

seniors? Teach them to stay connected



contact your loved one through social media, and make sure your older loved ones understand why they must never accept online invitations or interactions from people they don't know in person.

* Show your loved one how to use email and text messaging, attach or open photos. Again, stress the importance of never opening an attachment in an email from someone they don't know.

* For seniors with dexterity challenges, a separate, larger keyboard can make device use much easier. Or, consider showing your loved one how to use voice-to-text applications so typing is unnecessary.

* Load some fun brain games onto the device to help stimulate your older loved one's mind.

"Technology can be a wonderful way to enrich older people's lives, allowing them to stay connected with loved ones regardless of distance and mobility," O'Neil says. "Helping your older loved one learn how to connect with their loved ones via technology can be a wonderful holiday gift that will benefit them all year long!" (BPT)



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Keep yourself sneeze and wheeze-free this holiday season

Your goal may be to celebrate the holidays in style this year, but your allergies and asthma are making you feel like the Grinch. You may not even be aware of what's causing the extra sniffing, sneezing and itchy eyes.

"Two thirds of allergy sufferers have symptoms year-round, so it's not just a matter of the first freeze hitting and your symptoms disappearing," says allergist Bryan Martin, DO, president of the American College of Allergy, Asthma and Immunology (ACAAI). "Even after the pollen season dies down, there are environmental triggers to deal with - things like mold, dust and pet dander. The winter holidays can bring a whole new set of triggers."

The following are some ACAAI tips on ways to steer clear of allergic triggers that surface during the holidays, including some you may not have been aware of.

Oh, the weather outside is frightful

Half the fun of the winter holidays is being outside - caroling, building snowmen, sledding. But if you have asthma, you need to know that very cold, dry air can be a trigger. If you're heading outside and it's very cold, cover your mouth



and nose with a scarf or face mask - particularly if you'll be exercising.

Over the river

If you're traveling for the holidays and have allergies or asthma, be sure to pack your medicines. Some hotels now offer allergy-free rooms, so inquire when booking your stay. If you're allergic to dust mites, bring your allergy-blocking bedding. If you need injectable epinephrine, make sure you have two for your trip.

Sneezing around the Christmas tree

Lots of traditions swirl around the holidays - and lots of dust, too. If you store ornaments and artificial trees in the attic without being covered, they may be full of dust, which can cause allergies to flare. Clean them thoroughly before putting them

up, and when the holidays are over, store them in air-tight boxes so that next year you'll deal with fewer triggers. If you buy a real tree, know that some people have contact skin allergies to terpene, found in the sap of trees, as well as inhalant allergies to mold spores and pollen brought into the house by fresh trees and greenery.

Bring us a figgy pudding - or not

The holidays often involve events where other people prepare the food. If you or your kids suffer from food allergies, you're probably skilled at bringing something you know everyone in your clan can eat. You might also want to give the host a heads up if there are certain ingredients she needs to steer clear of. Check labels of anything that's pre-prepared that you haven't eaten before. And know that lots of websites have allergy-safe recipes for holiday classics.

If you suffer from allergies or asthma, see a board-certified allergist. Allergists are trained to diagnose and treat your symptoms, and to work with you to create an individual action plan. To find an allergist in your area, use the ACAAI allergist locator tool. (BPT)

The Toadstool Bookshops

We can help you find the perfect books, calendars, CDs and DVDs for everyone on your Christmas list

Here are a few suggestions:

SUSPENDED WORLDS: HISTORIC THEATER SCENERY IN NORTHERN NEW ENGLAND by Christine Hadsel - This is a glorious celebration of the painted curtains hanging in the town halls, small opera houses, and Grange Halls through out our area including Hancock and Washington, NH. Hadsel and her organization "Curtains Without Borders" have been documenting these art pieces and have restored hundreds of them to their rightful place at the center of community life.

IN THE EVIL DAY: VIOLENCE COMES TO ONE SMALL TOWN by Richard Carey. In 1997 local carpenter Carl Drega terrorized the northern town of Colebrook, NH shooting and killing four people in an act of revenge against what he perceived as governmental interference in his personal life. Richard Carey's book is a gripping account of the event and of the lives of the people involved.

WELCOME TO FROST HEAVES: YOU CAN'T GET THERE FROM HERE by Ken Sheldon better known as the Fred Marple character in the hilarious "Frost Heaves" performances. In this book Fred Marple takes readers on a delightful romp through the imaginary town of Frost Heaves.

THE SOUL OF AN OCTOPUS: A PLAYFUL EXPLORATION INTO THE WONDER OF CONSCIOUSNESS and for kids **THE OCTOPUS SCIENTISTS** both by Sy Montgomery - Hancock author Sy has found her favorite new creature and in these books shares her fascination with the octopus a surprisingly complex, intelligent, and spirited creature and the remarkable connections it makes with humans.

