

# Senior Lifestyles

A guide for active New Hampshire Seniors February 2016 • Free

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## 5 tips for creating a sound financial strategy

Many people want to know the secret to financial success. Whether they should be saving more, protecting more, investing more or spending less - everyone wants a silver bullet to set them on the road to financial success. There is no silver bullet.

The key is to have discussions with your family and loved ones about your priorities. Whether it's saving for a child's college education, supporting a favorite charity, building retirement strategies or a combination of all of those and more, each financial strategy should be driven by one person - you.

Thrivent Financial recommends using these five sound and timeless principles when deciding on a financial strategy.

### **Spend less than you earn.**

This is critical. No one can live beyond their means forever, since all bills, credit cards, mortgage, home equity loans and others debts eventually come due. Being wise with money means having the ability to be prudent with the resources you already earn.

### **Be wise with debt.**

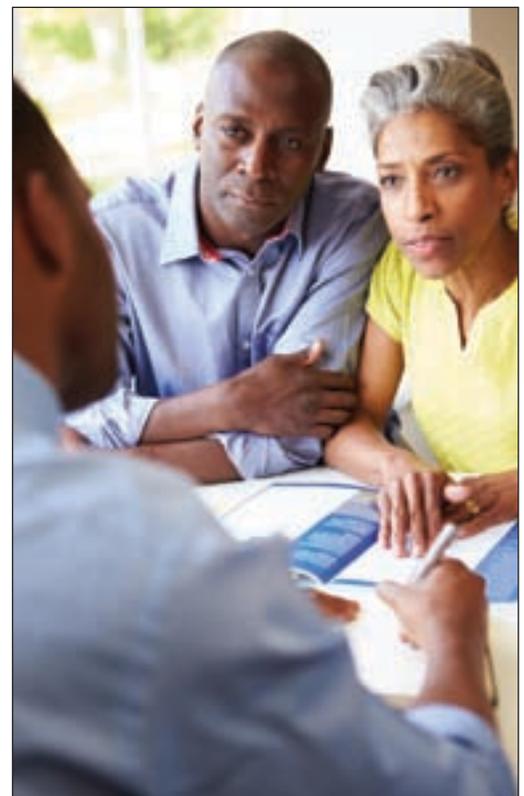
Debt isn't something to be avoided at all costs. Some debt can be very healthy and a way to broaden and strengthen your future - both inside and outside your financial picture. Mortgages, student loans and car loans can all be entered into as part of a healthy financial strategy, they just need to be managed carefully and effectively.

### **Protect against setbacks.**

Even the best of financial strategies can be derailed by a sudden accident or death if not properly protected. Life insurance, disability insurance or long-term care insurance can all work as protection against the worst, should it happen, and help ensure you and your family are taken care of and you're not leaving others with bills or burdens.

### **Have a short-term and long-term plan.**

College, retirement, emergency savings, a new car - all these are great goals for families



and individuals to set for themselves. The key to reaching these goals is to do so in a way that maximizes current resources and helps minimize risk for an overall strategy. So when it comes to transitioning to drawing down money in retirement, the most important structure is to plan for the short-term for the near-term and ensure that it's working in conjunction with your long-term strategy for you and your family.

### **Give back.**

Many people are looking for a silver bullet when it comes to finances. The most important part is to be true to yourself, your family and your goals. These five pillars can be a guide you, however, it's ultimately up to you and what you want for your future. (BPT)

# Senior Lifestyles

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## Need a mood boost? Maybe it's time to check your hearing

Here's why: Hearing loss is linked to a greater risk of depression in adults of all ages, especially in 18 to 69 year olds. But studies show treating hearing loss can boost quality of life.

People with hearing loss who use hearing aids are less likely to feel down, depressed or hopeless, research from the Better Hearing Institute (BHI) shows - and they get more pleasure from doing things.

Luckily, the vast majority of people with hearing loss can benefit from hearing aids. And tremendous advances in technology - even in just the last couple of years - have made today's hearing aids better than ever, motivating many to get a full hearing test from a hearing healthcare professional.

Sleek, cutting-edge, present-day hearing aids allow people to hear more clearly the richness of sounds and conversation from all directions while filtering out background noise. Many sit discreetly and comfortably inside the ear canal, out of sight. And many are wireless, so they can stream sound from smartphones, home entertainment systems, conference-room speakerphones, hearing loops and other electronics - directly into your hearing aid(s) at volumes just right for you. Some are waterproof, and others are rechargeable.

So if you've been fighting the doldrums, make sure it's not unaddressed hearing loss that's been weighing you down. Get a hearing test from a hearing healthcare professional. And be inspired by these five ways that treating hearing loss may help put some spring back in your step:

**Keeping a positive outlook:** People with hearing loss who use hearing aids are more likely to be optimistic and feel engaged in life, BHI research shows. Many even say they feel more confident and better about themselves. **Getting out and enjoying life:** People with hearing difficulty who use hearing aids not only get more pleasure from doing things, but are more likely to exercise and meet up with friends to socialize, BHI research reports. Most even say it has helped their overall quality of life. **Cultivating relationships and social connections:** Using hearing aids can have a positive effect on your relationships and ability to participate in group activities. In fact, people who wear hearing aids are more likely to have a strong social



