did not own, for an organization that had not obtained tax exempt status. The complaint also claims that Mr. Pratte filed a false report with the Charitable Trusts Unit claiming that the organization fielded a full board of directors.

Attorney General Foster urges members of the public, and especially veterans, to be extremely careful before contributing money or military artifacts to an organization that purports to support veterans' causes. All such organizations must first be registered with the Charitable Trusts Unit. Attorney General Foster recommends that anyone considering making donations ask questions of the solicitor and research the organization on the Internet. The public may also call the Charitable Trusts Unit at 271-3591.

Finally, Attorney General Foster asks that anyone who has donated money or military artifacts to Veterans Museum of New Hampshire to call the Charitable Trusts Unit at 271-3591.

Paddle King Paddle Boats
Burn Carbs, Not Carbons
 MADE IN THE USA ★ QUALITY WORKMANSHIP

GREAT EXERCISE • PONTOON STABILITY FOR YOUNG & OLD

Color Matching Cushions & Bimini Top • Freight & Set-up • Free Delivery in Lakes Region

2 Passenger Model: \$2999⁰⁰
4 Passenger Model: \$3595⁰⁰

www.paddleking.com for colors & options

OUTBOARD REPOWER SHOP
 19 Durkee Street • Laconia, NH 03246 • 603-738-2296
www.OUTBOARDEPOWER.net




Visit Kennebunkport Maine!

Franciscan Guest House Hotel

Perfect for a 2 or 3 night stay

- Walk to beach, shops and restaurants
- Affordable rooms with private bath
- Full continental breakfast, A/C, C-TV, pool

Franciscan Guest House
 26 Beach Ave., Kennebunk, ME 04043
www.franciscanguesthouse.com

844-253-2972





Explore four centuries of New England life in New Hampshire's oldest waterfront neighborhood

MAY - OCTOBER

Open 7 days a week, 10 am - 5 pm

NOVEMBER - DECEMBER

Open for guided tours and special events. Please visit our online calendar for details.

Costumed Role-players • 40+ Historic Houses

Visitor's Center • Historic Gardens

Dunaway Restaurant • Special Holiday Events



Call 603.433.1100
for more info

14 Hancock Street,
Portsmouth, NH 03802
www.strawberrybanke.org



(L to R) Richard Gerrish, NHLC Director of Marketing, Merchandising and Warehousing; Mark Roy, NHLC Spirits Marketing Specialist; Joe Dudek, General Sales Manager, North American Spirits & Wine Brokerage of New England; Jim Adelman – Sales Director, DIAGEO; Michael Milligan, NHLC Deputy Commissioner; Joseph Mollica, NHLC Chairman; and Craig Bulkley, NHLC Director of Administrative Services.

New Hampshire Liquor Commission supports US troops abroad

The New Hampshire Liquor Commission (NHLC) and North American Spirits & Wine Brokerage of New England, A Division of Southern Wine & Spirits, teamed up to provide U.S. troops abroad with more than 10,000 Crown Royal bags, which troops use to store night-vision goggles. As part of this effort, Diageo, Crown Royal's parent company, presented a \$10,000 check to MooreMart, a Manchester nonprofit that delivers care packages to active duty military at no cost. Crown Royal has donated \$30,000 to MooreMart over the past three years. This past November and December, customers could donate the embroidered bags that come with Crown Royal bottles at all 78 New Hampshire Liquor & Wine Outlets statewide at any time, including at the time of purchase.

“With 78 NH Liquor & Wine Outlets statewide and strong Crown Royal sales, we knew we could help make a significant impact by providing an opportunity for our customers to donate something as simple as the embroidered Crown Royal bags,” said NHLC Chairman Joseph W. Mollica. “NHLC will always be committed to delivering record revenues to the New Hampshire General Fund, but we are tremendously proud to be able to play a role in this meaningful campaign in support of the courageous men and women defending our country.”

The Crown Royal bags have been a perfect fit for troop's night-vision goggles, providing protection for the goggles, while saving troops space and weight in their packs. Troops find the military-issued cases for the night-vision goggles bulky. MooreMart, which began as a family effort more than 10 years ago, sends about 1,000 care packages every 10 weeks, and has ►

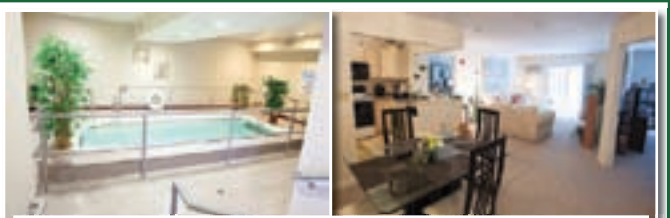
been including Crown Royal bags in its care packages for about five years. Crown Royal and Diageo expanded the bag collection campaign into a national effort last year, collecting a total of 100,000 bags nationwide for Packages From Home, a national non-profit that donates care packages to deployed troops. Crown Royal plans to collect bags again next year so anyone unable to donate a bag this past holiday season will have the opportunity to do so during the 2015 holidays.

“This partnership between Crown Royal, NHLC and MooreMart has been incredibly successful,” said Jim Adelman, Diageo’s Director of Sales. “We are happy that our Crown Royal bags are able to serve a meaningful purpose and we are thankful to NHLC and its customers for supporting this great program. New Hampshire was the originator of this program in 2012, so Crown Royal continues to honor the program’s roots by making the additional donation to MooreMart. In New Hampshire, Maine and Vermont, we have collected 20,000 bags combined this year—doubling what we collected last year.”

Along with bags, Crown Royal donated \$1 for every Crown Royal bag donated at liquor stores across the country to Packages From Home during the 2014 holiday season – up to a maximum donation of \$25,000. It is in addition to that effort that Crown Royal has made an individual \$10,000 donation to MooreMart this year. Since 2004, MooreMart has distributed more than 70,000 care packages to active duty military. Every unit from New Hampshire has received a care package from MooreMart and 100% of donations go directly to troops. MooreMart also distributes humanitarian aid to people in need worldwide, including school supplies to local children in Iraq and Afghanistan.

“We are extremely grateful for this support from NHLC and Crown Royal, which makes such a big impact on our efforts to provide comfort and support to our troops abroad,” said Ted Luszy, MooreMart Co-Founder and Director of Operations. “We have received more than 15,000 bags during the last five years to include in care packages, thanks in large part to the efforts of NHLC and Crown Royal.”

NHLC has helped raise more than \$417,000 through a variety of campaigns during the last two years, benefiting the Wildlife Heritage Foundation of New Hampshire, Animal Rescue League of New Hampshire, Easter Seals New Hampshire, Toys for Tots, and the New Hampshire Food Bank, as well as MooreMart.



Indulge yourself in the surroundings that you have dreamed of... You've Earned It!

Premium Amenities

- Underground Heated Garage & Elevator
- Well Equipped Fitness Center
- Posh Lounge, Game Room, Computer Center & Library
- Non-smoking apartments available

Spacious Apartment Homes

- Fully Appliance Kitchens
- In-Suite Laundry*
- Private Balconies & Patios
- Just minutes from I-93, 293, downtown Manchester

Outstanding Service

- On-Site Management
- 24-Hour Emergency Maintenance

**1 bedroom homes
from \$1200**

**2 bedroom homes
from \$1400**

Including: Heat, Hot Water, Cable TV & More!*

*Contact Us
for your personal tour!*

regencycollection@cpmproperties.net

603.606.3001

WWW.CPMPROPERTIES.NET

SeniorLifestyles

Leigh Bosse: Publisher **Joyce Bosse:** Editor

Christi Macomber: Advertising Design

Gail Stratos: Publications Design & Layout, Advertising Design, Production, Website

Mary Yuryan: Sales Rep. **Deborah Belanger:** Sales Rep.

Wendy Bamford: Sales Rep.

Granite Quill Publishers

246 West Main St., Hillsborough, NH 03244 Phone: **603-464-3388**



*Not available at certain properties. Prices subject to change at any time.

