

# Dazzle guests with easy, beautiful holiday eats

Creating a delicious holiday spread that your guests will love doesn't have to be hard. Keep it simple and serve a table of tasty appetizers rather than a full meal, especially during a season when guests likely have several stops to make.

■ **Simple Starters.** Cheese and crackers or vegetable trays are reliable starters that can serve as a precursor to any meal. For an easy and eye-appealing appetizer, serve a hand-crafted cheese inside a wreath of fresh rosemary and pomegranate seeds, along with honey and premium deli crackers. The Litehouse Simply Artisan Reserve line cheeses are prepared in open air vats in small batches, handcrafted, hand-salted and aged 100 days for top-market flavor quality and gourmet taste. For a delicious twist on a veggie tray, round out traditional favorites such as broccoli and carrots with unexpected delights, such as endive leaves and blanched green beans.

■ **Easy Flavor Boosters.** Dial up the flavor of your favorite holiday recipes with a simple, single ingredient. A quality, perfectly seasoned dressing, such as those from Litehouse, are a delicious and convenient way to add flavor to any recipe, whether it's making a



salad that's the star of a holiday party, or using it as a quick-and-easy marinade for an appetizer, such as a shrimp skewer. You can also add a pinch of freeze-dried herbs to your favorite recipe for added brightness and flavor.

■ **Ready-In-Minutes Favorites.** Making delectable appetizers doesn't mean you have to spend hours in the kitchen. Timesavers, such as the easy-to-serve feta cheese crumbles used in this Holiday Bruschetta, are also a quick way to enhance any salad, cheese plate or side dish. Then round out your menu with a diverse offering of other crowd-pleasing, quick-prep items, from deviled eggs

and pinwheels, to shrimp cocktail and bagel pizzas.

For more holiday cooking inspiration, including recipes and contests, visit [lighthousefoods.com](http://lighthousefoods.com) or [facebook.com/Lighthouse](http://facebook.com/Lighthouse), and check your Sunday newspaper for special holiday coupons.

## HOLIDAY BRUSCHETTA

- 1 baguette
- olive oil
- 1 tomato, diced
- 1/2 cup red pepper, diced
- 1 container (6 ounces) Simply Artisan Reserve Feta Cheese
- 1 teaspoon Litehouse Instantly Fresh Basil
- 1/2 cup Litehouse Organic Balsamic Vinaigrette

Cut baguette into 1/2-inch slices. Brush with olive oil and grill lightly.

In bowl, combine tomato, red pepper, feta cheese, basil and just enough vinaigrette to lightly coat.

Place heaping spoon of mixture on each baguette slice and drizzle with more vinaigrette, to taste. Family Features

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# The nice list: Great gift ideas for under the tree

Santa's made his list, checked it twice and found out who's been naughty and nice. For family and friends who found their way on to Santa's nice list this year, these great holiday gift ideas, ranging from organization to ways to stave off that winter chill to gifts that bring out the magic of the season and last long after the holidays are over, can help earn you a spot on your loved ones' nice lists for years to come.

■ **Heat Up Your Holidays**

This chilly holiday season, give the gift of heat to the outdoorsman who loves to hunt and camp, a friend who enjoys tailgating or the proud parent who spends time on the sidelines at their child's outdoor games. The Chaheati Heated Add-On is cordless, lightweight, has a rechargeable battery and fits onto any portable chair. The heating system has four temperature settings - keeping you warm and outside doing what you love longer. Visit [Chaheati.com/Retailers](http://Chaheati.com/Retailers) for retail locations and more information.

■ **Experience the Magic of Christmas**

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they touch the button on the wand, hear the tinkling chimes and see all of your holiday lights come alive. Avoid the hassle of rummaging around behind the tree to plug in a cord or searching for a tiny remote and visit [magilightwand.com](http://magilightwand.com) for more

information and to order.

■ **Pens and Pencils Make Great Stocking Stuffers**

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■ **Comfortable Holiday Warmth and Style**

Give the gift of luxe comfort this season with a cashmere turtleneck sweater from Charter Club. Soft to the touch and incredibly warm, this sweater is a versatile addition to any wardrobe and the perfect way

to embrace the latest color trend by selecting an of-the-moment pastel hue. Retailing for \$139, pick up this holiday essential exclusively at Macy's stores and [macys.com](http://macys.com).