**network. Communicating effectively:** Using present-day hearing aids can help people with hearing loss in their overall ability to communicate in most situations. Most who bought their hearing aids within the past five years say they're pleased with their ability to hear in the workplace; at home with family members; in conversations in both small and large groups; when watching TV with others; in lecture halls, theaters or concert halls; when riding in a car; and even when trying to follow conversations in the presence of noise. **Maintaining a can-do attitude at work and at home:** BHI research shows that those with hearing difficulty who use hearing aids are more likely to tackle problems actively. And most hearing aid users in the workforce say it has helped their performance on the job. In fact, earlier BHI research found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss. People with untreated hearing loss can lose as much as \$30,000 in income annually, the study found. For more information on hearing loss, and to take a free, confidential, online hearing check to determine if you need a comprehensive hearing test by a hearing healthcare professional, visit [www.BetterHearing.org](http://www.BetterHearing.org). Follow BHI on Twitter @better\_hearing. Like BHI on Facebook at <http://www.facebook.com/betterhearinginstitute>. (BPT)

# What are you doing to find relief from chronic pain?

Every day in this country, millions of people suffer from chronic pain and are desperate to find relief. For many, the road to managing chronic pain can be complex and can include prescription medications, over-the-counter products, lifestyle modifications and physical therapy. But when those options have been exhausted and the pain continues, many people aren't sure where to turn.

According to Paul Lynch, M.D., a nationally recognized expert in pain management and founder of Pain Doctor, Inc., many of his patients find relief through a minimally invasive, well-established procedure called radiofrequency ablation (RFA). Lynch says that some patients suffering from low back pain, neck pain or various types of nerve pain may find significant pain relief when they're treated with RFA.

### How does RFA therapy work?

During an RFA procedure, radio waves are used to generate heat that can be applied to nerve clusters responsible for causing a person's pain. This controlled, targeted heat destroys the nerve's ability to transmit pain while avoiding damage to nearby nerves that control movement and non-painful sensations.

According to Lynch, RFA is normally performed with a local anesthetic and mild sedation to increase patient comfort. Many physicians will also rely on fluoroscopy (otherwise known as live X-ray) to help guide them during RFA procedures. Advanced RFA generators, such as those developed by St. Jude Medical, support physicians further by providing real-time temperature monitoring, improved procedural feedback and shorter procedure times.

In the weeks following an RFA



procedure, many patients report a reduction in pain in their affected area. This reduction can last months or longer. Researchers (Dreyfuss, et al., 2000) found that if patients are carefully selected and RFA is applied accurately using correct surgical technique, the majority of patients will experience at least a 50 percent reduction in pain that can last up to a year from the time of their RFA procedure.

### Insight from the Clinic

Dr. Lynch recalled a typical case example of a patient who found pain relief from RFA after suffering a traumatic back injury after a serious car accident. After four operations the patient was in constant pain not effectively managed by other pain management options.

"With this particular patient, we were seeing him miss out on his favorite activities and he was in most respects homebound," said Lynch. "Weary of continuing to treat his pain with prescription medications but fearful of more surgery, he sought help."

After assessing his medical history and ongoing, chronic lower back pain, Lynch suggested RFA. Following his

RFA procedure, the patient's pain was reduced, as was his opioid prescription for pain management.

### Is RFA right for you?

You or a loved one may be a candidate for RFA if you have an appropriate chronic pain condition that has not responded to low-risk medications and conservative treatments such as physical therapy and chiropractic care. In addition, it is standard practice that you first try anesthetic injections of the targeted nerve. If doing so provides significant temporary pain relief of the area, RFA of the same nerve is likely to be effective.

Research has shown that RFA can provide substantial pain reduction for months. For some patients, the relief may be permanent as they are able to go years without requiring additional treatments. RFA may also allow patients to reduce or stop their use of some medications.

RFA may involve clinical risk, and patients are advised to talk to their doctor about whether RFA is right for their pain condition, and to discuss the potential risks, warnings, precautions and potential adverse events associated with RFA. For example, patients can experience pain during their procedure, as well as loss of pain relief. The procedure may also entail surgical risks. RFA equipment may entail risk such as electrical shock and hazards related to the equipment used during the procedure. Physicians should weigh the risk and benefits associated with RFA before treating patients with the procedure. Dr. Lynch noted that his patient's experience is not indicative of the experience all patients will receive from RFA therapy. To find a physician visit [www.poweroveryourpain.com](http://www.poweroveryourpain.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](http://usaa.com/findanagent). (BPT)

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### When should I take Social Security to maximize my benefits?

This can be one of the most important decisions to make about retirement.

With more than 70,000 ways to claim benefits it is important to look at all of the possible variables and options.

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# SeniorLifestyles

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# Tips to stick with your weight loss goals

Deciding to lose weight is a great first step toward wellness. But goal setting is the easy part. Staying on the weight loss track and maintaining that weight loss are where the challenges begin. Here are 10 tips to help you get started and stick with it long-term.



**• Drink up:** Hunger and thirst can often be confused, so stay hydrated. But remember, beverages are not a place to splurge on a ton of calories. Drink water. For a flavor boost, add fresh fruit slices or mint leaves.

**• Snack mindfully:** It is all too easy to derail an otherwise flawless diet by binging at snack time. Be mindful of your snacks, and make sure they offer nutritional value and are designed to keep you satisfied until your next meal.