100
PALACE THEATRE
1915 - 2015
80 Hanover Street, Manchester NH
603.668.5588 • PALACETHEATRE.ORG

Citizens Bank® 2014-2015 PERFORMING ARTS SERIES
The Musical Sensation
Les Misérables
MAY 1 - 16, 2015

Lauren Rainbow
Voted Best Psychic Medium in NH by New Hampshire Magazine
An Evening of Messages from Spirit
Thursday, May 7 • 7:00 pm

PALACE THEATRE SUMMER CAMP
CAMP ROCK THE MUSICAL
HIGH SCHOOL MUSICAL 2
SEUSSICAL JR.
PETER PAN

Summer Children's Series
All shows performed by professional adult actors

TEXT "PALACE" TO 42828
TO JOIN OUR EMAIL CLUB
facebook.com/PalaceTheatreManchester



28 Pickleball Players participated as several others watched at the Claremont Savings Bank Community Center's Inaugural Pickleball Tournament on Sunday April 19th. Carmina Stewart, with lots of support from Justin Martin and the entire crew at the Community Center, did a fantastic job hosting the "fun" tournament. In the finale Holly Durfor and Jason St Aubin were the victors in a hard fought battle against runners-up Chris Schmitt and Amy Lavertue. It was a great day of play and camaraderie for all! Drop-in Pickleball is played at the Community Center every Tuesday & Thursday morning from 10-noon as well as Sunday mornings 9-11 am. All levels are welcome! Basic instruction and use of equipment is included in a gym pass. Come join the fun.

Franklin seeks ways to keep seniors

Franklin for a Lifetime is a three-day set of meetings intended to explore ways to use downtown-area buildings for elderly housing.

By DAN SEUFERT
Union Leader Correspondent

FRANKLIN — A longtime city councilor and advocate of city causes recently decided to leave the city after his wife died, a situation that saddened city officials.

“He just felt that the city didn’t offer enough to aging adults and he had to leave,” said City Manager Elizabeth Dragon. “That’s something we’re trying to address.”

The situation was one of the genesis points for “Franklin for a Lifetime,” a three-day set of meetings, including a design charrette that may bring a new design for the downtown area that could use some of the downtown-area buildings for elderly housing.

“We’re going to look at everything, ramps, sidewalks, street lighting, things that could be improved to help Franklin become a better place for mixed-age housing,” Dragon said. “Like most communities in the state, Franklin is not growing, it’s aging.”

The workshops, which are open to the public but fully registered for, was organized by the city, the University

of New Hampshire’s Cooperative Extension, and Plan NH, Dragon said. Speakers with areas of expertise in dealing with aging communities will also be on hand, Dragon said.

The city already has many features — such as a hospital, social groups and downtown shopping — that should appeal to elderly residents. And the downtown area has numerous buildings that have vacancies, and the city will look at those buildings and others near the downtown area that could be made more suitable for the elderly city’s elderly population.

“We have an abundance of existing space that could be renovated for elderly housing,” she said. “There are some housing units that aren’t the quality of housing we would like to have available, so we will look at that too.”

The design charrette will be used by the city, and may be used by other communities facing similar issues with their senior citizens, Dragon said.

The meetings will also feature specialists speaking on how the city might obtain government and private grants to pay for changes to the city.

Though the meetings are full, the findings will be presented to the public at the May 26 city council meeting, she said.

“We have all the makings of a community that can keep its aging population,” Dragon said.

Susie Lowe-Stockwell to step down as Executive Director



After more than 14 years as Executive Director of the League of NH Craftsmen, Susie Lowe-Stockwell has announced that she will retire on June 26. "The League of NH Craftsmen has thrived under

Susie's brilliant leadership. She has led this organization through a wonderful re-invigoration, a new building project, and the opening of several new galleries since she began with the League in 1997 as a managing director," says Alice Veenstra, President of the League's Board of Trustees. "We will all miss her vision, dedication, and wonderful, calm presence in the midst of a whirlwind of activity that is the League today."

The League is a recognized leader in promoting the highest quality of handmade crafts, and maintains rigorous standards for juried membership. Under Lowe-Stockwell's tenure, the

League has achieved many significant accomplishments:

- Managed the League's first-ever capital campaign, which raised \$2.7M for the purchase of a new headquarters in downtown Concord. The headquarters includes: classrooms for The Craft Center craft education program; a Gallery for fine craft exhibition; the Grodin Permanent Collection Museum, which contains craft from the League's early years to the present; and the Kira Fournier Library Resource Center, which has a collection of more than 2,000 craft books and periodicals.

- Created a business management model and participant criteria for the League's premiere event, its Annual Craftsmen's Fair. Produced a 58-minute historical documentary film for the 75th anniversary of the League, updated the League's written history, and acquired funding to professionally archive the League's historical papers.

- Developed a professional exhibition gallery program exhibiting the work of hundreds of craftsmen and introducing the

public to the artistry of fine handcraft.

- Created the NH Open Doors annual statewide, self-guided tour, encouraging visitors to experience, first-hand, the skill and talent that goes into making fine handcraft. Produced Craft in the Digital Age conference in 2004 to address the use of technology with craft.

- Opened three new successful fine craft galleries in Littleton, Nashua, and in February 2015, at the Hooksett Welcome Center. "My time with the League has been incredibly rewarding. I have been mentored by so many who believe passionately in the League, as I do. As an organization, we have seen a lot of change over the years and I am deeply grateful for the genuine level of support, guidance and friendships that I have experienced along the way," said Lowe-Stockwell. "I appreciate our amazing, dedicated and passionate staff, board members who give countless hours of their time and expertise, donors and sponsors who support our programs, and our over 200 volunteers who work on committees, help at the Fair and support the headquarters staff."

YOU MEAN I COULD LOSE MOST OF MY ASSETS TO A NURSING HOME?

DON'T LET YOUR FINANCES BE DEVASTATED.

At this important FREE legal seminar, Attorney Edward Beasley, former chairman of the American Bar Association's Elder Law Committee, will help you:

- ◆ See how creating a trust can shelter your assets from nursing home spend-down
- ◆ Plan for end-of-life decisions
- ◆ See how putting assets into your children's names can be catastrophic
- ◆ Learn about possible defects in your existing revocable trust
- ◆ See how a new law affecting Powers of Attorney and trusts can make your children personally liable for your nursing home care. Learn how to cure this problem

Receive a free copy of our book:

Special guests **Chuck Stephen** and **Gregory Gagne** will offer top financial planning tips



UPCOMING SEMINARS

Wednesday, May 13th

Tracy Memorial Library
304 Main St., New London • 1:00 - 3:00 p.m.
**Not a library sponsored program*

Monday, May 18th

Veterans Hall **Across from Newbury Public Library*
Rte. 103, Newbury • 6:00 - 8:00 p.m.
**Sponsored by Friends of the Newbury Public Library*

Wednesday, May 20th

White Birch Community Center
51 Hall Ave., Henniker • 6:00 - 8:00 p.m.

Tuesday, June 9th

Claremont Senior Center
5 Acer Heights Rd., Claremont • 1 - 3 p.m. & 6 - 8 p.m.

Thursday, June 25th

Kilton Library
80 Main St., W. Lebanon • 10:00 a.m. - Noon

To register: 1-800-370-5010

This seminar has drawn capacity crowds at many locations. Prompt registration recommended.

All seminars are free and open to the public. Visit www.beasleyferber.com for more dates and information.



Details at...
JacksonNH.com

Sunday, May 24, 2015
8 AM - 4 PM
\$10,000 in Cash/Prizes

**Jackson, NH's Quintessential
 New England Village hosts 26th
 Wildquack Duck River Festival...
 An Entire Outdoor Day of Family Fun**

**Food Vendors • Parade • Contests
 Silent Auctions • BoBo T Clown
 Traveling Train Rides
 & Much More**

**Call the Jackson Area Chamber at
 603-383-9356**



How to keep tabs on what's happening in your home

Whether you're away on vacation and unsure if you left the lights on, at work and worried about the kids, or even sitting on your couch wondering what mischief the dog is up to in the yard, knowing what's going on inside your entire home is crucial for peace of mind. Instead of worrying, be proactive. Several strategies, new and old, can help put your mind at ease.

- **Tried and True**

Trusted neighbors can serve as a second set of eyes when you're not around. If they're friendly enough, your neighbors may even be willing to feed pets or help you out in other ways. You can also rely on your kids for regular status reports (if they're old enough). Have them call you when they get home safely and consider giving them some responsibilities, such as making sure the house is in order and your pets are safe and sound.

- **Technology**

Innovative technologies are providing consumers with new ways to keep an eye on their homes. Such products have evolved and are now easier to use and more affordable for the average family. Indeed, brands like Panasonic are leading the charge. Their new Home Monitoring System offers four distinct kits, each of which bundles different surveillance products together. Depending on your budget and required level of monitoring, you can outfit your home with tools like motion sensors, outdoor cameras and indoor cameras to monitor your baby or pet. Keeping tabs on your home from near or far is easy, as the footage can be viewed on your computer monitor, smartphone or tablet. In addition to surveillance, Panasonic's technology may prove particularly advantageous to those away from home, as it allows for remote control of home features like lighting and other appliances.