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Dashing through the store: Tips for navigating holiday deals

The holiday season is a time to celebrate family by giving and receiving gifts, but it can quickly get expensive. Black Friday deals offer great opportunities to save on gifts for everyone on your list without sacrificing quality. Navigate the hectic post-Thanksgiving shopping scene like a champ, and save more money with these five tips and tricks.



1. Plan ahead. Many retailers start posting deals online ahead of time, and there are even mobile apps and websites dedicated to organizing Black Friday offers. Check them out before Thanksgiving and start mapping out your Black Friday plan of attack!

2. Shop in-person and online. Black Friday is known for shopping in-store, but maybe you didn't find everything on your gift list. Many deals are also available exclusively online, so use the weekend to scope them out. Take advantage of retailers' Cyber Monday deals to make sure you get everything you need - without

breaking the bank.

3. Set discount guidelines. Don't fall victim to "door buster" or other flashy, short-term sales that don't offer that great of a deal. Make sure you're getting the best savings by setting discount guidelines for yourself. For example, only look for sales where items are at least 40 percent off, ensuring higher savings.

4. Prioritize electronics. Black Friday is traditionally one of the best times to purchase consumer electronics, from televisions to smartphones. You can score

great deals on top smartphones, like the Samsung Galaxy S5, available for only \$229 and the iPhone 5s is also just \$299, both available from Straight Talk Wireless exclusively at Walmart. Whether you've got Android or Apple fans on your list, Straight Talk makes it easy to save money without having to compromise quality, offering 30-day unlimited talk and text plans for just \$45 with up to 5GB of high-speed data.

5. Stay on budget with cash. Set a budget before

you hit the stores, and shop with cash so you don't get tempted to make impulse purchases. Once the cash is gone, you're done Black Friday shopping for the day - and can go take a well-deserved nap!

With a little planning, Black Friday shopping can be a great way to relieve much of the stress of holiday shopping. Follow these five tips to save and spend smarter, and to learn more about affordable options available from Straight Talk Wireless, visit StraightTalk.com. (BPT)

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Sell your home this winter, reduce competition, stress

Stop waiting - go ahead and put your home on the market. Even now, with temperatures dropping, airports bustling and retailers prepping Black Friday deals, it's a good time to sell.

In fact, Greg Jaeger, vice president at USAA Bank and former real estate agent, says waiting could decrease potential buyers, especially if mortgage rates increase soon and price some out of the market. Delaying a sale also could increase your competition and stress.

"Those who sell their homes in the winter can reap financial and emotional benefits since they are not waiting until everyone else is trying to sell," Jaeger says.

Less Competition

Your home has a greater chance of standing out from the crowd in the winter months, December through February. In the summer, you have to compete with other sellers looking to lure buyers expecting deals. To be sure, sales trends are different among colder and warmer states. And summer is often a more ideal time for families with young children to plan moves before school starts. However, you may be overlooking another group of buyers,



Jaeger said.

"During the summer, buyers look like families. In the winter they look like investors," he said.

Sellers often are able to ask more for their homes in winter, Jaeger said. A study by online brokerage firm Redfin found average sellers earn above their asking price December through March than they do in the summer months. In addition, in winter months a home is on the market for an average of 26 days, compared to 33 days in non-winter seasons, according to Redfin's data.

Less Stress

There's a certain ecosystem to the home buying process, which includes

realtors, home inspectors, appraisers, the title company and the bank processing the loan. That ecosystem is tense when activity is the busiest, Jaeger said. In peak buying season, there's overwhelming demand to process transactions, with potentially an overwhelmed system for processing them.

"You can help reduce the typical home buying and selling stress by selling your home during the winter 'shoulder season' and working with experts who really understand your needs," he said.

Those needs often are more complex when the military is involved. While the military's Permanent Change of Station season typically prompts many military families to sell their homes during the busy summer months, duty can call in the winter too.

"Working with an experienced real estate agent, such as a USAA Real Estate Rewards Network agent who focuses on serving the military community, can help keep extra stress at bay," he said.

To learn more or to find a USAA Real Estate Rewards Network agent near you, visit usaa.com/findanagent. (BPT)

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Create your own personal pension? It's possible

Retirement planning has certainly changed a lot over the years, hasn't it? First came pensions, or defined benefit plans, with their guaranteed income for life. After that it was 401(k)s. These plans focused on growing wealth from the stock and bond markets. Your pension and 401(k) were meant to work together but now pensions are disappearing and many people are left with just their 401(k) plan.

Your 401(k) is an important piece of your retirement savings but it was never intended to be your sole retirement solution. Instead, your 401(k) was meant to provide additional retirement savings that worked with your pension, savings and other income sources to paint a full retirement picture. But now for many people the pensions are gone and while you have other savings avenues - what can you do to replace this lost retirement income?