**• Sleep:** Studies show a link between sleep deprivation and excess pounds. While there are many theories as to why this is, at the very least, getting enough sleep will promote clear-headed, healthful choices throughout the day.

**• Jumpstart your weight loss:** Studies show that early weight loss is a predictor of long-term weight loss success. Look for programs that keep you motivated, like Nutrisystem Turbo 10, which delivers up to a 10-pound weight loss and up to five inches lost overall in the first month of dieting.

**• Eat small:** Research suggests that eating smaller, balanced meals throughout the day promotes greater weight loss and maintenance. Schedule meals every two to three hours, six times a day.

**• Get moving:** Exercise doesn't have to be daunting! Get started with 10-minute sessions, three times a day. Movement sets your metabolism in motion so make sure it's a consistent part of your weight loss efforts.

**• Eat out, right:** Restaurant portions can be monstrous. Set aside half the meal and save it for later. Avoid key menu terms like "breaded," "fried," "crispy," and "smothered." At buffets, fill your first plate up entirely with greens before moving on to other options.

**• Embrace setbacks:** Sometimes diets get temporarily thrown off course by a missed workout or a second slice of birthday cake. Rather than throwing in the towel entirely, view the setback for what it really is, a temporary hiccup.

**Be accountable:** Keep a food and exercise diary to reinforce good habits. Log food, drinks, activity, weight and more to stay accountable.

**• Seek support:** Weight loss and maintenance is no cakewalk. Turn to weight loss counselors, dietitians and online communities for support with your weight loss journey. The counselors at Nutrisystem for example, are available seven days a week. For more information, visit [Nutrisystem.com](http://Nutrisystem.com). With the right attitude and the right tools, you can finally lose the weight for good. (StatePoint)



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# Five common heart health myths debunked

As the number one cause of death in both men and women, knowledge is power when it comes to preventing heart conditions. Whether it runs in your family or not, this is one health issue you shouldn't ignore. "Unfortunately, everyone has an old wives' tale associated with heart disease and cardiovascular health, says Dr. Andy Manganaro, chief medical officer at Life Line Screening. "For example, many women don't know they are more likely to die of heart disease than breast cancer." Dr. Manganaro helps separate some myths from reality to keep you in the know:

**1. Heart disease is the same in men and women.** Although men and women share many of the same risk factors for heart disease, there are differences in the way the disease treats each gender's body, according to Harvard Health Publications. Women tend to develop heart disease an average of 10 years later than men, and have a greater chance of dying from the disease. Women have smaller hearts and coronary vessels,

which often makes heart surgery difficult. In fact, heart disease is the number one killer of women, so women especially should talk with their doctors about developing a heart health plan.

**2. If it runs in your family, there's nothing you can do about it.** Even if heart conditions run in your family, these diseases are still 80 percent preventable. Healthy behavior changes like losing weight, increasing exercise, eating a healthier diet and keeping your cholesterol in check will help you make tremendous strides towards heart health. The power of prevention is undeniable, especially with preventative screenings that identify risk factors for heart disease and stroke early on. Life Line Screening offers affordable, preventative cardiovascular screenings conveniently in your community.

**3. Heart disease doesn't affect fit and active people.** No matter how many marathons you run or yoga classes you take, you may still be at risk for a heart condition. There are plenty of other factors that can put you at risk, like high

cholesterol, poor eating habits, elevated blood pressure, and smoking.

**4. Heart disease always exhibits the same symptoms.** While you might be under the impression that a heart attack always involves extreme chest pain, 64 percent of women who die suddenly of coronary heart disease had no previous symptoms, according to the American Heart Association (AHA). Women are more likely to experience back or jaw pain, dizziness and lightheadedness, shortness of breath or nausea and vomiting.

**5. Once you have heart disease, it's too late.** It's never too late to treat or prevent heart disease. Your lifestyle plays a crucial role in both controlling risk factors and caring for heart disease. Simple behavior changes like those mentioned above plus consultation with you doctor can help keep your heart, and entire circulatory system, humming along.

Don't let these common myths cost you your life. Manage your heart health and learn how to take preventative measures at [lifelinescreening.com](http://lifelinescreening.com). (BPT)

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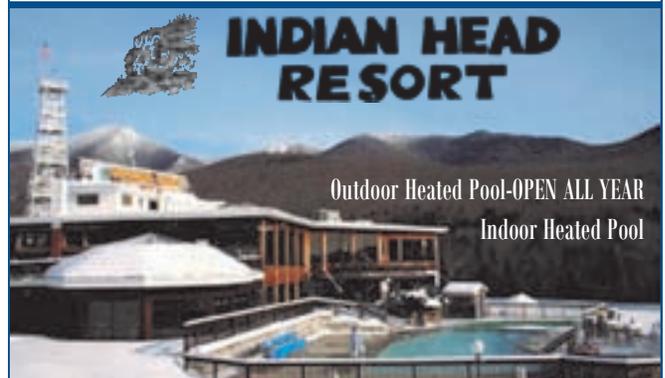
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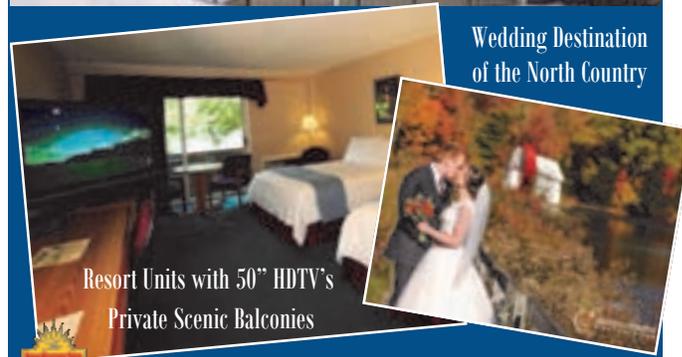
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# Winter recipes and wine pairings to 'wow' any crowd