- **Professional Services**

In certain cases, you may want to use professionals to help keep everything humming along. If doors jam and fail to latch or you notice cracks in your walls or floors, you may want to call a structural engineer to assess the strength of your foundation. Weeds encroaching on your prized tomato patch? Hire a gardener to fight off intruders or invasive species. A professional heating and cooling service can assess the condition of your air conditioning and heating systems, including inside vents and ducts where you can't see. The health of your home is important, and sometimes it's better to go with the hired hand. (StatePoint)

Tips to manage pain from arthritis in a natural way

One in five adults in the United States now reports having doctor-diagnosed arthritis, according to the Centers for Disease Control and Prevention (CDC). For those living with the chronic pain of this disease, learning how to manage arthritis is crucial to the health and happiness of millions of Americans. With that in mind, here are several natural ways to reduce complications and pain associated with arthritis:

- Those who are overweight or obese are diagnosed with an arthritis symptom more often than those with a lower body mass index, according to CDC statistics. Take a load off your joints by maintaining a healthy weight. Weight loss has also been linked to less pain from arthritis, especially in the knees, which bear the brunt of excess pounds.

- Evidence indicates that both endurance and resistance exercise can provide significant benefits to those with osteoarthritis, according to the U.S. Department of Health and Human Services. However, arthritis patients should typically avoid placing too much pressure on joints. Low-impact exercises



such as biking, swimming and walking are recommended treatments for arthritis. A doctor or physical therapist is a good resource for helping you make a fitness game plan.

- No matter what precautions you take, pain from your condition is sometimes inevitable. And when it's severe, it can be debilitating. Some arthritis medications mask pain, which may make it harder to gauge the status of your condition. A homeopathic medicine, however, works naturally with your body to ease suffering from arthritis pain. "Joint pains are common in my practice so I often recommend Arnicare Arthritis Tablets," says Dr. Albert Levy

of Manhattan Family Practice in New York City (Manhattanfamilypractice.com). "I feel confident in recommending it because it won't interfere with other medications and homeopathic medicines, such as this, are one of the safest classes of drugs."

Arnicare Arthritis Tablets are quick-dissolving homeopathic tablets that relieve minor aches and pains associated with arthritis, specifically from stiff or swollen joints and flare-ups caused by changes in weather. They can be a good option for those with multiple conditions. More information can be found at www.Arnicare.com.

- Stiff joints can be painful. Stretch regularly to prevent stiffness. Full range of motion exercises can help you stay limber and maintain function.

Arthritis actually refers to more than 100 different kinds of musculoskeletal disorders that affect people of all ages. If you're one of the millions of Americans suffering from arthritis, take natural steps to prevent and manage the pain associated with your condition. (StatePoint)



Discover camping in New Hampshire at Encore resorts!

- Transient, monthly, seasonal and annual sites available
- Close to Salisbury and Hampton Beach
- Exciting activities & events
- Resort style amenities
- Rentals



Sandy Beach RV Resort, Contoocook



Pine Acres RV Resort, Raymond



Tuxbury Pond, South Hampton



855-387-2667
RVontheGo.com

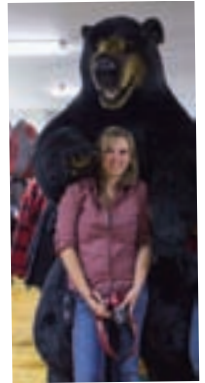
More than a museum – a chance to rethink tradition.

SUBMIT THIS AD FOR
\$2 OFF
 REGULAR ADMISSION
Applies to each member of your party
Expires 12/12/15

CANTERBURY SHAKER VILLAGE

603-783-9511 • WWW.SHAKERS.ORG

2013 VRA Vermont Retail Association Retailer of the year . We've got what you've been hunting for



For women who love to shop and even men who don't



Over 20,000 pairs of boots and shoes in stock. We can fit your feet and your lifestyle



Tax free footwear and clothing



286 Waits River Rd Bradford, Vermont 802-222-9316 vermontgear.com
Monday- Saturday 8:30-5:30 Friday night till 8:00 PM closed Sunday & Memorial Day

Located on 17 acres
plenty of free parking
and room to walk the dog

How to plant your summer garden from scratch

Planting a garden from scratch can sound like a daunting task, especially for those who are new to the hobby. But with the right knowledge, you can plan a successful, fruitful green space and expect to have a great harvest.

One way to get a head start on your garden is to start your seedlings indoors and then transplant them later into an outdoor garden. This time-tested technique can save you hundreds of dollars annually, as young plants at a nursery can be pricey. Here are some tips and tricks to make the most of this method:

- Don't start your indoor plants too soon. They can grow in about four weeks or less if you use a high-quality garden starter. Check seed packages to learn when to plant outdoors in your area, and then start them indoors one month earlier to your transplanting date outdoors.
- Consider using a seed-starting system that takes some of the gardening guesswork out of the equation. For example, the Aerogarden Seed Starting system allows you to start up to 66 seedlings indoors with no dirt or mess,



nurturing seeds with optimal amounts of water and nutrients for reliable germination and healthy growth.

- Add new nutrients to the seedlings every two weeks and keep the water at full level. Feeding your plants more than the recommended amount will not make them grow faster. In fact, it could hurt the plants.
- Before transplanting, seedlings need to be hardened off. Skipping this step will almost certainly result in some or all of your plants dying. Hardening off seedlings eases their transition to the outdoors, where they will be exposed to the elements. The process involves gradually exposing plants to the outdoors,

protecting them from full sunlight, temperature variations and wind.

• Don't let sprouts get too big before transplanting them outdoors. Ideally they should be about 4-6 inches tall. If possible, wait to plant your seedlings on a cool, cloudy day. If your seedlings get too large before weather will allow transplanting outdoors, transplant them into small pots with high quality potting soil. Keep fully watered in a sunny space until weather permits transplanting outdoors.

• After transplanting seedlings outdoors, be sure to water them daily for the first two weeks, especially if the weather is dry and sunny.

• Save and reuse your seed starter tray for the next season. Once the spring plants have been transplanted outdoors, you will be free to get a head start on your summer crop.

More tips to start your own seedlings can be found at www.Aerogarden.com.

For true green thumb bragging rights, grow your garden from scratch. Just be sure you know the tricks of the trade. (StatePoint)

FREE

Hearing Screening

Find out what you're hearing and what you're not.

FREE

Hearing Aid Cleaning and 8 Batteries

On all brands, once annually. Optimize the performance of your hearing aids.

Hearing Enhancement Centers



Al Langley
Founder & CEO



Alan Zappala
Hearing Instrument Specialist

www.HearClearNow.com

RISK FREE 30-DAY HEARING AID DEMO

If you decide to purchase after your demo, receive \$1000 off and a FREE "Complete Hearing Care" plan!

Valid on SDS II Wireless Technology. Cannot be combined with other offers. Expires 5/30/15.

CONCORD

6 Loudon Rd.
603-230-2482

GILFORD

36 Country Club Rd.
603-524-6460

ROCHESTER

300 N. Main St.
603-749-5555

GORHAM

20 Glen Rd.
800-755-6460

BEDFORD

173 So. River Rd.
603-471-3970

What you need to know about diabetes risk factors

When it comes to Type II diabetes, many only consider weight when examining their risk. Diabetes is complicated however, and risk factors are numerous.

Some of the confusion is potentially reflected in statistics. From 1980 through 2011, the number of Americans with diagnosed diabetes more than tripled, from 5.6 million to 20.9 million, according to the Centers for Disease Control and Prevention, and millions more have prediabetes or are undiagnosed. On the bright side, cutting-edge research has uncovered strategies for avoiding, controlling and even reversing diabetes. “It’s tempting to think that there’s not much you can do except take medication and hope for the best,” says George L. King, M.D., Chief Scientific Officer at Joslin Diabetes Center, Professor of Medicine at Harvard Medical School and author of the new book, “The Diabetes Reset.” “However, anyone can improve their body’s response to insulin and its ability to metabolize glucose in the blood.”

Each individual’s glucose control problems are unique, which is why King offers a range of evidence-based, diabetes-

fighting strategies in his book. Here he shares a few:

• **Diet**

A recent study by Dr. King and his Joslin colleagues has shown that insulin sensitivity, glucose metabolism and type 2 diabetes risk can all be significantly improved by switching to a low-fat, high-fiber diet consisting of 70 percent carbohydrates, 15 percent fat and 15 percent protein, including 15 grams of dietary fiber for every 1,000 calories consumed.

This dietary approach, known as the Rural Asian Diet, is easy to maintain, as it doesn’t call for restricting calories or totally avoiding any particular food group. While many diabetes experts promote restricting carbohydrates, this diet distinguishes between refined carbohydrates and complex carbohydrates, which are high in fiber, and will be converted into blood glucose much more slowly.

