



Monadnock Humane holiday pet family photo sessions

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Humane Society is pleased to partner with
Peterborough Paw Spa and Pawprints Pet
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Sessions to the community. On Saturday, Dec.
7th and Saturday, Dec. 14th from 10 am – 4
pm, Heather Smith of Pawprints Photography
will be available to take a holiday portrait
of your family (with or without humans) at
the Peterborough Paw Spa location at The
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For \$25, you will receive the professional photo shoot, a 4x6" glossy matted print of your favorite photo (approximately 8 photos will be taken during your photo session) and access to electronic downloadable versions that you can use for your holiday cards or reprints, to imprint on a gift item such as a coffee mug or a tee shirt, or to post on social media! Beautiful holiday-themed design sets will be the perfect backdrop for your family's portrait. Volunteers who are experienced in handling pets will spend time with you and your family to capture the best moment. And,



100% of the money raised goes to the animals being cared for by MHS.

While you wait for your photo session, enjoy complimentary refreshments and shop at the Paw Spa Boutique. There will be a "Pet Gift Table" you can peruse for gifts and stocking stuffers! Proceeds from all sales will be donated to the care of the homeless

animals.

Appointments are scheduled every 15 minutes (call ahead at 603.924.9428 to reserve your spot). Walk-ins are always welcome and will be scheduled in between.

For more information and images: https://monadnockhumanesociety.org/event/holiday-pet-family-photos.



Steps to the perfect cured meats and cheeses charcuterie board

Todd Knoll, executive chef at Jordan Vineyard & Winery, offers expert tips on combining select cured meats and cheeses with balanced wines to bring out the best in a charcuterie board.

Choose great wines

To keep it simple, offer one red and one white. Choose wines to complement a range of flavors and seasonings in meats and cheeses, so you can offer an interesting variety to tempt your guests.

Chardonnay is popular with wine lovers, and for good reason, with its crisp, fruity notes and vibrant acidity. Many traditional unoaked chardonnays are lighter and so may not pair well with charcuterie, since salted and cured meats and aromatic cheeses have strong tastes that may overwhelm and diminish their delicate flavors. Another great selection for charcuterie is Champagne, which has just the right acidity - and bubbles - to refresh the palate while sampling meats and cheeses with a higher fat and salt content. For a red wine selection, Knoll recommends Jordan Cabernet Sauvignon. It pairs well with a wide range of meats and cheeses, due to its balance and elegance. Red wines containing a lot of alcohol and tannin pose a challenge to salty and/or spicy meats like salami and prosciutto.

■ Select flavorful meats

For a charcuterie board that is as Instagram-able as it is edible, provide a variety of contrasting flavors and textures, Knoll advises. This means choosing harder, salty and spicy cured meats, such as salami. Then add softer salted meats, such as thinly sliced prosciutto, for textural and flavor contrast. Finally, provide a creamy pate, terrine or rillette that guests can spread on bread or crackers.

Choose delicious cheeses

Offer guests a choice of flavors and textures that also complement





the wine. Sheep's milk cheeses, such as Roquefort, manchego and pecorino Romano, pair well with cabernet sauvignon, particularly cheeses that have been aged at least six months for complexity and nutty flavor. Firmer, more aged cow's milk cheeses, such as Gouda and cloth-bound cheddar, will complement a



variety of cabernet sauvignon styles. Knoll says that firmer cheeses that have been aged longer have a milder, nuttier texture and smooth taste that highlight the oak and berry notes in cabernet sauvignon. A creamy Camembert is a good match with chardonnay, as is brie and other soft cheeses, according to Knoll. Chardonnay can also be paired successfully with creamy goat cheeses.

Add delectable condiments

A fabulous charcuterie board is not complete without an array of flavorful condiments. Source good mustard like whole grain Dijon, Knoll advises, plus quince paste or pear mostarda. Add olives, fresh or dried fruit, nuts or pickles to taste, plus fresh, warmed crusty bread or crackers.

Watch your temperature

The three essentials of a great charcuterie board - meat, cheese and wine - all shine when served at the proper temperature. Before guests arrive, chill white wines. Cheeses should warm to room temperature for best flavor, while meats should be cold.