Winter offers an opportunity for reflection and for gathering around a table with loved ones. Whether you're cooking for two or a dinner party with friends, these recipes are the perfect accompaniment to winter gatherings. Pair these recipes with the recommended wine pairings for a truly memorable meal. Even if you're not cooking, make sure to keep your favorite wines, cheeses and sweet treats on hand for any impromptu visits!

## ■ PROSCIUTTO, MOZZARELLA, AND SAGE PESTO STUFFED PORK TENDERLOIN

Author: *Katie Morris of Katie at the Kitchen Door*

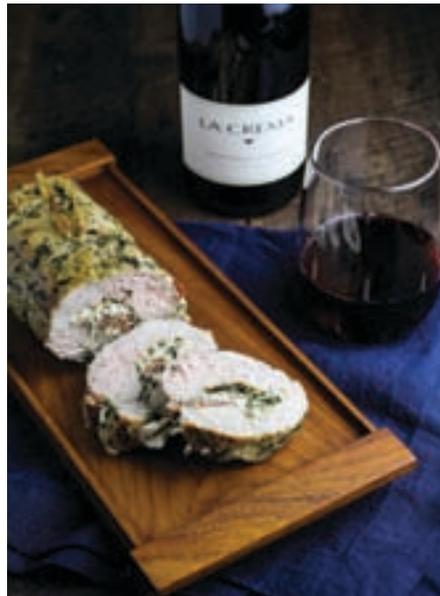
Serves: 4

### Ingredients

- One pork tenderloin, about 1-2 pounds
- 1 bunch fresh sage
- 6 sprigs fresh rosemary
- 15 sprigs fresh thyme
- 4 cloves garlic
- 6 tablespoons olive oil, divided
- sea salt and pepper
- 6-8 thin slices of prosciutto
- 6 thin slices fresh mozzarella

1. Remove the leaves from the sage, rosemary, and thyme. Place the herb leaves in a food processor with the garlic and 3 tablespoons of the olive oil. Pulse the herbs until a finely minced rub is formed. Season the herb mixture with salt and pepper.

2. Rub one half of the herb mixture on the inside of the prepared pork tenderloin. Top with slices of mozzarella, slightly overlapping, and then with slices of prosciutto. Carefully roll the pork tenderloin up as you would a jelly roll, tucking the filling back in as needed. Use butcher's twine to tie the pork into a roll, using one piece of twine every 2-inches. Rub the remaining half of the herb mixture on the



outside of the pork and marinate the pork in the fridge for at least eight hours.

3. Preheat the oven to 375 degrees F. Heat the remaining 3 tablespoons of olive oil in a Dutch oven or other oven-proof skillet. Brown the pork on all sides, then place the Dutch oven in the preheated oven until the internal temperature reaches 145°F, about 20-30 minutes. Remove the pork from the oven and let rest for 10 minutes, then slice and serve.

Wine pairing: La Crema Sonoma Coast Pinot Noir, lacrema.com

## ■ ZINFANDEL BROWNIES

Author: *Dirk Yeaton of murphygoodewinery.com*

### Ingredients

- 2 cups Murphy-Goode Zinfandel
- 20 ounces melted Ghirardelli 60 percent cocoa, dark chocolate squares
- 12 ounces melted unsalted butter
- 20 ounces sugar



- 8 eggs
- 4 ounces all-purpose flour
- 1 tablespoon vanilla extract
- 8 ounces Ghirardelli milk chocolate, double chocolate filling, chopped

1. In a saucepan, simmer wine to reduce by half, measuring one cup.

2. Mix together butter and chocolate, then in a mixer beat together with sugar.

3. With mixer on low, beat in eggs one at a time, allowing each egg to be incorporated. Beat on medium high for an additional five minutes, or until mixture has lightened in color.

4. Fold in reduced wine and vanilla, then flour and chocolate. Mix until fully combined.

5. Spread finished mixture in a buttered and papered jelly roll pan. Bake at 350 degrees for 18-20 minutes, rotating pan halfway through bake time. Brownies are done when toothpick inserted in center comes out with a sticky crumb.

Wine pairing: Murphy-Goode Liar's Dice Zinfandel, murphygoodewinery.com (BPT)

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# Expert advice for surviving severe winter weather

It's out there - that next bout of severe weather is on its way. No matter where you live in the United States, the potential for severe weather always exists and sometimes it comes without much warning. "None of us really knows what the weather holds," says LTJ. General Russel L. Honore, U.S. Army (Ret). "That's why it's important to be prepared for any eventuality. You have to be able to be your own first responder if the situation calls for it."