One option could be a deferred income annuity (DIA). A DIA allows you to set up a guaranteed income stream beginning later in your life. With a DIA it's important to remember that the guaranteed income is based on the strength and claims paying



ability of your financial institution so it's important to choose the right partner. DIA's are traditionally funded with a lump sum payment up front and the contract promises to pay you a lifetime income stream starting with a date of your choice.

For example, let's say you purchased a DIA with a \$50,000 lump sum. That money will then be held by your financial institution for a defined period, according to the contract, where it will grow with interest. After a specified amount of time has passed, you can start receiving payments. This guaranteed stream of

income can then be used to supplement additional retirement savings and help you fill a void in your retirement portfolio.

A DIA is one example of the many options that are available when it comes to retirement strategies and that's good news for any investor seeking retirement income. With traditional pensions disappearing from the landscape, there are still plenty of options that let you design personal solutions for your own retirement. The key is knowing your options and working with a financial professional who can help guide you toward a stable retirement, that way you'll be ready for any changes that happen in your retirement planning until it's finally time for you to enjoy the fruits of all that hard work and smart saving.

About Thrivent Financial

Thrivent Financial is a financial services organization that helps Christians be wise with money and live generously. As a membership organization, it offers its nearly 2.4 million member-owners a broad range of products, services and guidance from financial representatives nationwide. For more information, visit Thrivent.com/why. (BPT)

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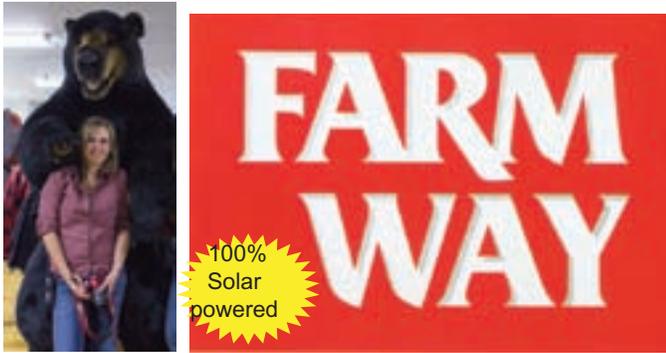
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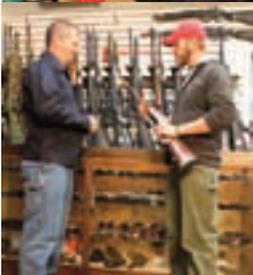
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Christmas Trees

Most Popular Christmas Trees

Here's a breakdown of popular evergreens suitable for use as cut Christmas trees, (excerpted from gardening.about.com):

The first consideration when selecting a tree for Christmas is usually aesthetics. However, some evergreens hold up throughout the season better than others.

■ **Balsam Fir or Canaan Fir** - It is usually the most reasonably priced and abundant cut tree. Dark green with a slight silvery cast, Balsams have short, flat, needles that are long lasting. Very fragrant when first cut.

■ **Colorado Blue Spruce** - They range in color from dark green to powdery blue, with stiff 1 to 3 inch needles. The needles can be so stiff they scratch, so be careful when handling.

Good needle retention, but they will drop in a warm room.

■ **Douglas Fir** - A beautiful, full dark green to blue variety. It holds its needles well and is very fragrant.

■ **Norway Spruce** - Pretty tree with poor needle retention.

■ **Scotch Pine** - This is one of the most popular Christmas trees. The branches are stiff with ridged, dark green needles that hold for four weeks and don't drop when dry. As a bonus, Scotch Pine has a nice, lasting aroma.

■ **White Fir or Concolor Fir** - This Fir is relatively new as a Christmas tree and becoming increasingly popular. The blue-green needles are 1/2 to 1-1/2 inches long with both a nice aroma and good needle retention. A very attractive tree.

■ **White Spruce** - Similar to the Colorado Blue Spruce, this pretty, bluish green native of the Northern U.S. holds its needles well, but they have an unpleasant odor when crushed.

■ **White Pine** - White Pines are having a difficult time right now. When healthy, they will retain their blue green needles throughout the holiday season. They make a very full Christmas tree.



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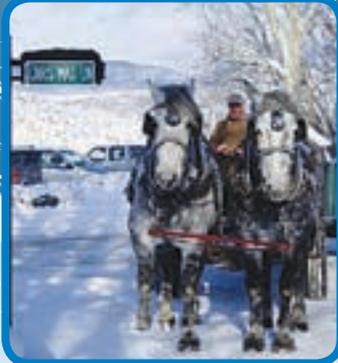
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Holiday magic returns to The Rocks Estate this season

**Farm opens for shopping November 2,
for Christmas trees November 21**

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

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

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

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

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

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

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

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

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

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

Wagon rides will be offered Nov. 21, Nov. 27-29, Dec. 5, 6, 12, 13, and Dec. 19. Father Christmas will be at the farm visiting with shoppers and presenting fir tree seedlings to children Saturdays from 10 a.m.-2 p.m.