• **Weight Loss**

If your BMI is above 25 and you’re able to reduce your body weight by 5 to 7 percent, you can reduce your insulin resistance and improve your glucose

metabolism. Be advised, many doctors feel that BMI is of limited value in determining a diabetes risk because it doesn’t distinguish between fat and lean tissue or between different types of body fat. Abdominal fat is the most dangerous type of fat in terms of diabetes risk, so many doctors use waist circumference as an additional measurement.

• **Exercise**

Your muscles can lose insulin sensitivity due to inactivity. This can be largely reversed through a combination of 150 minutes of aerobic activity per week plus weekly strength training sessions. Together, these activities can increase your muscles’ ability to oxidize fats, glucose and other fuels, while also helping you lose weight.

• **Sleep**

There is mounting evidence that lack of sleep can contribute to insulin resistance and possibly causes damage to the pancreas, putting you at heightened risk for prediabetes and type 2 diabetes. Attempt to get seven to eight hours of high-quality sleep every night to improve insulin sensitivity. (StatePoint)

MT. KEARSARGE INDIAN MUSEUM

One Circle, 1000 Stories. Experience It!

Open for the Season

May 1-October 31

Monday-Saturday 10am-5pm, Sunday Noon-5pm

**Beautiful Markings:
Native American Tattoos**

In the Contemporary Art Gallery

Through July 12

Guest Curator Liz Charlebois



Photo by NiNi B Photography

18 Highlawn Rd, Warner, NH 603-456-2600, IndianMuseum.org



Tips that you can use to trace your family's past

Were your ancestors humble farmers or wealthy nobility? Did they travel to find their fortune or have they always lived close to your current home? Exploring your genealogy can be fascinating. In the 2010 U.S. Census, 34.7 million Americans claimed Irish ancestry, the nation's second most frequently reported ancestry, representing more than seven times the population of Ireland itself.

Those of Irish descent, or those who suspect they have some Irish in them, may be inclined to do some research to prove their Irish heritage. Now, the process may be even more revealing, as a new set of records is now available online which tells the harrowing tales of families in the Great Irish Famine.

"The Great Famine caused widespread starvation and disease in Ireland 1845-52. Over one million people died, and one million emigrated, many bound for the United States," says Brian Donovan, Irish records expert at Findmypast, an online family history site. So how do you go about discovering yours? Here are tips for getting started:

- **Building a Family Tree**

Start by building your family tree with



information you have already. When you're done, ask family members to contribute their knowledge. Important information to gather includes names, dates, life details, stories, romances, physical descriptions and anecdotes.

- **Interviews**

Sit down with relatives for interviews, starting with older relatives first. Face-to-face is ideal. However, phone calls or video chatting work well too. Record the interviews to help with your research later or merely to serve as a memento.

You may hear inconsistencies in stories from relative-to-relative, but avoid interrupting or asking leading questions. Ask to see family photos, certificates

and other documents. If you have any to share, bring them along to help jog more memories.

- **Search Online Records**

Register with a website that can help you explore your family history. A good choice for those of Irish descent is Findmypast, which among its two billion historical records from around the globe, boasts the best and by far the largest online collection of Irish records, and an extensive archive of British and Irish newspapers. Their Irish records date as far back as the 14th century, including estate records, military, prison and court records, and passenger lists. Searchable transcriptions and scans of original historical records from Ireland, the U.S. and beyond make it easy to trace your family tree back hundreds of years.

Common setbacks to genealogical research, such as variations on spellings of names, are hurdles that are easier to overcome using certain features on the site. Findmypast also offers plenty of resources and tips to help you discover facts and organize the information. To subscribe, or try a free trial visit www.findmypast.com. (StatePoint)

PETEY'S

Summertime Seafood & Bar



"BEST SEAFOOD ON THE COAST!"

BAKED | FRIED | BROILED
GRILLED & BLACKENED SEAFOOD!
STEAKS | CHICKEN & MORE!
HARD & SOFT ICE CREAM!!

WE CATCH OUR OWN LOBSTERS!
FULL SERVICE BAR TAKE OUT OR DINE IN!
LIVE LOBSTERS TO SHIP ANYWHERE!
OPEN YEAR ROUND
ENJOY OCEANVIEW DECK MAY-SEPT.

1323 Ocean Blvd, Rte 1A, Rye, NH 603.433.1937 peteys.com

PETEY'S
Summertime Seafood & Bar

Reducing your sugar intake can make you feel better

You may not realize it, but your sugar consumption has likely increased over the last several years. Beyond what you add to your coffee or the occasional sweet treat, you may be getting hidden sugar from an array of processed foods, such as ketchup and salad dressing. Even conventional baby food contains added sugar. And all those additions can be troubling to your health, say experts.

“Sugar is directly linked to obesity, tooth decay, diabetes, fatigue, headaches, arthritis, adrenal burnout and physiological or emotional problems such as ADHD and PMS,” says Dr. Steve Weston, Director of Ambassador Relations/Nutrition Expert of Sunwarrior, a producer of raw, plant-based supplements.

For improved health, here are several ways to become more mindful about your sugar consumption:

- There are many names and forms of sugar so learning to read food labels helps. Generally speaking, if an ingredient ends with the suffix -ose, then it’s a sugar.
- Keep the sugar off the table and in the pantry. You’ll be less likely to add it to your meals. That being said, there are plenty of foods that you may be adding sugar to that are already sugary on their own -- from cereal to fresh fruit. Once you get used to the



natural taste of these foods, you won’t miss the added spoonful.

- Don’t use artificial sweeteners. While it may seem natural to reach for an artificial sweetener when you’re attempting to cut back on the real deal, it’s a grave mistake. Most artificial sweeteners actually increase cravings for sugary foods. If you do need a boost of sweetness, stick to more healthful whole food options, such as honey, date sugar, coconut sugar and pure organic maple syrup.
- Seek out sweet flavors, while reaping the benefits of plant-based proteins with a protein blend such as Sunwarrior Protein, an easily digestible nutrient-filled superfood

that tastes great and has zero grams of sugar and no unhealthy additives.

“A healthy protein powder can ensure you’re getting a complete array of the essential amino acids needed to build and repair muscle, drive metabolism, keep skin young and elastic, build and balance hormones and carry out a host of other processes by allowing the body to create the right enzymes,” says Dr. Weston.

Using low temperatures, enzymes, whole grains and superfoods, Sunwarrior’s unique process creates plant-based proteins that are silky smooth, mix well in smoothies, water, almond milk, coconut milk, shakes and other beverages, taste great and supply all the essential amino acids your body craves. More information can be found at www.Sunwarrior.com.

- Pay attention to your skin, which is a reflection of your health and the quality of your nutrition. If you consume too much sugar, particularly from processed foods, a chemical reaction can form a rogue molecule known as an advanced glycation endproduct. Undesirable effects include wrinkles and droopy skin.

By learning more about the foods you eat and making wise choices, you can reduce your sugar intake without missing out on flavor. (StatePoint)

**THIS BLOOD THINNER IS CAUSING DEATH
LEGAL HELP IS AVAILABLE. CALL TODAY!**

Xarelto Lawsuit: Have You Taken Xarelto?

If you or someone you know have experienced bleeding problems after taking Xarelto, we need to speak with you immediately. You may have a claim against the drug manufacturer because it is alleged that they did not properly warn the public about this serious life threatening side effect.



**Call us for a free case consultation.
800-485-8459**

Learn what side effects are being caused by Xarelto and how to file a claim against Xarelto for no out of pocket expense. Call us now: 800-485-8459.

THELAWFIRMS

DOG & CAT ALERT

Is Your Flea & Tick Treatment Poisoning Your Pet?

Countless dogs and cats get sick from flea and tick products that contain deadly pesticides, even the medication you get from your veterinarian. They can also be harmful to your family, especially your kids.

Wally's All Natural Flea & Tick Kit: The Safe Solution

- **Powerful, all-natural** and **organic** ingredients
- **Kills** fleas & ticks by contact and they don't come back
- **Safe**, soothing, animal-cruelty free
- **Fresh** peppermint scent leaves your pet smelling great!

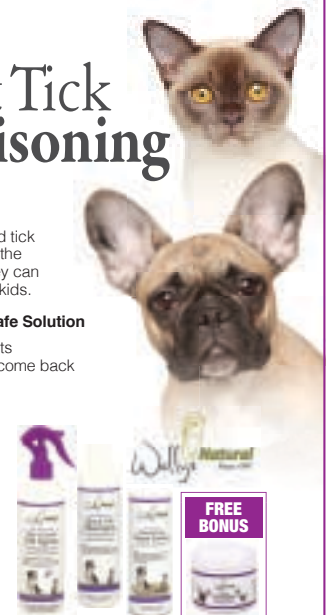
You Get All This For One Low Price:

- Flea & Tick Shampoo
- Flea & Tick Carpet Powder
- Pet Spray With Convenient Sprayer
- **Bonus:** Organic Pet Ear Solution

Call Now, Toll-FREE
1-800-881-0813

9:00 am – 7:30 pm EST
Monday – Friday ONLY
Use Promo Code: **nofleas5**

www.wallysnatural.com/offer



“I didn't think a natural product would work, but after using Wally's pet products, my pets no longer have fleas — without putting my pets or family at risk.”