There are few who understand the power of severe weather and natural disasters better than Honore. The commander of Joint Task Force Katrina, Honore is now a nationally recognized emergency preparedness expert. Each day he dedicates himself to helping Americans prepare for severe weather or natural disasters in order to create a "Culture of Preparedness," and help people be self-sufficient in instances of disaster.

### Why you should be prepared

When Hurricane Katrina struck, 2.6 million people lost power, many for nearly a month. Today's hurricanes, as well as winter ice storms and blizzards can also

cause extended outages that can leave the unprepared equally trapped and powerless in their home.

Honore says it's essential all families develop an emergency plan. This plan should include a safe place in your home where you can find shelter and a safe location if you are away from home or you are forced to evacuate. Each family member should also have a cell phone so they can communicate with each other and every home should contain an emergency kit. The kit should include a weather radio, flashlight(s), batteries, first aid kit, money, medications, heavy clothes and five days of non-perishable food and water.

### The importance of power

"The number one issue you face in an emergency situation is access to reliable power," Honore says. "When you lose power, it sets our society back at least 100 years."

In today's world, many of the things people need to survive are tied to power. A loss of power cuts off communication, makes it difficult to attain food and water, creates sanitation issues and hinders temperature controls such as heating

and air conditioning. "Because power is so important, I recommend homeowners invest in a dependable standby generator," Honore says. Unlike portable generators, a standby generator automatically turns on when power is lost. A standby generator, which is permanently connected to your house like a central air conditioning unit, has the ability to power everything in your home including your heat and air conditioning systems, refrigerator, lights, computers, television and other technologies. Each of these modern-day necessities are indispensable during an emergency. And best of all, because the standby generator connects to your home's existing fuel lines, you'll never need to worry about refueling it to keep the power up and running.

"I've personally been through this process," Honore says. "I have a Kohler standby generator connected to my home and I recommend everyone make having an automatic backup power supply part of their emergency preparedness plan."

### Next steps

To learn more about standby generators, visit [KohlerGenerators.com](http://KohlerGenerators.com). (BPT)

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# Maple grades have changed

*By Jennifer Gornert, Director  
Division of Regulatory Services*

In the US, maple syrup is usually sold by grade and color classification. For example, Grade A Medium Amber. Color is used because it has some general relation

to the intensity of maple. However, inconsistencies between the grading systems used in each of the maple producing states, as well as Canada, caused some confusion.

About 12 years ago, the International Maple Syrup Institute, which is a voluntary organization, whose members include maple syrup stakeholders both from the US and Canada, established a committee to review existing regulations for pure maple syrup.

The committee recommended establishing a more simplified and uniform description of grade names and nomenclature for pure maple syrup in the US and Canada. The two key objectives were to eliminate inconsistent grade names, and to emphasize the taste of the syrup by including flavor descriptors.

In 2013, the NH Maple Producers Association voted to adopt the proposed grade changes.

As a result, in 2014, the NH Department of Agriculture, Markets and Food went through the rulemaking process and

adopted the new grading system this past December.

The NH Maple Products Law and Rules provide NH maple producers a one year transition period to apply the new grading system. Meaning, in 2015 when purchasing maple syrup consumers may see the old grading system, or the new grading system on containers. By January 1, 2016, all maple syrup produced in NH must be labeled with the new grading system.

To assist the maple producers with informing the consumers of the new grading system, the Department worked with a local marketing company to create promotional items to be used at the point of sale.

For more information about the new NH Maple Grading System, contact Jennifer Gornert, Division of Regulatory Service, NH Dept. of Agriculture, Markets & Food at 271-2753 or [Jennifer.gornert@agr.nh.gov](mailto:Jennifer.gornert@agr.nh.gov).



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# History of Maple Sugaring

American Indians Maple Sugaring starts a journey in the mind through sweet memories of the past. Whether the memory is of the beautiful golden amber color of syrup as the sun shines through the glass bottle in which it is contained, or of the delicate scent that swirls around your head in a cloud of steam emitted from a boiling pan. Perhaps it is the sticky kiss from a child placed on your cheek after finishing the best stack of pancakes they ever tasted, or the laughter enjoyed during that meal. The taste is certainly one beyond compare. Once you've sampled pure maple syrup, you will never forgive yourself for serving anything else. These wonderful reflections are all thanks to the accidental discovery of one of nature's sweetest secrets.

Maple production in North America

has a long history dating before recorded histories of the earliest European settlers. Its beginnings are credited to the earliest settlers, the Indian tribes of southeastern Canada and the northeastern United States, including the Micmac and Iroquois tribes. In 1540, the French explorer



Jacques Cartier made note of the North American Maple. From the journals of explorers as early as 1606, descriptions of the collection and "distillation"

of maple sap by the eastern Canadian Micmac Indians were being noted. Early New England explorers noted three forms of sugar the Indians produced from maple sap reduction: "Grain sugar", a course

granulated form similar to the modern brown sugar we use; "Cake sugar", sugar poured into wooden molds which create cakes or blocks of hard sugar which is best for long term storage; and "Wax sugar", a thick boiled syrup that is poured over snow to create what we call "sugar on snow" or "leather aprons".