■ **A Safe Home for the Holidays**

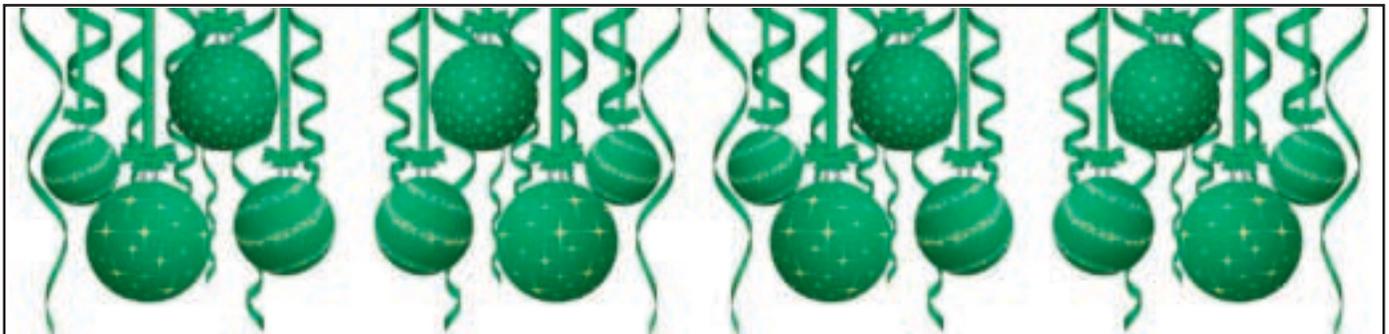
Give homeowners simple, smart security this holiday with Kidde's RemoTEnc WiFi-enabled products. The plug-in monitor sends an alert upon hearing a smoke or carbon monoxide alarm. The cordless camera instantly sends video upon sensing motion. Mount it nearly anywhere and set it to arm/disarm based on your location, or request an on-demand video if the monitor is triggered. A free mobile app allows for custom notifications. For more information, visit [kidde.com](http://kidde.com).

■ **Get Organized This Holiday Season**

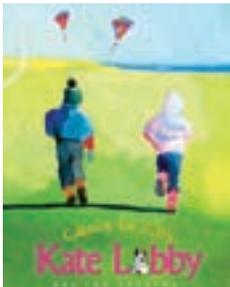
Stop overloading friends and family members with presents that cause clutter. This holiday season, get creative and give the gift of organization. With ClosetMaid's SuiteSymphony Collection Kits, you can provide an easy way for your loved ones to reclaim control of their closets. Available in three finishes (pure white, natural gray and espresso) and a variety of configurations, Collection Kits are easy options to consider this year. Start your holiday shopping now at [ClosetMaid.com](http://ClosetMaid.com). Family Features



mechanical pencils that last long past the season? Durable Steel pens make great gifts for dads and dudes, while Cadoodles' playful patterns please kids of all ages. Moms can express themselves with vibrant Sarasa gel pens, which come in many colors, and everyone



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# 5 ways to make the most of tech gifts for Christmas

No matter the occasion - holidays, birthdays or promotions - technology gifts are always on the top of wish lists. With today's devices spanning a wide range of price points and features, selecting the right item is just the beginning. When buying a tech gift, there are several things to keep in mind.

Ensure your intended gets maximum enjoyment from your tech gift with these tips.

■ **1. Features and functions.** It can be tempting to buy the latest model with a plethora of fancy functions, but if the person you're buying for won't use them, you may be better off saving money on a version with a lighter feature package. Remember, too, that for those with little tech experience, the excess can be overwhelming. Your best bet: shop for the features you need, but don't over-reach.

■ **2. Support and guidance.** Who doesn't want a tech hero waiting in the wings to answer questions, help with set up and solve problems? With so many tech gadgets connecting via apps through your smartphone, you may be surprised to learn that your wireless company offers comprehensive tech support from Asurion. Tech experts are available via chat, phone and email to provide help across any device or platform. They can help



with things such as troubleshooting a specific operating system or connecting devices to a digital home network.

■ **3. Power source.** Even devices with superior battery life run out of juice eventually. Help extend the usability of your tech gift by supplying extra batteries or a charging plug if they aren't included in the original packag-

ing. Or consider a car charging system to help restore battery life on the go.