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

Can't make a trip to The Rocks this season? Don't fret; the shopper-friendly Rocks Estate online store offers a variety of Christmas trees and holiday wreaths, along with ornaments, garland, and tree accessories, as well as The Rocks' own maple syrup. All items include free shipping, and customers may create a holiday wish list and ship to multiple addresses with one order. Mail order shopping is open through Dec. 15.

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

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

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



Christmas Trees

Top tips for Christmas tree decorating

Now that you've found your perfect tree that will showcase all of your lovely Christmas decorations, it's time to get decorating! So where to begin?

First, determine the overall look you're trying to achieve. If it is simplicity you're going after, stick to one or two colors and start with stringing your lights. Add on decorations and ornaments slowly and as you see fit. If your style is more dramatic and colorful, outline your plan of attack first, lay out all of your decorations and go one step at a time.

Generally, follow this order to get the best overall look out of a Christmas tree. First, start with the lights. Go from the base of the tree

and wrap the lights all the way to the top. Use one or many colored strands this is entirely your preference. It's best to use about 100 lights for every vertical foot of tree.

Next, it's time to layer on your tree garlands. Again, there are no rules on keeping all the garlands the same; uniformity is not the name of the game here. This time, start stringing from the top down, and make sure to space the garlands out evenly and hang loosely on your tree. From ribbons to beads to tinsel, use about 2 strands of garland per foot of tree length.

Now it's time for the best part: the ornaments! Start with hanging your most important ones, then go on to the largest ones and then finally fill in the gaps with small and medium size "fillers" such as icicles or shiny balls. Create depth in your tree décor by hanging your ornaments both on the branch tips and closer to the trunk.

Most importantly, have fun with the process. There is no right or wrong in tree decorating and you can always move things around to your liking. So gather the family, spin those CD's, sip that mulled cider and get decorating!



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Tips for aging well, it's all about getting a move on

Although you can't stop time, the right type and amount of physical activity can help stave off many age-related health problems. Movement experts such as physical therapists can help aging individuals overcome pain, gain and maintain movement, and preserve independence - often helping to avoid the need for surgery or long-term use of prescription drugs. These nine tips, provided by the experts at the American Physical Therapy Association, are keys to helping you age well:

1. Chronic pain doesn't have to be the boss of you. Each year 116 million Americans experience chronic pain from arthritis or other conditions. Proper exercise, mobility, and pain management techniques can ease pain, improving your overall quality of life.
2. You can get better and stronger at any age. Research shows that an appropriate exercise program can improve your muscle strength and flexibility as you age. Progressive resistance training, where muscles are exercised against resistance that gets more difficult as strength improves, has been shown to help prevent frailty.
3. You may not need surgery or drugs



for your low back pain. Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that physical therapy can be an effective alternative with less risk.

4. You can lower your risk of diabetes with exercise. One in four Americans over the age of 60 has diabetes. Obesity and physical inactivity can put you at risk for this disease, but a regular, appropriate physical activity routine is one of the best ways to prevent and manage type 1 and type 2 diabetes.
5. Exercise can help you avoid falls and keep your independence. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise

can improve movement and balance and reduce your risk of falls.

6. Your bones want you to exercise. Osteoporosis, or weak bones, affects more than half of Americans over the age of 54. Exercises that keep you on your feet, like walking, jogging or dancing, and exercises using resistance such as weight lifting, can improve bone strength or reduce bone loss.
7. Your heart wants you to exercise. Heart disease is the No. 1 cause of death in the United States. One of the top ways of preventing it and other cardiovascular diseases is exercise. Research shows that if you already have heart disease, appropriate exercise can improve your health.
8. Your brain wants you to exercise. People who are physically active, even later in life, are less likely to develop memory problems or Alzheimer's disease, a condition which affects more than 40 percent of people over the age of 85.
9. You don't have to live with bladder leakage. More than 13 million women and men in the United States have bladder leakage. A physical therapist can help you avoid spending years relying on pads or rushing to the bathroom. (Family Features)

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

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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

A New England Christmas

December 11, 2015 7:30 PM
 \$24 may be purchased online at www.pontine.org
 Pontine Theatre
 959 Islington Street
 Portsmouth, NH 03801
 Phone: 603-436-6660
 12-14 December, Pontine Theatre presents its original production, A New England Christmas. Performances are offered Friday @7:30, Saturday @4 & Sunday @2. Tickets are \$24 and may be purchased online at www.pontine.org. Pontine's West End Studio Theatre is located at 959 Islington Street, Portsmouth NH. Contact Pontine: info@pontine.org / 603-436-6660 Each season, Pontine's Artistic Directors, Marguerite Mathews and Greg Gathers, perform a selection of Christmas stories and poems by New England authors, combining old favorites with new selections in an evening of storytelling, puppetry and seasonal music.