Maple sap was boiled beyond the point of syrup that we see today to a sugar form, which was much easier to store and trade. It was an important bartering tool for the Indians, and also an important form of income for the early colonists. Indians showed the colonists how to collect the sap from the trees, through a slashing of the bark, and then collecting the sap as it exuded from the wounds. It was discovered as early as 1790 the negative effects of this practice on the health of the tree, and primitive spiles were soon created and used.

History of Maple Sugaring Early sugar makers commonly used wooden buckets to gather sap and large iron kettles over open fires to reduce the sap to sugar. ▶

## Maple Sugaring Supplies

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Over the next hundred years, many improvements were made to improve production. Metal buckets and storage containers replaced the wooden barrels and large flat pans took the place of the kettles during boiling. Containing a fire built under the flat pan created an "arch" or furnace causing more efficiency due to a larger surface area being exposed to the heat. Shelters soon were built for the boiling process and were given the "sugarhouse" title. Despite all of this, production was still slow and laborious.

Abolitionist groups promoted the use of maple sugar in opposition to the cane sugar production from slave labor in the British West Indies. Presidents George Washington and Thomas Jefferson were very interested in the production of maple sugar as an alternative sugar source to cane sugar. Both had begun maple "orchards" on their homesteads in Virginia. Their efforts failed as most trees died or failed to thrive due to the climate. There are maple trees in New Hampshire that are still being tapped today that were used for production during the days of Washington's presidency.

In 1880, the price of cane sugar and maple sugar were about the same, so New England producers had made their place in the market. In 1884, an evaporator pan had been patented, thus again easing the burden of production. The turn of the century found sugar makers able to buy evaporators, buckets and spouts. The import tax on cane sugar had been removed by then also, causing the market of maple sugar to fall drastically. A new market was created when sap was boiled down not to a dry sugar, but instead into a syrup of specific density. Sugar makers soon became syrup makers, and the liquid product was sold in cans.

History of Maple Sugaring Throughout the 20th century, maple producers have seen and benefitted from the advent of tubing for sap collection, first metal then plastic; improvements in spiles, which have benefitted the health of the trees; and the creation of Reverse-osmosis technology. R-O, as it has come to be known, is a process of concentrating the sugar content in sap by removing approximately 75% of the water before boiling. This allows the producer to spend less time boiling, and less fuel. Today's evaporators are either wood-fired, oil-fired or LP gas-fired. Each producer has their favorite.

Visit with your local maple producer. Ask them to explain their own history and how their system works. Be sure to have a sample of fresh syrup. I promise you it will be another memory to add to your collection. (From NH Maple Producers Association)

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# OUT & ABOUT

## Go Red for Women's Heart Disease

February 5, 2016 8:30 AM  
 Wear red get 50% off trail passes and rentals  
 1 Mount Washington Auto Rd  
 Gorham, NH 03581  
 Phone: 603-466-2333  
 February is heart month! Did you know that heart disease is the number one killer in women? Red is the color of the day, so come wearing your best red sweater or outfit and receive 50% off trail passes, rentals and a Go Red Dress pin. Help raise heart disease awareness.

## Love, Lust & Desire VIII Artist Reception

February 5, 2016 5:00 PM Free  
 10 Hills Avenue, Concord, NH  
 Phone: 603-225-2515  
 Join us as we celebrate the opening of our 8th annual Valentine's show - Love, Lust & Desire! This year's show features art from over 50 artists (some new and some fan-favorites), with work ranging from paintings to jewelry,

fiber to photography...and everything in between. All art is \$300 or under, so this is a great opportunity to buy a tiny, calorie-free treasure for your valentine! The Opening Reception on Friday, February 5th, is free and open to the public, and many of the artists will be in attendance. The show runs February 1st - February 12th during regular business hours.

## Winter Wine Festival

February 5, 2016 6:00 PM  
 Price varies by event.  
 Wentworth by the Sea  
 588 Wentworth Road  
 New Castle, NH 03854  
 Phone: 603-373-6566  
 The annual Winter Wine Festival hosted in the luxury and comfort of the historic Wentworth by the Sea is New England's premier winter wine event and we couldn't be more excited about the roster of excellent wines and personalities we have assembled. This will be our 12th year bringing together the superb cuisine of the

Wentworth's culinary team with winery representatives and their premium wines from around the globe amid the polished hospitality of our service staff in this grand setting on a little island, off the coast of New Hampshire. From multi-course Grand Vintner's Dinners or A Big Tasting in the Grand Ballroom to weekday Flight Nights or Shell-Shocked, the oyster event in SALT's Lounge to the lavish Bubbles and Jazz Brunches, the common thread running throughout is always of excellence. Please join us for a month of celebrating these masters of their craft and the inspiration they bring us.

## Sage Farm Antiques Cabin Fever Show

February 5, 2016 10:00 AM  
 \$5.00 entry good for the entire weekend with bracelet.  
 Rollins Building, 144 Lafayette Road, North Hampton, NH  
 Phone: 603-964-3690  
 A three day antique show held in a large restored barn on

Route One in North Hampton, NH 03862. 45 dealers with a large assortment of furniture, home decor, architectural and garden. Antique, vintage repurposed and recycled. Great decorating ideas for your favorite spaces. Friday & Saturday 10 to 5, Sunday 10 to 4.