■ **4. Add-on accessories.** The market for tech devices is far and wide with options that simply add some bling to more practical choices that help protect devices from damage. Most devices don't truly require many additional accessories, but covers and cases that help protect devices against dropping are a smart investment. Other smart bets are accessories that will enhance the product's use, such as a pair of quality headphones.

■ **5. Smartphone protection.** An insurance plan helps protect your purchase from loss, theft and accidental damage, ensuring it can be enjoyed longer. Research your options before shopping, and be sure to thoroughly explore the coverage plans; typically only your wireless carrier offers comprehensive coverage for both loss and theft. Other third party products usually only cover accidental damage and may have other restrictions to limit coverage.

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# Simple ways to give back this holiday season

The true spirit of the holiday season is giving back to those in need, and there are many ways to get involved in your local community to make a difference. Best of all, the holidays serve as a great time to teach children about the importance of giving back and how far small acts of kindness can go. To get started, here are some ideas that are easy to put into action this year:

## Give Back By Writing a Letter

As part of Macy's annual Believe campaign, you can bring stamped letters to Santa to your local store and drop them in the big red letterbox, or send a letter to Santa digitally through [macys.com/believe](http://macys.com/believe). For each letter collected in stores and online until Dec. 24, Macy's will donate \$1 to the Make-A-Wish, up to \$1 million, to help grant the wishes of children with life-threatening medical conditions. The retailer has raised \$90 million for Make-A-Wish since 2003, with \$10.8 million donated over the last seven years through the iconic letter writing campaign. Dedicate an afternoon to writing letters and then make a family trip to the store to drop them off.

## Give Back By Starting a New Tradition



Generosity comes in many forms and there are numerous ways to embrace the season of giving. Start by taking a family poll of what give back projects you'd like to get involved in this holiday. From there, you can do research to find out what existing events and initiatives are happening in your community that match your interest areas. Activities could include adopting a family to fulfill wish lists, making cards for hospital patients, participating in clothing drives,

volunteering at an animal shelter or taking part in random acts of kindness, such as delivering a care package to an elderly neighbor.

## Give Back By Playing Interactive Games

This year, a new element launches as part of the Believe campaign - the Wish Writer stylus and app. Available at Macy's stores and online, the stylus is a new way for children to play interactive games and write magical letters to Santa. Designed to teach children about kindness and generosity during the holiday season, Wish Writer users can play a series of games and earn rewards for good deeds. In true giving spirit, \$1 from each stylus purchase (retail \$14.99) will benefit Make-A-Wish. The stylus will also come to life in a heartwarming film featuring a little girl and her brother as they discover how a little kindness during the holiday season can go a long way.

Above all, the holidays are a time to reflect, help others and give thanks. To learn more about Macy's Believe campaign and watch the Wish Writer film, visit [macys.com/believe](http://macys.com/believe). Family Features

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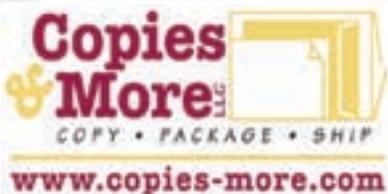
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# Rev-up the holidays with five return-proof gifts

If the thought of holiday gift shopping makes you want to bail on celebrating at all, it's time to rethink your approach. Even though your gift list seems like a challenge, make it your mission to earn the title of Ultimate Gift Giver this season. Fuel your holiday spirit and rebel from the standard gifts with unique items that break the mold. Skip the aggravation of shopping at traditional retail stores, and get your hands on the season's hottest gifts that reflect the unique style and personality of each person on your list.

### ■ The gift of freedom

Not all gifts need to fit in a tidy box with a pretty bow. Give the baddest on your list an experience of a lifetime. It may be a skydiving excursion or a rock climbing adventure. Or, for the ultimate thrill seekers, give them a ticket to learn to ride a motorcycle. This is more than just a motorcycle lesson; it's the start of a new lifestyle. Check online for special deals, adventures and Harley-Davidson Riding Academy motorcycle classes specific to your area.

### ■ Stock the cooler and cabinets

Every gift list has a wine or liquor



connoisseur on it, so play to your intended recipient's style and fill the cooler with a preferred drink or two, or a gift set that comes with specialized glasses. Go further by serving up a new barware set, monogrammed pilsners, or bar decor, such as clocks, signs, picture frames or coasters; gifts sure to match the personality of the coolest person on your list.