— Scott H. Sacramento, CA

Throw the perfect summer party on a budget

One of the best ways to celebrate the summer season is by hosting an outdoor party for all your friends and neighbors.

Don't get overwhelmed by the party planning process. The discount experts at Dollar General are offering tips to help you save money and throw a hot summer party that all your guests will love.

• Set the Mood

Escape the heat and throw your outdoor party right at sundown. Light up the night with solar lights and tiki torches to create a relaxing atmosphere. Paper lanterns hanging from tree branches provide low-level lighting and a festive ambiance. Just don't forget the bug spray and citronella candles to keep the insects away!

• Accessorize

No summer party is complete without colorful accessories that make your



backyard really pop. Fill planters of different sizes with blooming flowers for a natural, decorative look. Add colorful tablecloths to dress up all kinds of patio furniture and protect against spills. Make plain paper napkins stand out with napkin holders for an inexpensive upgrade to outdoor dining. Also, consider buying a bright cooler that will lead your guests right to a

refreshing beverage.

• Make a list

Shopping for your bash? Take time to make a list of the items you will need to throw a great party. Grab all the essentials like charcoal, chips, dip, sodas and bottled waters. Don't forget to get extra paper products like plates and napkins -- they will go fast at an outdoor party. You can also save time by downloading DG digital coupons to enjoy all the savings on your favorite summer items without the coupon clipping. With

everything from food and drink to lawn and garden accessories, a discount retailer like Dollar General and dollargeneral.com can be a one stop shop for all of your party needs.

With a little creativity and some planning ahead, the perfect summer party doesn't have to break the bank. (StatePoint)

A New Assisted Living Option

The Terrace at Golden View Now Open



Remaining suites are limited.

Tour and reserve your new home today.

Don't delay! Community fee waived for a limited time during our grand opening special.

Time to relax...

The Terrace at Golden View features private rooms with en-suite bathrooms, living areas for visiting with family and friends, dining options featuring fresh, seasonal dishes, comfortable outdoor living space and wireless internet access throughout.

Plus there's always something to do.

Residents can choose from theatre excursions, guest speakers, musical concerts, scenic sightseeing tours and more.

Golden View Health Care Center • Meredith, NH
GoldenView.org • 279-8111 •

NEWLY RENOVATED SENIOR HOUSING

Age 62 or older and People living with Disabilities

HIGHLAND HOUSE
Whitefield, NH

RUSH SQUARE
Henniker, NH

XAVIER HOUSE
Nashua, NH

*Community Room with on-site Resident Services
Includes Heat and Hot Water, Electricity, Appliances,
Ample Parking, Laundry Facilities*

Must Income Qualify • Rent Based on Income

For more information contact:

The Caleb Group
25 Morgan Street,
Nashua, NH 03064
Or call

603-883-6770 Ext 134
tscott@thecalebgroup.org



Three tips for buying French wine from a head wine maker

Choosing a wine from a menu or the shelves of your local wine shop can be daunting. Despite wanting to try something new, you might find yourself consistently reaching for the same bottle you know for fear of making the wrong choice. However, a whole wine world is ready to be explored. Why not start with a classic: French wine?

Frédéric Barnier, Head Winemaker of Maison Louis Jadot in Burgundy, France, offers easy tips to help you discover great wines from France.

• Unscramble French Labels

French wine standards are very strict and dictated by law. Wine labels feature a lot of information with words you may not recognize. Here are seven basics to look for on the label:

1. Vintage- year the grapes were harvested (front top label)
2. Producer or Brand (front label)
3. Appellation title or "sub-region" (front label)
4. Region and style (front label)
5. "Bottled at the estate" or location of bottling (front label)
6. Alcohol content (back label)
7. Winery location (front and back label)



• Embrace a Region

Unlike American wine labels, French wines do not clearly spell out the varietal. However, there is no magic trick there; you just need to learn some of the basics of which varietals are grown where in France.

Wines from Burgundy for instance will bring you delicious, elegant, aromatic Pinot Noir and Chardonnay. From this eastern part of France, and more specifically from the Beaujolais region, comes another varietal you may not be familiar with known as Gamay. A wine to try is the Louis Jadot Beaujolais-Villages, which is 100 percent

Gamay, and actually the number one French wine in the U.S. It is crisp, fruit-forward and juicy, with expressive aromas and flavors of ripe red berries, such as raspberry and cherry, with notes of black pepper.

• Share and Celebrate

Wine is meant to be shared and enjoyed, so throw a French Wine tasting party with friends. Instruct guests to bring one bottle of French wine. As host, prepare a nice plate of charcuterie and cheese. Fill the evening with interesting French wine region facts to initiate hearty discussions. As a group, review the tasting notes for each featured wine,

and find delight in the discovery of new likes and dislikes. Another way to introduce French wines into your lifestyle is by celebrating with them during special meals and occasions. For a classic, French white wine that pairs well with a variety of dishes, a great choice is the Louis Jadot's Pouilly-Fuissé, made of 100 percent Chardonnay. The Pouilly Fuissé, which comes from the designated area of Mâconnais, another sub-region of Burgundy, will beautifully complement lighter fare or a holiday menu of ham or lamb. (StatePoint)

Ways to make history come alive for your family

It may have been many years since you picked up a history textbook. And if so, who can blame you? History can seem dull when told as a listing of facts and dates. But learning about times gone by can be a worthwhile pursuit -- whether you want to be better prepared to help your kids with homework or to beef up your own store of knowledge.

Luckily, there are much more fascinating and engaging ways to become a history buff than by reading a standard textbook. To make history come alive for you and your family, consider the following:

• Historical Fiction

Revisit and rethink historical fact with inventive fictional novels inspired by true events. Historical fiction can be a fascinating way to get acquainted with history.

Check out one such new read, "The Lusitania Conspiracy," which explores events surrounding the infamous sinking of the RMS Lusitania, a British ocean liner, and at the time, one of the world's fastest and most luxurious passenger ships. In time for its 100th anniversary, history buff and author Ron Walters details a series of intense events involving mystery, murder, and perhaps even crimes against humanity,



offering one possible explanation as to what occurred so long ago on May 7, 1915.

According to Walters, the truth behind the sinking, which involved the loss of 1,200 lives is "the greatest story never told."

"The story of the Lusitania has been overshadowed by the Titanic's sinking for nearly 100 years, even though it's far more interesting and intriguing," says Walters.

Though it is fiction, the book is based on real events and features historical figures. After enjoying the novel, you can look forward to a film version, currently in the works. For more information, visit www.thelusitaniainconspiracy.com.

• Take a Vacation

The next time you travel, take an opportunity to get more deeply acquainted with your destination by learning about its history. Were any battles fought there? Did

important figures spend time there?

Almost every location has an interesting story behind it and seeing where an event took place can help bring facts to life and shed light on a story. Consider planning a family vacation around an historical site like Gettysburg, site of one of the largest battles of the Civil War and President Abraham Lincoln's famous Gettysburg Address. Or you can visit a place like Los Alamos, home to the Manhattan Project during World War II. There are many destinations with historical meaning that can be explored by your family.

• Make it Personal

History extends beyond the famous and infamous. Everyday people have interesting stories to tell as well -- including your ancestors.

Delving into your own family's past is now easier than ever, as there are online services that can help you search historical records and documents to piece together your story far into the past. Supplement your research by conducting interviews with relatives and record the sessions for posterity.

History is not meant to put you to sleep. By seeking out more vivid interpretations and retellings of the past, you can make it come alive. (StatePoint)

Finding Senior Housing can be complex, but it doesn't have to be.

"You can trust
A Place for Mom
to help you."
— Joan Lunden

Call A Place for Mom. Our Advisors are trusted, local experts who can help you understand your options. Since 2000, we've helped over one million families find senior living solutions that meet their unique needs.

A Free Service for Families.
Call: (800) 371-7562

A Place for Mom is the nation's largest senior living referral information service. We do not own, operate, endorse or recommend any senior living community. We are paid by partner communities, so our services are completely free to families.

Call toll-free: 1-800-609-7013

Are You Still Paying Too Much For Your Medications?

You can **save up to 93%** when you fill your prescriptions at our Canadian and International prescription service.