## Ice Harvest & Winter Carnival

February 6, 2016. 11:00 AM  
 \$10, ages 11 and up; \$5, ages 5-10; FREE. 58 Cleveland Hill Rd., Tamworth Village, NH  
 Phone: 603-323-7591  
 A celebration of wintertime on a historic farmstead. Participate in an ice harvest and try your hand at each necessary step of harvesting ice blocks from our farm pond. With outdoor activities, demonstrations, games and more for all generations. Farmhouse lunch available.

## 2nd Annual Winterfest

February 6, 2016 12:00 PM  
 Free. 267 South Rd  
 Kensington, NH 03833

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## OUT & ABOUT

Phone: 603-347-1909

The 2nd Annual Farm at Eastman's Corner Winterfest celebration is scheduled for Saturday, February 6th from 12-3pm. This FREE community event features horse-drawn sleigh rides, sledding, live music, a fire-pit, food and drink, children's crafts, visits with animals and more!

### Keene Ice & Snow Festival

February 6, 2016 10:00 AM Free. Downtown Keene Central Square and Railroad Square, Keene, NH. Phone: 603-313-8585

Come with the whole family to see ice carvings, snow sculptures, children's craft at Snowman Central, participate in the snowball throwing contest, lil'tot snow slide, enjoy hot chocolate & food, Musical Entertainment, take a train ride. Pictures with Snowman, Polar Bear and Ice Princess, face painting by Emily Sodders and much more! 10am to 4pm Follow us on Facebook at

Keene Ice & Snow Festival for updates.

### The 52nd Lancaster Grand Prix

February 6, 2016. \$10.00 kids 12 and under are free. Lancaster Fairgrounds 516 Main St, Lancaster, NH Phone: 603-631-6439

The oldest vintage snowmobile race in the USA! The thrill and fun of vintage snowmobiling will be on full display at the Lancaster Grand Prix vintage snowmobile racing event at the fairgrounds in Lancaster, NH, also known as Snowmobile City, USA! Snowmobile racers from New Hampshire and beyond will bring their vintage sleds and compete for \$10,000 in cash prizes. You can be part of the action! •Register to enter your snowmobile on the morning of the race (gates open at 7 am) •Or come and cheer on the racers! Daily general admission is \$10 – kids 12 and under free per.

### Guided Snow Shoe Tours at Jackson Ski Touring Foundation

February 7, 2016 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](mailto:info@jackson.org) or

call 383-9355. \*Private tours are offered upon request and reservation.

### Portsmouth Fire & Ice Festival

February 10, 2016 5:00 PM Price varies by event. Citywide. Portsmouth, NH Phone: 603-610-5510

The Portsmouth Fire & Ice Festival will be February 10 - 15, 2016! A winter festival celebrating Valentine's and President's Day Weekend, and the winter season in Portsmouth! Events include the FREE kickoff party on Wednesday, February 10th, dog sled rides, two cocktail crawls and a FREE block party with ice sculpting demonstrations and treats for the whole family!

### Sip and Paint at Snowvillage Inn

February 10, 2016 5:30 PM \$45 136 Stewart Road Snowville, NH 03832 Phone: 603-447-2818 Fun for the absolute beginner to the seasoned artist! ▶

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## Snowshoe Saunters

February 13, 2016 10:00 AM \$10 (\$8 Members of Prescott Farm) 928 White Oaks Rd. Laconia, NH 03246 Phone: 603-366-5695 Saturdays, Jan. 16, 23, 30 & Feb. 13, 20 & 27; 10-11:30 OR 1-2:30 \$10/person (\$8/person Members) A winter adventure awaits! Whether you are an avid snowshoer or just beginning, join us for a refreshing walk and exploration of the winter

landscape of Prescott Farm. Please wear boots and dress appropriately for the weather. Snowshoes will be available if you don't already have your own. All ages welcome. Registration is required - call 603-366-5695 to save your spot! Space is limited and we do have snowshoes on-site you can use for this program if needed and at no extra cost.

## Valentine's Big Band Bash

Saturday, February 13 – Dance to the Big Band Classics of Sinatra, Michael Buble, Harry Connick Jr, Cole Porter, and the Swingin' Sounds of Brian Setzer and the Big Bad VooDoo Daddy. Dinner Buffet 6:30 pm - Show at 8:30 pm. \$75 per person including tax & service charge. Limited show only tickets available for \$25. Dinner show featuring the 10-piece Adagio Lite Band with Special Guest Vocalists. Reserved Cabaret style seating. Dinner Buffet includes – Garden Salad – Roast Prime

Rib of Beef – Seafood Newburg – Creamy Mashed Potatoes – Seasonal Vegetables – Champagne Toast – Chocolate Dessert Delights. For tickets and more info, visit Blue Ocean Music Hall - [www.BlueOceanHall.com](http://www.BlueOceanHall.com) www.BlueOceanHall.com. 4 Oceanfront North Salisbury, MA. 978-462-5888.