These charming holiday tales – not to mention punch and cookies – are sure to put you in the holiday spirit.

Gift of Lights

December 11, 2015 4:30 PM
 Monday-Thursday - \$15
 Friday-Sunday & Holidays - \$20. 1122 Route 106 North Loudon, NH 03301
 Phone: 603-783-4931
 Spanning over two miles, the Gift of Lights features over 60 holiday scenes and over 400 light displays. The course winds around the outside of the track's grandstands and includes a portion of the NHMS Road Course. It also has the super-popular Tunnel of Lights, which measures over 250 feet in length. New in 2015, the Gift of Lights will add a trip through the infield tunnel and down VIP Street as a part of the circuit. Closed Days The Gift of Lights will NOT be open on the following days: Mon., Nov. 23 Tues., Nov. 24 Mon., Nov. 30 Tues., Dec. 1 Mon., Dec. 7 Tues., Dec. 8 Fri., Dec. 25 (Christmas Day).

Charles Dickens' A Christmas Carol

December 11, 2015 7:30 PM
 \$18.00 all seats, all shows. No one under 3 admitted to the theater.. 38c Ladd's Ln Epping, NH 03042
 Phone: 603-679-2781
 "Bah, humbug!" is the cry from Ebenezer Scrooge, as he ushers in the holiday season in "A Christmas Carol", at Leddy Center's beautiful theater on Ladd's Lane in Epping. Charles Dickens' "A Christmas Carol" is tradition at Leddy Center and promises to make everyone's Christmas a lot more meaningful for the watching. Heading up an all-star cast directed by Elaine Gatchell, Steve Koch returns as the unmatched Scrooge at Leddy Center. Dr. Henry Ferrell debuts as the truly remorseful Ghost of Marley. Jane Button returns as Mrs. Crachit and Eric Savage is Bob Crachit. Kirsten Bornkessel is Martha Crachit, Mark Deyo returns as Scrooge's nephew, Fred, and Kathy Anzalone returns

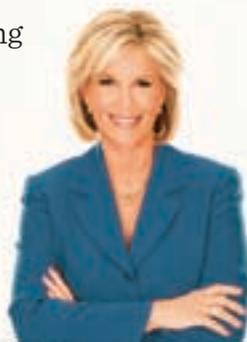
as the Ghost of Christmas Past. Don LaDuke is the Ghost of Christmas Present, Beth Gauthier is Fred's wife, Mary, Kevin Murphy is Mr. Fezziwig and Carole Bilodeau is Mrs. Fezziwig. Parker Irving of Epping is Tiny Tim. Scenes will be ushered in by an acappella quartet and soloists. Musicians include Jane Button, Beth Gauthier, Michael Denison, Dan Holmes, Deckard Thompson, Nen Horan, Ally Roeder, and Ryan Behan.

Holiday Happenings in Depot Square

December 11, 2015 10:00 AM
 Free To The Public
 16 Depot Square
 Peterborough, NH 03458
 Phone: 603-924-2550
 DEPOT SQUARE, PETERBOROUGH: Holiday Happenings in Depot Square December 4th thru December 20th. * Caroling * Hayrides With Santa & His Elves * Children's Art Projects * Art Appraisal Day * Holiday Open ► House * Artist

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OUT & ABOUT

Trunk Shows * Wine Tastings * Shopping - Food - Music - Fun visit Depot Square the our website or on Facebook.

Inn to Inn Holiday Cookie Tour

December 12, 2015 11:00 AM
\$27 per person. 3582 White Mountain Highway North Conway, NH 03860
Phone: 603-356-9025
Visit Country Inns in the White Mountains and receive holiday cookies and recipes, and tours of the inns. Annual Inn-to-Inn Herb Tour sponsored by Country Inns in the White Mountains. Also see 1785 Inn's famous winter/holiday decorations (chosen as one of the top 10 inns in the world for holiday decorations). 1785 Inn packages for couples include two Cookie Tour tickets, lodging for two, and our delicious full breakfasts for two. One night packages starting at \$139 per couple and two-night packages starting at \$178 per couple. Call 603-356-9025 to reserve.