### ■ Fuel a rebellious style

Ditch the same old hat and glove combo and amp up the cool factor with Harley-Davidson MotorClothes for the chicest on your list. The Vintage Leather Biker Jacket boasts unrivaled classic rebel style on and off

a motorcycle. For the woman in your life, consider the Lace Accent Hoodie, which offers a cozy winter look and adds flair to any outfit.

### ■ Celebrate with sound

Bring on the good times with some good ol' rock and roll. A gift that lets the rocker on your list enjoy their favorite tunes is sure to please. There are countless ways to bring them closer to their favorite sounds, from stylish headphones to Wi-Fi speakers. Or, turn back time with a turn table perfect for kicking back to the sounds of classic vinyl.

### ■ Present a project

Inspire the tinkerer on your list to get hands-on with the gift of a special project. Let him learn woodcarving or get started micro-brewing beers. Project packages reflecting nearly every pastime you can imagine - even bacon curing - can be found online.

Stepping off the beaten path and opening up your imagination make finding the perfect gift a more enjoyable endeavor - and make your presents immune to the dreaded re-gift and return list. Family Features



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# Sensational side dishes for holiday gatherings

The holiday season often comes with a calendar full of festive celebrations and get-togethers. Whether you are hosting a holiday dinner or attending as a guest and bringing a dish, why not whip up some stellar sides to pair with the bird or roast? Sides are a great way to experiment with new recipes and create new traditions with family and friends. Here are some of the top tips for making crowd-pleasing sides from Macy's Culinary Council, a national culinary authority featuring some of the nation's leading chefs from across the country:

■ Meals eaten around the holidays tend to be traditional, but try mixing things up and creating new traditions. Chef Rick Bayless recommends weaving chipotle chili into cranberry sauce for extra flavor and a fiery kick. Another favorite is braised greens, such as kale, cooked slowly with caramelized onions and a touch of garlic. Exploring new ways to



prepare your sides will keep the menu fresh and exciting.

■ The holidays are a great time to take advantage of seasonal ingredients that are at their peak freshness. Chef Todd English says it's all about the harvest this time of year. Late harvest vegetables, such as root vegetables, as well as apples, pears and grains, are all good options. Try a hearty seasonal salad

with grains, kale and even some fruit or sweet potato. This is also an excellent vegetarian option - both festive and filling.

■ Chef Nancy Silverton knows side dishes can make a holiday meal, and a little can often go a long way. A simple favorite is roasted winter squash tossed with brown butter. She also suggests a sturdy green salad, which is easy to make and will cut the richness of a heavy meal. Instead of hours spent prepping an over-the-top dish, use a few key ingredients and keep things simple, allowing more time to spend with guests.

For winning holiday recipes from the full roster of leading chefs, visit [macys.com/culinarycouncil](http://macys.com/culinarycouncil), where you can also find helpful videos and information about culinary events happening across the country. Visit [macys.com](http://macys.com) for all of your holiday essentials. Family Features

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# 10 seasonal tips: Simple ways to save time and enjoy the holidays

It may be the most wonderful time of year, but at times, it can also feel like the most stressful. This holiday season, take a fresh approach to your "to-do's list" to save time and energy so you can be merry and bright. These 10 tips and tricks will help you relax, unwind and enjoy all the best parts of the holidays.

■ **Wrap while shopping**

It's a given that shopping early avoids the last-minute frenzy, but you can save even more time and stress by getting gifts wrapped while out and about. Many department stores offer gift wrap services, all you need to do is ask.

■ **Streamline holiday cards**

Sending cards is a holiday tradition, but it shouldn't cause unneeded stress. No need to worry about a dated address book - an easy trick is to cut return address labels from each



card you receive and place in an envelope. Now it's easy to send cards to loved ones and update your address book without hassle.

■ **Use baking hacks**

Using premade foods is one of the simplest (yet yummy) ways to create holiday

bakery delights. Check out [www.facebook.com/entenmanns](http://www.facebook.com/entenmanns) for simple, amazing recipes like Entenmann's Dreamy Chocolate Bars that feature crumbled Rich Frosted Donuts as the secret ingredient. While you're baking, double the batch to have an extra on hand for a

hostess gift.