Their Price

Bottle A

Manufactured By Pfizer™

\$761.35

Typical US brand price for 200mg x 100

Our Price

Bottle B

Manufactured By Generics Manufacturers

\$64.00

Generic equivalent of Celebrex™
Generic price for 200mg x 100

Compare Our Prices! Call us toll-free at 1-800-609-7013.

Get An Extra

\$10^{OFF}

And FREE SHIPPING

Get an extra \$10 off your first order today!

Call the number below and **save an additional \$10 plus get free shipping** on your first prescription order with Canada Drug Center. **Expires June 30, 2015.** Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household.

Order Now! Toll-free: 1-800-609-7013

Use code **10FREE** to receive this special offer.

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

Prescription price comparison above is valid as of November 1, 2014. All trade-mark (TM) rights associated with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price. Generic equivalents are equal to their "brand" counterparts in Active Ingredients, Dosage, Safety, Strength, Quality, Performance and Intended use. It may vary in colour, shape, size, cost and appearance.

Are you reaching for the right pain medication?

The use of opioid painkillers such as Vicodin and Oxycontin is on the rise and this trend is taking its toll. Opioids account for 46 deaths each day in the United States -- more than any other drug.

Is your pain medication the best option for you? Depending on the type of pain you're experiencing, and the duration of your expected treatment, the answer may be "no."

"Surprisingly, opioids are not very effective pain medications, and they can also have serious side effects," says Dr. Donald Teater, M.D., medical advisor to the National Safety Council.

Acute pain includes dental pain, back pain, renal colic pain (kidney stones), sprains and fractures. What may be surprising to some is that studies show a combination of over-the-counter acetaminophen and ibuprofen is more effective at relieving acute pain than opioids. Not only are opioids less



effective than NSAIDs (nonsteroidal anti-inflammatory drug) in particular instances, but they also are associated with more serious side effects. Some lesser-known side effects of opioids include gastrointestinal bleeding (more frequently associated with NSAIDs), rapid development of addiction, changes to the brain and cognitive abilities, driving impairment, increased risk of disability and decreased sex hormones.

The elderly need to be particularly

wary, as elderly adults taking opioids are at greater risk of having a cardiovascular event, have four times as many fractures than their counterparts not taking opioids, and have an 87 percent greater risk of dying.

If you're prescribed an opioid pain medication, consider discussing alternatives with your doctor, particularly if you're treating acute pain. Taking the minimum dose for as short a time period as possible can

help reduce your risk. "Since opioids are often abused illicitly, it is good practice to lock your medicine cabinet and dispose of any leftover medications properly when your course of treatment is over," says Dr. Teater. "Drug take back programs are the safest, most environmentally-friendly way to clean your medicine cabinet."

For the latest information on painkiller efficacy and risks, visit www.nsc.org/rxpainkillers. (StatePoint)

Do you or a loved one STRUGGLE on the stairs?

We have the **AFFORDABLE** solution!

THE EASE-OF-USE FOUNDATION

The only stairlift to earn the Ease-of-Use commendation from the Arthritis Foundation.

LIMITED TIME OFFER!

\$250 OFF*

PURCHASE OF A NEW STAIRLIFT!

EXPIRES February 28, 2015

- The **WORLD LEADER** in stairlifts
- The **MOST TRUSTED** name in the industry
- **BUY DIRECT** from the manufacturer and **SAVE**
- Works on **ALL TYPES** of staircases

ACORN
STAIRLIFTS

CALL NOW FOR YOUR FREE INFORMATION KIT AND DVD!

1-800-947-9184

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders placed before February 28, 2015. Please mention this ad when calling.

HOME SECURITY SPECIAL

monitoring starting around

\$9.99

per week

*with \$99 customer installation charge and purchase of alarm monitoring services

Did You Know?

- A burglary occurs every **14.6 seconds**.¹
- **1 out of every 5 homes** will experience a break-in or home invasion.²
- A home without a security system is **3 times more likely to be burglarized**.³
- **85% of Police Officials surveyed** believe home alarms deter burglary attempts.⁴

Protect Your Home

Call Today, Protect Tomorrow!

1-800-482-9014

Mon-Fri 8am - 11pm • Sat 9am - 8pm • Sun 10am - 6pm EST

\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$36.99 per month (\$1,331.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT LLC. Other rates plans available. Cannot be combined with any other offer. Licenses: AL-12-1104, AK-35221, AR-E08-014, AZ-R0C217517, CA-AC06320, CT-ELC0193944-L5, DE-07-212, FL-EC13003427, EC13003401, GA-LM205395, HI-CT30946, IA-AC-0036, ID-39131, IL-127.001042, IN-City of Indianapolis: 80988, KY-City of Louisville: 483, LA-F1882, MA-1335C, MD-107-1626, ME-LM50017382, MI-3601205773, MN-TS01807, MO-City of St. Louis: CE354, St. Louis County: 53328, MS-15007958, MT-247, NC-25310-SP-FA/LV, NC-1622-C5A, NE-14451, NJ-348F00021800, NM-353366, NY-68518, City of Las Vegas: 814-00075-6-121756, C11-11262-L-121756, NY-Licensed by the N.Y.S. Department of State UED#12000286451, OK-53891446, City of Cincinnati: AC36, OK-1048, OR-170997, Pennsylvania Home Improvement Contractor Registration Number: PA22999, RI-3382, SC-BAC5630, TN-C1520, TX-B13734, ACR-3492, UT-6422596-6501, VA-115120, VT-ES-2382, WA-60258694/PROTEYH93485, WI-City of Milwaukee: 0001697, WV-042433, WY-LV-G-21499, 3750 Priority Way South Dr. Suite 200 Indianapolis, IN 46240 For full list of licenses visit our website www.protectyourhome.com. Protect Your Home - 3750 Priority Way South Dr., Ste 200, Indianapolis, IN 46240.

Ways to stay in touch with your spiritual side

While there are many differences between the major world religions, there are just as many similarities. Fostering a conversation about religion and incorporating spirituality into your life can benefit you and your family, believe experts.

“Finding common ground in the various religious scriptures, history and spiritual practices can help us reach peaceful solutions to social issues,” says author Star Chang, whose new book, “Coming Home: A Spiritual and Religious Dialogue,” explores diverse religious teachings.

Chang is offering spiritual practices to incorporate into your everyday life, regardless of your faith.

- The goals of the major world religions are similar; however the ways of achieving them can differ. For example, many religions practice “love” to achieve their goals. Everything you do, do it with love.

- While faith is difficult to prove with the advancements of modern science, it is a trust in something greater. Have faith in what you’re doing, even if all the signs aren’t clear.

- The goal of the sciences is to find the



ultimate truth, which is what the major world religions are also seeking. Scientists attain this goal by using external tools, while religion draws upon an internal force. Put both to good use to tackle your goals.

- Human beings consist of three parts -- mind, body and spirit. The spirit is the lead, the mind is in-between and the body is the follower. Confusion will arise if the mind or the body becomes the lead. Check in with your spirit often.

- Tolerance is a practice that comes from the heart. Make sure your heart is light and free of judgment.

- If there is negativity underlying your actions, the good you do will not be felt. To do the most good you can, find balance and come from a place of positivity.

- Many major religions emphasize having a good heart, sound thought and good behavior as universal virtues. Help others with these three principles in mind.

- Be kind to all people and beings without discrimination. These teachings are abundant in many world religions, and were as true thousands of years ago as they are today.

- Get an innocuous conversation started amongst family members and friends. A spiritual text, such as “Coming Home,” can make a great gift for someone moving on to the next life stage, such as a high school or college graduate; and can be a helpful way to revisit world religions and spiritual concepts. In our modern society, it can easy to lose touch with your spirituality. But exploring this side of yourself can help you have a deeper appreciation and broader understanding of other cultures and systems of belief. More information can be found at www.BookComingHome.com. (StatePoint)

SWIM AT HOME
ENDLESS POOLS®
 THE TREADMILL FOR SWIMMERS

THE ENDLESS POOL HAS A SMOOTH, ADJUSTABLE CURRENT FOR SWIMMING, EXERCISE, REHAB, AND FAMILY FUN.
PLUS, IT'S EASY TO INSTALL, ECONOMICAL TO RUN, AND SIMPLE TO MAINTAIN.

FOR A FREE IDEA KIT, CALL 800-923-0994.

LOOK SHARP, SPEND SMART.

FROM \$19
 + FREE LENSES

EXCLUSIVE ONLINE OFFER - 60% OFF YOUR FIRST PAIR!

1000s of styles & high-end brands | Free shipping and returns | Best prices on multifocals & Transitions

Find offer at GlassesUSA.com/glasses24 or text 'glasses 24' to 313131 and get your code.