Jingle Bell Chocolate Tour

December 12, 2015 11:00 PM
\$25 Jingle Bell Chocolate Tour Sleigh Rides and \$10 for Recipe Book. Dinsmore Road Jackson, NH 03846
Phone: 603-383-9356
Nestlenook Estate and the Jackson Area Chamber of Commerce invite you to make your reservations early for the Jingle Bell Chocolate Tour. Named one of the 5 "Tasty Tours of New England" by the Concord Insider "Engage all your senses". This Horse Drawn Austrian Sleigh Ride through the Village of Jackson is so popular that each year it sells completely out. We recommend you book early to assure your chance to attend. Just call a lodging member listed on our website www.JacksonNH.com book your stay and let them secure your seats today. Reservations are reserved for visitors staying in one of Jackson New Hampshire's premiere

properties. Reservations will open to the general public October 12th. Call the Jackson Area Chamber of Commerce any time after October 10th to make your reservations before it is to late... 603-383-9356 or prior to October 10th call any of our lodging members, book your stay and let them secure your ride/s for you. Parties of 10 or more may book at any time throughout the year.

36th Annual Candlelight Stroll

December 12, 2015 4:00 PM
\$25/adults, \$12.50/children (ages 5-17), and \$60/family (2 adults+children <17).
14 Hancock Street Portsmouth, NH 03801
Phone: 603-433-1100
Strawbery Banke Museum's holiday celebrations features decorated historic houses, costumed role-players, strolling carolers and lanes lined with real candle lanterns -- spanning 300 years, "A Winter Visitor" to the Puddle Dock neighborhood. A family

tradition. Saturdays, 5-9 pm. Sundays 4-8 pm.

Christmas in Amherst Village House Tour

December 12, 2015 10:00 AM
\$30 advance; \$40 day of the tour. 11 Church Street Amherst, NH 03031
Phone: 603-673-3231
This classic tour returns to Amherst Village on Saturday, December 12, where five historic houses will be beautifully decorated for the holidays. This wonderful community event attracts visitors from all over New England; some with interests in the house's history, others in the decor, and many more that are simply looking to embrace the holiday spirit! All funds raised go towards the maintenance of the 1771 meetinghouse on the green. For further details and to order tickets, please visit: ccamherst.org/cav or www.facebook.com/events/444828742390208/

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OUT & ABOUT

10th Annual Currier & Ives Cookie Tour

December 12, 2015 11:00 AM
\$12.00 per person. 460
Monadnock St., Troy, NH
Phone: 603-242-6495
On this self guided tour you
will visit local businesses
to enjoy homemade treats
and refreshments. Tickets
and maps will be available
December 1, or you can
buy them the day of the
event. A portion of the
proceeds will be donated
to local charities. For a list of
the participants visit [www.
currierandivescookie.com](http://www.currierandivescookie.com).

Nature Store Open House & Used Book Sale

December 12, 2015 10:00 AM
FREE ADMISSION. McLane
Center, 84 Silk Farm Rd.
Concord, NH 03301
Phone: 603-224-9909
stop in on Saturday,
December 12 between 10am
– 4pm for a unique shopping
experience at our one-of-a-

kind nature store and receive
20% off all purchases (except
used books). Refreshments
will be served. From 10am –
2pm our popular used book
sale will also be running. This
year's used book sale will offer
exclusively nature related
books. Titles include field
guides to birds from around
the world, local resources,
nature essays and more. If
you are planning a trip and
looking for guides to enhance
your exploration, now is your
chance to get some good
deals. 20% discount not
eligible on used books. As
always, proceeds from your
purchases help support the
work of NH Audubon.

Holiday Magic Victorian Trolley Tour

December 12, 2015 1:00 PM
\$17 for adults; \$9 for children
12 and under. 47 Atkinson St.
Portsmouth, NH 03801
Phone: 603-343-7977
"Portsmouth, New Hampshire:
Christmas Capital of America"

– Travel + Leisure Magazine
Join us for our fully costumed
and narrated sightseeing
trolley tour that will provide
a blend of local holiday lore
and history. Jump on board
to get the feel of historic
Portsmouth! We will wander
through the distinguished
neighborhoods of the South
End, Victorian Heights as
well as the Great Island of
New Castle. From beautiful
lighthouses to the Wentworth
by the Sea. We will highlight
details unique to Portsmouth
as well as important historical
points that have made the
area what it is today. Get a
look at what it was like to
celebrate the holidays with
historic images displayed
on the screen throughout
the tour. Listen to holiday
music and be ready for a few
surprises. This tour is a great
way to take in the fun of
the holiday season and the
beauty of the "old town by
the sea." There will be photo
opportunities at several stops
on the tour as well.