■ **Go tech free**

Smartphones ringing, emails beeping, texts buzzing - technology is time consuming. Avoid feeling overwhelmed by designating tech-free times for your family each day. Use this time (1-2 hours) to relax and focus on each other, perhaps with a hot cup of cocoa - the emails and messages will still be there later.

■ **Schedule a salon visit**

With a long holiday to-do list, it's hard to find time for you. That's why treating yourself to a haircut or manicure can do wonders for your holiday

spirit. Plus, you'll look and feel fantastic when you attend all those festive get-togethers.

■ **Opt for an open house**

Having a holiday gathering adds to the season's merriment, but where will everyone fit and how will you feed them? Instead of a formal dinner, opt for an open house with hors d'oeuvres. You'll have less work and more time to spend with love ones as they come and go.

■ **Embrace holiday breakfasts**

Start every day off right by enjoying a delicious breakfast with your family. No need to spend hours in the kitchen cooking; instead include iconic breakfast classics that you and the kids love. For example, scrumptious Entenmann's Donuts are undeniable when paired with fresh fruit for a quick breakfast delight. Find more breakfast inspiration at [www.facebook.com/Entenmanns](http://www.facebook.com/Entenmanns). (BPT)

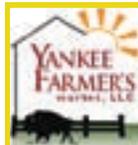
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## How to conquer holiday food cravings and still enjoy seasonal treats

Sweet treats at work. Extravagant family dinners. Buffets brimming with holiday indulgences. There's plenty to savor this time of year, and it doesn't have to lead to a bigger waistline. Licensed naturopathic doctor Dr. Aimée Gould Shunney believes the holidays are a time to enjoy good food and time with family and friends. With her expert insight, you can make smart eating decisions while avoiding the most notorious food traps of the holiday season.

**Avoid:** Eating holiday sweets to satisfy hunger

**Eat:** Proteins followed by just a bit of dessert

"Many of us don't cook and we simply show up to the party hungry, craving something sweet," says Shunney. "My suggestion is to have some dessert ... after you have proper sustenance. Make sure you eat regularly throughout the day. Keeping your blood sugar stable will help you make good choices when you get to the party. Be sure to have plenty of high quality protein and fat, like fish, meat, beans, nuts and seeds, as well as fiber, so any sugar you do eat takes longer to metabolize. And then, since you will be sated, you can have a small portion of your favorite dessert. It's a win-win."

**Avoid:** Meat and fatty main dishes

**Eat:** Flavorful and festive fish as a main course

"Fish contains the essential long-chain omega-3 fats EPA and DHA that are so helpful for a healthy stress response, for blood sugar balance, for mood, and for heart health. Who doesn't need an extra dose of that at the holidays?" says Shunney. "The truth of the matter is most people rarely eat fish often enough - at least once a day - to get a therapeutic dose of EPA and DHA. Supplementing with two to four caps daily of Nordic Naturals Ultimate Omega or Algae Omega, is an excellent way to supplement fish in the diet and ensure the myriad health benefits associated with long chain omega-3s."

**Avoid:** Overindulging on chocolate goodies

**Eat:** Healthier alternatives that use raw cocoa powder

"Sugar cravings are often a sign of low blood sugar," Shunney says. "It's your body screaming for quick energy. But remember, while something sweet may confer a quick energy burst, it will also drop you on your bottom sooner than you can say, 'Oops! I did it again.'" Shunney suggests eating protein or opting for a healthier chocolate alternative like Chocolate Avocado Mousse. (Recipe by Chef



Jenny Brewer at [www.nourishingnutrition.com](http://www.nourishingnutrition.com))

**Ingredients:**

3 dates, pitted and soaked in warm water for at least 10 minutes  
2 large ripe avocados  
1/2 cup raw cacao or cocoa powder  
1 Tablespoon vanilla extract

**Directions:**

Pulse dates in a food processor until broken down, as close to a paste as you can get them. Add avocados, chocolate, and vanilla and puree until smooth, scraping the sides as needed. Note: taste and add more cocoa and dates if desired. Serve with fresh berries and a few crushed nuts for crunch.

**Avoid:** Eggnog, holiday cocktails and other high calorie drinks

**Eat:** Water or unsweetened juice mixed with mineral water

Shunney suggests: "Water, water, water - not very festive, but it really is the best thing to drink for your mood and metabolism. Additionally, a bit of unsweetened juice with sparkling water is a perennial non-alcoholic favorite that feels a bit more special when toasting and doesn't overload you with sugar and empty calories."