## A Valentine Celebration - Strafford Wind Symphony

February 14, 2016 2:00 PM \$20 per person. 21 McManus Road, Wolfeboro, NH 03894 Phone: 603-569-2151 Strafford Wind Symphony, directed by Bruce Gatchell, is celebrating its 25th anniversary season and will present its A New Hampshire Valentine Kiss program in honor of Wolfeboro Friends of Music's 80th anniversary season. The ensemble will perform a wide variety of repertoire such as Overture from the Marriage of Figaro, The Girl With the Flaxen Hair,

España Cani and more. The lyrical voice of Don Plummer will enchant you with Sinatra favorites such as Night and Day and The Best Is Yet To Come. Enjoy a concert filled with the love of music and life as we celebrate Valentine's Day in New Hampshire! Sponsored by: Green Mountain Communications J. Clifton Avery Insurance Agency Points North Financial Consulting Benefit Strategies.

## 4th Annual Epsom Central School Soup/ Chili/Chowder Cook-off

February 17, 2016 5:00 PM \$7 Adults \$5 Children 282 Black Hall Rd., Epsom, NH Phone: 603-736-9331 **HERE'S HOW IT WORKS** Wednesday, February 17, 2016, soup lovers from Epsom will attend the event at Epsom Central School in the gymnasium from 5:00-7:00pm. At the end of the evening, winners from each of 3 categories will be announced and will receive a coveted ▶

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<b>Flomax™</b> \$1,007.14 <small>Typical US Brand Price for 4mg x 90</small>	<b>Tamsulosin*</b> \$141.00 <small>Generic Price for 4mg x 90</small>	<b>Prevacid™</b> \$322.58 <small>Typical US Brand Price for 30mg x 84</small>	<b>Lansoprazole*</b> \$100.00 <small>Generic Price for 30mg x 84</small>

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# OUT & ABOUT

**SOUPER BOWL TROPHY.** First place will also receive a \$50 Visa gift card. Second place and third place will receive a trophy. Ribbons will be awarded to 2 People's Choice recipients from each category. **ADMISSION \$7 Adults:** sample-size cups of any 10 entered soups/chilis/chowders plus cornbread. **\$5 Children** (10 yrs. and under): sample-size cup of any 5 soups/chilis plus cornbread. Tickets will be sold at the door while supplies last. **NO ENTRY FEE** Fill out the entry form and return it to Epsom Central School, 282 Black Hall Rd., Epsom, NH 03234, prior to January 29, 2016. Your entry of 1 gallon (a full size crock pot) of your fully prepared soup/chili/chowder with listed ingredients will be on display for sampling from 5:00-7:00pm. Entry form can be found on our website at <http://goo.gl/2j9cWq>. **PROCEEDS** All proceeds will go to the Epsom Central School Student Activities, helping with field trips,

student clothing needs, etc. **Skating Stars on the Seacoast** February 26, 2016 7:00 PM Tickets are \$15 for adults; \$10 for children (5-17); \$40 for family (2 adults/2 children). Strawberry Banke Museum 14 Hancock Street Portsmouth, NH 03801 Phone: 603-433-1100 Labrie Family Skate at Strawberry Banke hosts two professional ice skating shows on the outdoor rink, for Friday February 26 at 7 pm and Saturday, February 27 at 2 pm. Again produced by Founding Artistic Director, Douglas Webster of Ice Dance International, the ice shows feature international skating champions, including the dramatic Ryan Bradley and pairs skaters Kim Navarro and Brent Bomnentre who appeared in the acclaimed 2015 shows at Labrie Family Skate. Additional stars are being added to the program. The ice shows are sponsored

by Sentient Decision Science, Dos Amigos/Franklin Oyster House and RMC Research. The two shows, at 7 pm on Friday February 26th and 2 pm on Saturday, February 27th will each last 30 minutes. Tickets are \$15 for adults; \$10 for children (5-17); \$40 for family (2 adults/2 children). Tickets include skating (skate rentals are an additional \$5 per person). VIP tickets that include the opportunity to meet the skating stars after the show for photos and autographs are \$22 for adults, \$18 for children. **NH Sanctioned & Jackson Invitational Snow Sculpting Event** February 26, 2016 12:00 PM Free... to view sculptures... other Winter Festival Events price accordingly. Jackson Village Park and Nestlenook Farm, Route 16 A and Dinsmore Road, Jackson, NH Phone: 603-383-9356 The 15th Jackson Snow Sculpting Competition is an event where Sculptors

create magical pieces of art frozen in time for everyone to enjoy! This event is a photographers dream. 2016 brings back Jackson's Winter Festival with lots of outdoor winter fun scheduled. The Snow Sculpting Competition promises to bring 12 plus teams eager to take 4 foot round by 8 foot high cylinder shaped blocks of snow and create amazing snow sculptures. Most of the teams will start sculpting on Friday, February 26th, and continue working through the night on Saturday to complete their sculptures in time for the judging on Sunday afternoon February 28th at Noon. Judging is based on creativity, technique and message and completed by the sculptors themselves. All visitors are encouraged to vote for the coveted "People's Choice" award... the one award the Sculptors most want! For complete details on this exciting event please visit [www.JacksonNH.com](http://www.JacksonNH.com).

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Dance to the Big Band Classics of Sinatra, Michael Buble,  
Harry Connick Jr, Cole Porter, and the Swingin' Sounds of  
Brian Setzer and Big Bad VooDoo Daddy

# Valentine's BIG BAND BASH

**Saturday, February 13**

**Dinner Buffet 6:30pm Show 8:30pm**



**Dinner Show featuring the 10-piece  
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