NH Seacoast Craft Brewery Tours

December 13, 2015 10:30 AM
\$60. 55 Hanover St
Portsmouth, NH 03801
Phone: 603-964-0284
Granite State Growler Tours
will take you to 3 breweries
to sample some great local
brews. We will also feature
a special stop at The Coat of
Arms British Pub for a cask
ale tasting or WHYM Craft
Beer Cafe for a Trappist Ale
tasting that is different every
week. We will have water and
pretzels for you to snack on,
prizes to give away, coolers for
your growlers. While en route,
our knowledgeable guide will
entertain you with unique his-
torical facts and stories about
the rich and foamy history of
brewing in NH. You will also
get to see brewing and beer
related sites from the Revolu-
tion to Prohibition. Please see
our ticket site for pick up spot
information. Schedule and
stops are subject to change.

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GlassesUSA
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OUT & ABOUT

Victorian Christmas on the Farm

December 19, 2015 10:00 AM
\$10 adult, \$5 child. Museum members \$6/\$3. 1305 White Mountain Highway/Rt. 125 Milton, NH 03851
Phone: 603-652-7840
Experience an Old-fashioned Christmas on the Farm at the New Hampshire Farm Museum. Bundle up and enjoy a horse drawn sleigh or wagon ride according to the weather. Tour the beautifully decorated historic Jones Farmhouse with costumed role players and experience a Victorian Christmas. Roast chestnuts over the fire, visit the farm animals, make a hand-dipped candle to take home and enjoy gingerbread and hot cider. Visit the museum's country store for holiday shopping.

Guided Snow Shoe Tours at Jackson Ski Touring Foundation

December 19, 2015 10:00 AM
\$15. Jackson Ski Touring Center, 153 Main Street Jackson, NH 03846
Phone: 603-383-9355
Two Hour snowshoe Instructional Nature Tour with Expert Guide. Offered every Saturday & Sunday. For the early birds, the Morning Tour hits the trails at 10am and there is even an afternoon tour offered at 1:00pm for those who would rather head out after lunch. Our guides will show you places along the trails and off the trail system that most people would never get to find. This is a fun and interesting tour led by snowshoeing experts who will also give technique tips along the way. Tour price is only \$15 per person. Rentals available for just \$12. Pre-registration suggested. For more information or to register email info@jackson.org or call 383-9355. *Private tours are offered upon request and reservation.

Ski with a

Naturalist

December 27, 2015 10:30 AM
Free with a trail pass.
1 Mount Washington Auto Road, Gorham, NH 03581
Phone: 603-466-2333
In conjunction with the Appalachian Mountain Club, Great Glen Trails offers you the chance to really get to know Pinkham Notch. When you ski with a naturalist, you will learn about the flora and fauna that make our corner of the world so special. Please call ahead to confirm schedule, 603.466.2333.

Pats Peak New Year's Eve Party Family Celebration

December 31, 2015 6:00 PM
Party and Skiing: Adult: \$90; Junior/Senior: \$50. Party Only: Adult: \$70; Junior/Senior: \$35.
686 Flanders Road Henniker, NH 03242
Phone: 603-428-3245
This New Year's Eve Celebration will feature skiing, snowboarding, snowtubing,

2-hour comedy show, Monte Carlo for raffles prizes, dancing to a live band, tasting stations, party favors, champagne toast and a midnight fireworks display. The party begins at 6pm, and the slopes are open until 10pm. Guests are invited to enjoy a range of entertainment that's suitable for families. A "Party & Skiing" ticket allows access to every activity. "Party Only", "Skiing Only" and "Tubing Only" tickets are also available. For a schedule of events, check out www.patspeak.com. This is an all weather event. Tickets are non-refundable.

Weeks State Park, First Day Hike

January 1, 2016 11:00 AM
Free. Weeks State Park
200 Weeks State Park Rd
Lancaster, NH
Phone: 603-788-4004
WOOF WOOF!!!! For the second year in a row Weeks State Park will be hosting a dog friendly hike. Bring your four legged friend along for a

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Nexium™ \$874.58 <small>Typical US Brand Price for 40mg x 100</small>	Esomeprazole* \$82.00 <small>Generic Price for 40mg x 100</small>	Advair™ \$985.38 <small>Typical US Brand Price for 250-50mcg x 180</small>	Salmeterol & Fluticasone Propionate* \$145.00 <small>Generic Price for 250-50mcg x 180</small>
Actonel™ \$735.28 <small>Typical US Brand Price for 35mg x 12</small>	Risedronate* \$48.00 <small>Generic Price for 35mg x 12</small>	Evista™ \$694.32 <small>Typical US Brand Price for 60mg x 100</small>	Raloxifene* \$76.00 <small>Generic Price for 60mg x 100</small>
Ablify™ \$2,936.61 <small>Typical US Brand Price for 15mg x 90</small>	Aripiprazole* \$75.90 <small>Generic Price for 15mg x 90</small>	Lipitor™ \$920.43 <small>Typical US Brand Price for 20mg x 100</small>	Atorvastatin* \$67.00 <small>Generic Price for 20mg x 100</small>
Flomax™ \$1,007.14 <small>Typical US Brand Price for 4mg x 90</small>	Tamsulosin* \$141.00 <small>Generic Price for 4mg x 90</small>	Prevacid™ \$322.58 <small>Typical US Brand Price for 30mg x 84</small>	Lansoprazole* \$100.00 <small>Generic Price for 30mg x 84</small>