**Avoid:** Eating everything at a holiday buffet

**Eat:** Your favorites surrounded by veggies and

protein

"Take small amounts of your favorites, otherwise you'll be miserable and overeat everything else," says Shunney. "Then surround those with veggies and protein. Ideally, you should have about 1/4 of your plate be protein and 1/2 to 3/4 of your plate be veggies, and no more than 1/4 of your plate be starch. It's more doable than you think - especially if you allow yourself to have small amounts of the things you love."

**Avoid:** Baking with tons of sugar and refined flour

**Eat:** Baked goods with smart sugar and grain substitutes

"Recipes always call for way more sugar than needed, so do some research or experiment with cutting sugar in half," Shunney says. "You can also sweeten with fruit, fruit juice, dates or coconut sugar for added nutrition and to keep the sugar and calories down. Substituting whole grains for refined grains is an excellent way to add fiber and vitamins, and adding whole nuts or using crushed nuts as crusts is a great way to add good quality fat to stabilize blood sugar." (BPT)

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Fine Gourmet Items • Pure Maple Products

**Great holiday gifts & stocking stuffers!**

*Mention this ad to take advantage of these specials*

Ship 2 pounds of  
Harman's Really-Aged  
Cheddar Cheese with  
Westminster Crackers

**Only \$32.00**

*Anywhere in the USA!*

Ship a NH Breakfast:  
Polly's Pancake Mix  
1/2 pint NH Maple Syrup  
Maple Sugar Shaker  
Spiced Blueberry Jam

**Only \$44.00**

*Anywhere in the USA!*

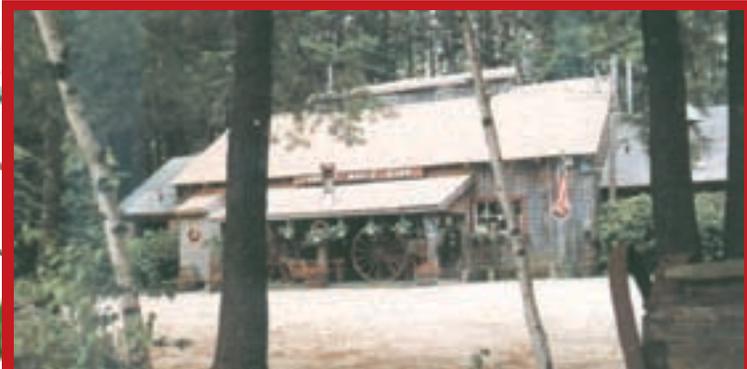
All gift-wrapped for the holidays, no extra charge

## Harman's Cheese and Country Store

1400 Rte. 117 • Sugar Hill, NH  
Open Mon.-Sat. 9:30-4:30 • 823-8000 • [HarmansCheese.com](http://HarmansCheese.com)

# PARKER'S MAPLE BARN

## RESTAURANT & GIFT SHOP in Mason, New Hampshire



**Please Order Gift Boxes & Baskets Early and  
We Will Ship In Time For Christmas**

Visit Our Gift Shop and You'll Find  
a Unique Collection of:

- Customize your own Holiday Gift Baskets and Box
- Country & Traditional Style • One-of-a-kind Gifts
- 100% Pure Maple Syrup and all Kinds of Maple Products

*Merry Christmas  
& Happy Holidays*  
from

### PARKER'S MAPLE BARN



#### Parker's Maple Barn Features:

- Pure Maple Syrup
- Maple Glazed Baby Back Ribs
- Down home cooking in a 200-year-old barn, serving our famous breakfast all day
- Full lunch menu
- Function rooms available up to 150 people
- Mail orders: All occasion gift baskets and maple syrup shipped worldwide

**(603) 878-2308 • 1-800-832-2308**

Call us directly or order from our secure website:  
[www.ParkersMapleBarn.com](http://www.ParkersMapleBarn.com)

1316 Brookline Road, Mason, NH 03048  
(only 3 miles off Route 13)

Hours: Mon.-Fri. 8AM - 2PM; Sat. & Sun. 7AM - 4PM

**Parker's Maple Barn Restaurant closing for the season on  
December 20 at 4PM. Corn Crib Gift Shop open until  
December 24 at 2PM. Will re-open February 10, 2016.  
Online store always available. Also closed Thanksgiving Day!**