GlassesUSA.com

OUT & ABOUT

Air Force to Flying Tigers to FedEx, An Aviation Career Paul Cassel

May 9, 2015, 11:00 AM
 Program is included in the price of admission. 27 Navigator Road Londonderry, NH 03053
 Phone: 603-669-4820
 Air Force to Flying Tigers to FedEx An Aviation Career Paul Cassel FedEx Express Senior VP, Flight Operations, Director of Operations The Aviation Museum of NH announces that Paul Cassel, FedEx Express Senior VP of Flight Operations, Director of Operations, will be speaking at the museum Saturday May 9, 2015 at 11:00AM describing an aviation career that is the equivalent of going from playing sand lot baseball to the World Series! He will describe a career that began with Piper Cubs and has proceeded to a wide range of aircraft in the air cargo industry from DC8's to MD11's to B-777's, while amassing over 26,000 hours of flight time. As Paul says, "In my lifetime, I've

seen aviation evolve from slow mechanical devices comprised of clutches, shafts, levers and electrical motors, to electronic technology that dazzles with speed and accuracy." Paul Cassel can't remember a time when he wasn't completely infatuated with airplanes and flying. He was just a teenager when he began working at the local airport fueling airplanes and cleaning hangars. He soloed on his 16th birthday and earned a private pilot's license at age 17. Today Paul is Senior Vice President of Flight Operations for FedEx Express, the world's largest express transportation company providing fast, reliable delivery to every U.S. address and to more than 220 countries and territories. As FedEx's chief pilot he is responsible for the management of nearly 5,000 pilots and 600 staff, and for the oversight of 370 transport aircraft flying in and out of 375 airports around the world. This program is part of the museum's "Second Saturday@Museum" series. Please contact us for

more information at 603-669-4820, or avmuseum@nhahs.org. The Aviation Museum of NH is located at 27 Navigator Road, Londonderry, NH 03053.

Opening Day and Moultonborough Appreciation Day

May 9, 2015, 10:00 AM
 Free for Moultonborough Residents. Castle in the Clouds RT 171, 455 Old Mountain Rd. Moultonborough, NH 03254
 Phone: 603-476-5900
 Join us as we open the doors of Lucknow for its 101st year! Open weekends through the rest of May, come tour the mansion, visit the Art Gallery, and dine at our award winning restaurant. We will have special treats and games too. Remember, all Moultonborough Residents tour Lucknow FREE on opening day!! Bring a photo ID with proof of residency to the front gate and receive your free admission. Generously sponsored by Crystal Geysler and Irwin Motors.

Mother's Day Special
 May 10, 2015, 10:00 AM

Price: Adults \$8.50, Seniors, Children and Students \$7.00. Tarbin Gardens, 321 Salisbury Road (Route 127), Franklin, NH
 Phone: 603-934-3518

Free admission for mother when accompanied by a ticket payer! On Mother's Day treat your mother with a visit to beautiful Tarbin Gardens, the only English Landscape style garden in New Hampshire open to the public. Explore the extensive gardens then sit awhile and relax. Bring a picnic lunch to eat in the Rose Garden Patio. Take a self guided tour. We provide a map and all the plants are labeled. The gardens are open from 10AM – 6PM.

Mother's Day Special at Conway Scenic Railroad

May 10, 2015, 11:30 AM
 Fares vary. Children under 4 ride FREE in Coach. 38 Norcross Circle North Conway, NH 03860
 Phone: 603-356-5251. A special day for Mom where she rides FREE in Coach when accompanied by 1 or more ▶

Save Now On A Walk-In Bath Or Easy Access Shower

Bathe Safely and Worry-Free with a Premier Care in Bathing Walk-In Bath.

Independence and security are only a phone call away. If you or a loved one struggle taking a bath, talk to us at Premier Care in Bathing about our extensive range of Walk-In Baths.

- Enjoy a relaxing bath again, without the fear of slipping or falling
- The walk-in door feature allows easy access and exiting
- **Hydroescent** air jets soothe away your aches and pains
- Our fully licensed installers can do most any install, and in most cases in just one to two days
- Easy installation with white glove treatment

As Seen On TV!

MADE IN THE USA

LIFETIME WARRANTY

CALL NOW • TOLL FREE

1-800-670-8533

PAYMENTS AS LOW AS

\$150

PER MONTH*

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 10% of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided. I understand this consent is not a condition of purchase. **Limited lifetime warranty subject to terms and conditions.

Saving a life from a potential catastrophe EVERY 10 MINUTES!

I live

alone

but I'm never alone.

I have Life Alert®.

One press of a button sends help fast, 24/7, even when you can't reach a phone.

Life Alert

For a FREE brochure call:

1-800-997-2567

OUT & ABOUT

children; FREE in First Class when accompanied by another paying adult. Complimentary appetizers served on board First Class Car.

Mother's Day Brunch Cruise on M/S Mount Washington

May 10, 2015, 10:00 AM
Adults \$ 44, child \$ 22, age 4 and under free. M/S Mount Washington, 211 Lakeside Ave., Weirs Beach, NH 03246
Phone: 603-366-5531
Treat mom to a cruise and brunch on beautiful Lake Winnepesaukee on her special day. Choose between the 10 Am or the 2 Pm cruise from Weirs Beach. Price includes brunch. Purchase your ticket on line or call early as these cruises usually sell out.

Magnolias in New Hampshire

May 14, 2015, 10:00 AM
Adults \$8.50, Seniors, Children and Students \$7.00. Group rates

are available on request. Tarbin Gardens. 321 Salisbury Road (Route 127 South) Franklin, NH 03235
Phone: 603-934-3518
Today's self-guided tour features Magnolias and other spring flowering trees. We provide a map, featured areas are flagged throughout the gardens and all plants are labeled. We will be available to answer any questions. Bring a picnic lunch to eat in the Rose Garden Patio. The gardens are open from 10AM – 6PM.

Sheep Herding Field Trials

May 16, 2015, 10:00 AM
Admission is \$5 for adults and \$3 for children. Museum members free. 1305 White Mountain Highway, Milton, NH 03851
Phone: 603-652-7840
May 16th Sheep herding Field Trials Saturday 10 am- 2:00 pm
Come watch the top Border Collies in New England vie for

prizes as they herd flocks of sheep through a course in the Plummer pasture and enjoy a spring day on the farm. The dog and handler teams must maneuver the sheep through several obstacles in a limited amount of time. Handlers will take turns explaining what is happening on the fields and will be available to answer questions about the breed and training. Visitors can also view spinning demonstrations, explore the barns filled with antique farm equipment, visit with the farm animals and walk the trails through the woods. New England Border Collie Rescue will be on site to educate people about the breed. Trials will begin at 10:30AM and run until approximately 2:00PM. Make sure to bring your own chair. Only dogs in the competition will be allowed on the museum grounds and necessary service dogs.

Kites Against Cancer

May 17, 2015, 11:00 AM
Free; Kites Available for purchase at event and prior at various Seacoast locations. Ocean Boulevard, Hampton, NH 03842
Phone: 603-580-6668
Kites will fill the sky as a sign of hope and support for those affected by cancer during Exeter Hospital's 7th annual Kites Against Cancer event to be held Sunday, May 17 from 11am to 3pm at Hampton Beach (near the Oceanfront Pavilion). This uplifting fun family event will include kite flying and decorating, face painting, raffles, refreshments, music provided by Z107 and more! Warm-up with Zumba® on the beach at 11:00 am. 100% of event proceeds benefit The Beyond the Rainbow Fund at Exeter Hospital, a fund providing financial assistance and support to patients in need at Exeter Hospital's Center for Cancer Care. Special kites ▶

ADVERTISEMENT

© 2015 The Back Pain Resource Center

Medicare covers revolutionary new device that gives seniors freedom from lower back pain

Easy-to-use high-tech back brace is now covered by Medicare. Specialists are manning the phones for the next 48 hours to assist seniors in qualifying to get the new Verta Loc back brace and regain their youth.



The revolutionary new Verta Loc Back Brace is helping seniors everywhere re-discover an active and pain-free lifestyle.

But even better news is that recently approved Medicare coverage means that most seniors with lower back pain can get the amazing Verta Loc – and much-needed relief – at little or

no cost.

Qualifying is fast and easy with a free phone call within the next 48 hours to the trained Medicare specialists at The Back Pain Resource Center.

Comfortable, custom fit provides immediate pain relief
If you are reading this, you know that lower back pain can be excruciating and debilitating. Even mild, low-grade back pain, whether chronic or recurring, robs seniors of their golden years and takes the fun out of life.