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Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. **Expires December 31, 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. **Use code 15FREE to receive this special offer.**

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OUT & ABOUT

casual hike up the Mt Prospect auto road. The hike is a moderate 3.2 mile round trip hike and should take approximately 2 hours. Join park staff and friends to the Weeks State Park Association for an interpretive hike up the auto road at 12:00pm and learn about the local birds and alpine plants. You may also explore the auto road at your leisure. At the summit, guests will gather around a fire to enjoy a warm drink and healthy snack while listening to Rachel Bruce, Park Manager and Weeks Association members interpret the historical significance of the property. Onsite Registration from 11:00am to 1:00pm. Event begins at 11:00am and ends at 2:00pm.

NH Seacoast Craft Brewery Tours

January 3, 2016 10:30 AM
\$60. 55 Hanover St
Portsmouth, NH 03801
Phone: 603-964-0284
Granite State Growler Tours will take you to 3 breweries

to sample some great local brews. We will also feature a special stop at The Coat of Arms British Pub for a cask ale tasting or WHYM Craft Beer Cafe for a Trappist Ale tasting that is different every week. We will have water and pretzels for you to snack on, prizes to give away, coolers for your growlers. While en route, our knowledgeable guide will entertain you with unique historical facts and stories about the rich and foamy history of brewing in NH. You will also get to see brewing and beer related sites from the Revolution to Prohibition. Please see our ticket site for pick up spot information. Schedule and stops are subject to change.

Nordic Meisters

January 5, 2016 9:00 AM
Adult Timed- \$109 Child (5-17)- \$59 Non-timed- \$89
Adult one time- \$25 Child-\$16
1 Mount Washington Auto Rd
Gorham, NH 03581
Phone: 603-466-2333
The largest weekly cross

country citizen race series in the United States. For eight weeks, skiers of all abilities challenge themselves on a short (2.7km) or long (5.3km) course with prizes awarded in age categories and through a raffle. With an adjustment system, all ages can compete on a level playing field. Awards and potluck March 11th.

Friday Night Lights at Settlers Green

January 8, 2016 4:00 PM Free
2 Common Court
North Conway, NH 03860
Phone: 603-356-7031
Free hot chocolate vouchers and special offers to select stores.

Winter Trails Day

January 9, 2016 12:30 PM
Free with online pre-registration and must call ahead to reserve lesson time. 1 Mount Washington Auto Rd
Gorham, NH 03581
Phone: 603-466-2333
As part of the nationwide awareness campaign promoting the health, fitness and social

aspects – and benefits – of snow sports participation. Great Glen Trails will offer free cross country skiing and snowshoeing to first timers only on Saturday, from 12:30 – 4:00 p.m. Pre-registration online is required. Call ahead to reserve your 45 minute lesson at either 1 or 2pm.

Recycled Percussion

January 9, 2016 2:30 PM
Tix start @\$29.50. 39 South Main St., Plymouth, NH 03264
Phone: 603-536-2551
Two Shows: 2:30PM & 6:30PM
Vegas Rockers make their way home to New Hampshire! Don't miss this "rock down memory lane" packed full of surprises and crowd favorites in an incredible turbo-charged performance. Be part of a one of a kind show and relive the journey of the local boys that took their bucket banging high school act all the way to the entertainment capital of the world. Tickets for these shows always sell out, so don't wait.

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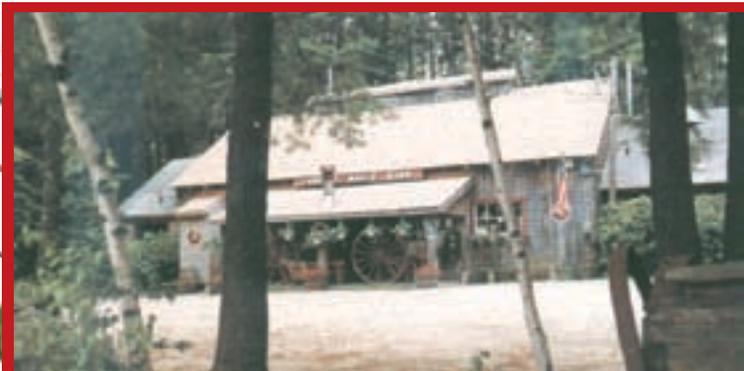
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(only 3 miles off Route 13)

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!**