The Verta Loc was designed by medical technology experts to reverse that situation, instantly. It fits all waist sizes and has no small pieces to fumble with. Your Verta Loc will arrive fully assembled and could not be easier to adjust for a perfectly custom-tailored fit and immediate relief.



Verta Loc's unique two-strap system gives you complete control over the compression you need to feel relief, offering maximum comfort and protection with just the right amount of support.

Not available through retailers or over the Internet

To keep costs down and to streamline and speed up the Medicare qualification process, the Verta Loc Back Brace cannot be purchased online or in stores. It is only available with a free call to The Back Pain Resource Center, and will be shipped directly to your home by our trusted supplier of quality durable medical equipment.

The Center's specialists are trained in Medicare and make it very easy for virtually all seniors with lower back pain to qualify for the new Verta Loc and obtain one at little to no cost out-of-pocket. The specialists handle all the paperwork in a matter of minutes.

Pain relief and financial relief too

Many people find themselves wearing their Verta Loc for only part of the day to experience relief. Plus, when the pain subsides, many are able to reduce or even eliminate their use of pain medications, which not only eliminates unwanted side effects but also saves money.



Recommended by doctors and back pain specialists

Physicians agree that using a high-quality back brace like Verta Loc helps encourage safe movement, teaches good body mechanics, and restricts the motions

that cause pain in the first place. Patients are able to maintain their daily activities and learn better back health practices.

Medicare coverage specialists are available by phone for the next 48 hours only. Call today!

Since Medicare is now covering the Verta Loc, the phone lines are expected to be flooded, but if lines are busy, callers are encouraged to keep trying. For the next 48 hours, the goal of the Back Pain Resource Center is to make sure every senior is able to experience the relief and freedom provided by having their own Verta Loc.

To get your Verta Loc please find your time zone on this map and begin calling at the time indicated.

CALL 800-831-4290



Results not typical and may vary. Not all patients qualify. Product covered in full with payment by primary and secondary insurance. Warranty and restrictions apply.

OUT & ABOUT

will be available for purchase at the event, as well as at the following Seacoast locations beginning April 20. Kites are \$8 per kite or two for \$15. • Me & Ollie's Cafes: Exeter, Greenland, Newington and Portsmouth • Stillwell's Ice Cream: Hampton & Exeter • Churchill's Garden Center: Exeter • Exeter Hospital Gift Shop. Individuals are encouraged to decorate or personalize their kites in memory or in honor of a loved one. For additional information, visit www.exeterhospital.com/kitesagainstcancer or call 603-580-6668.

Live Music at LaBelle Winery: ChucknJohn

May 21, 2015, 6:00 PM
345 Route 101, Amherst, NH
Phone: 603-672-9898
Every Thursday night, we'll have live music on the Terrace or in the Tasting Room from 6 – 9pm. Enjoy your dinner and a delicious drink while the tunes carry your cares away! You won't want to miss a single one! Call 603-672-9898 x1 to make your Reservation for the Bistro.

2nd Annual Heritage Plants Sale

May 23, 2015, 9:00 AM, Free
The Wyman Tavern
Main Street, Keene, NH 03431
Phone: 603-352-1895
Today people are rediscovering heirloom varieties of fruits and vegetables because they taste better and are better adapted to the region. At the Heritage Plants Sale the Historical Society will offer fruit tree seedlings, berry bushes, heirloom vegetable starts, herbs, elm tree and chestnut tree seedlings, native plants, and more. Anyone who is interested in gardening or landscaping with heritage plants should save the dates for the Heritage Plants Sale at the historic Wyman Tavern. Proceeds will benefit the programs of the Historical Society of Cheshire County.

26th Annual Chowderfest & Brews

May 24, 2015, 12:00 PM
Village Road, Waterville Valley, NH
Phone: 603-236-8175
Area restaurants vie for the

coveted title of best local chowder. Guests help by casting their vote! Noon to 2pm. Admission fee covers generous samples of chowder and a voting ballot. From noon to 4 pm, seasonal ales are available in the brew tent, accompanied by a free outdoor rock & blues concert.

Wildquack Duck River Festival

May 24, 2015, 8:00 AM
Admission to event is FREE Duck Tickets, food, games and other specials are sold separately
Jackson Village Park
Rt. 16A, Jackson, NH 03846
Phone: 603-383-9356
2015 is the 26th running of the Ducks and it promises to be EVEN more exciting this year. This event offers great local and visiting food vendors, kids games and challenges, the Jackson Fire Department obstacle course, 5 Minutes of Fame Wildquack Duck Stage, Jackson's Cake Boss Competition and more surprises. "Wildquack" the Duck will be there to welcome you to Jackson Village. With No Admissions Fee

anyone can cheer, laugh and feel the excitement as over 3108 ducks bob and splash their way to the finish line. Your Duck Race ticket could win you more than \$1,000 in cash or one of more than 60 other valuable prizes. Every year more than \$10,000 in cash and prizes are won.

Caravan of Thieves

May 30, 2015, 8:00 PM
\$19; \$16; \$13
2050 Main Street
Bethlehem, NH 03574
Phone: 603-869-3422
Driving gypsy jazz rhythms, acoustic guitars, upright bass and violin lay the foundation for mesmerizing vocal harmonies and fantastic stories. It's theatrical and humorous. It's musical and intense. It entertains, dazzles and defies classification while welcoming the spectator to join the band throughout the performance in momentary fits of claps, snaps and sing-alongs. If Django Reinhardt, the cast of Stomp and the Beatles all had a party at Tim Burton's house, Caravan of Thieves would be the band they hired.

Use the coupon below now to

SAVE UP TO 75%

on all your uninsured prescriptions!



- Honored at more than 50,000 pharmacies nationwide.
- No fees and no expiration.
- Used by over 7,500,000 people.
- Everyone is eligible.

To receive your FREE permanent wallet savings card, visit www.UniscriptCard.com/MB or call toll-free: 1-888-636-8633.

PRESCRIPTION DISCOUNT COUPON
REUSABLE • NON-EXPIRING

SAVE UP TO 75% OFF



any FDA-approved prescription medication not covered by insurance!

I.D. Number BIN 005947
BBG100042 GRP 6226PWB
PCN CLAIMCR

How to claim your discount:
Show this coupon to your pharmacist when you fill a prescription. Any applicable savings will be deducted automatically. Save the coupon for future use. Questions? Call toll-free 1-888-636-8633. This coupon is not insurance. 

Finally, our Walk-In Tub with a Heated Seat!



NOW enjoy warm comfort from start to finish!

The best walk-in tub just got better with breakthrough technology! Introducing the all new Safe Step Walk-In Tub featuring heated seating and two new foot massaging jets. The first walk-in tub to offer heated seating also includes the following standard features:

- ✓ 10 hydro-jets and 16 air bubble streams to help you relax and soothe your aching joints and muscles
- ✓ Safety features including the industry's leading low step-in with a 17-inch high non-slip seat
- ✓ Made in the USA, with a lifetime warranty

You'll agree - there just isn't a better, more affordable walk-in tub on the market.

Call today and receive a **FREE heated seat** and **\$750 OFF** when you mention this ad FOR A LIMITED TIME ONLY

1-800-435-0354
Financing available with approved credit.



Oxford Casino and Poland Spring Resort...
A WINNING PAIR!



Only in Maine can you find a gaming experience like Oxford Casino AND the timeless beauty of Poland Spring Resort only minutes away!

Come for the beauty and stay for the fun! Get your heart pounding at the slots and table games, then relax at the Poland Spring Resort pool, fish, hike, play some tennis or play 18 holes on the historic Donald Ross golf course. Oxford Casino and Poland Spring Resort—the best of both worlds and Wicked Good Fun!



Wicked Good Fun!

OxfordCasino.com



*Poland Spring
Resort*

www.PolandSpringResort.com

**For more information,
 call toll-free 1-866-998-4356 or visit polandspringresort.com**

Persons under 21 years of age may not enter the restaurant or casino unless licensed as employees. Gambling problem? In Maine, call 2-1-1 or (800) 522-4700 for help.



1015 Candia Road
Manchester, NH 03109
603-645-5200



52 Strawberry Avenue
Lewiston, ME 02420
207-333-3638

Visit our 6000 sq ft retail showroom in Manchester and browse our wide assortment of the finest home medical products, supplies & aids to daily living

25% OFF

ALL IN-STOCK LIFT CHAIRS
BY GOLDEN & PRIDE



GOLDEN BuzzAround XL SCOOTER

NOW ONLY

\$1099.00

Model G8119



30% OFF

ALL IN-STOCK ROLLATORS



**NH's Finest Accessible
Home Modifications**



AGE GRACEFULLY IN YOUR OWN HOME!

REQINC.COM

Showroom Open Mon-Fri 7:30-5:00