Designing your platter

Slice different shapes and sizes of the cheeses and meats to provide visual interest, such as triangles, squares and rectangles for cheeses, and circles, rosettes and folded triangles for meats. Spend time arranging the elements, coupling colors and textures to create a platter far superior to store-bought versions. Place condiments and nuts in small, colorful dishes atop the board for convenience and color contrast. Add fresh herbs or edible flowers for garnish. Get inspiration from Knoll's How to Build a Charcuterie Board video on the Wine Country Table website. Parties can be more relaxing - and delicious - with an easy-to-prepare charcuterie board and good wine. For more tips on wine, food and entertaining, visit winecountrytable.com. (BPT)

How to throw a fun filled themed holiday party

This year, why not choose a fun theme for your holiday party? You can create a great atmosphere while providing entertainment for all ages with a little creativity - and local resources.

■ Silver screen soiree

How about designing your party around a favorite movie? Choose a film or movie franchise that means a lot to you and your crew. Is it something you all grew up on? Or a current favorite? Whatever cinema theme you choose, let guests know ahead of time so they can choose outfits to represent a character or idea from the movie. Plan decorations, food and beverages to go with your movie theme.

■ Small screen inspiration

Along the same lines, a TV show theme could be fun. Again, pick a show that you and your family or friends grew up with, or that's an obsession, a guilty pleasure or even a current fad show you all love to hate! Encourage guests to dress the part, and create a trivia game based on the show, with prizes for the best-informed partygoers.

■ Take a "journey" with your party

Choose a place - city, state or country - to be the "locale" for your party. Let the food and music you play be inspired by the location



that's meaningful to you. Your hometown, where you went to college, your first overseas trip or honeymoon location would be good choices. Serve foods from the location you have in mind, whether they're homemade or purchased. Or you could journey to another time, since there's nothing like time travel to spice up a party. Choose an era from the past, or even go with a futuristic, sci-fi theme for your party this year, and tell your guests to dress accordingly.

Step into the pages of a book

Let a favorite holiday storybook or novel inspire your party's attire, snacks and decorations, whether it's a childhood favorite or a recent bestseller. You can find games to



complement the theme of your book, ranging from giant chess boards or carnival games to sumo wrestling and casino games, at rental locations near you. Give guests a chance to give back to the community by asking everyone to bring a children's book to donate to a local library or children's hospital.

■ Break free from the party clock

Shake up your usual entertaining routine. Do you usually host a dinner party? Make it a festive brunch. Always serve a lunch buffet? Offer your friends or family a late-night gettogether instead. Don't have matching dishes, stemware or flatware for a fancy do? It's possible to rent rather than spending a ton on items you might only use a couple of times a year. Find your party supplies at a rental store near you by checking out Rental HQ. (BPT)

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Tips and tricks for serving wine with Christmas meals

Here are a few tips to help you choose and serve wine for a successful holiday party or dinner.

Keep it simple

Choose just one good red wine and one good white wine varietal to serve during your cocktail or dinner party, if you want to avoid feeling overwhelmed. You could choose another varietal or two for guests to sample, if you're feeling adventurous, but having two contrasting options is a great start, and sometimes all you need. Since holiday meals can be heavy (or at least plentiful!), choose wines that are not overly rich or full-bodied. Instead, look for lighter wines that are fruity and bright, with soft tannins, that provide



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a nice complement to a big, rich meal. For example, Sanford Winery offers popular options in both chardonnay and pinot noir that can be a perfect duo to serve your guests.

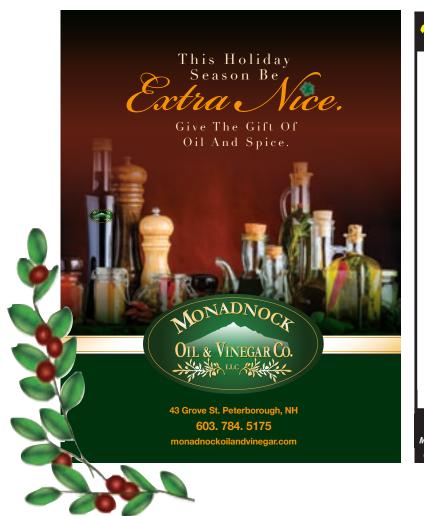
■ Wine serving tricks

Since the temperature of the room and your guests' hands will warm the wine glasses throughout the meal, it's a good idea to chill both red and white wines for a while before serving. Create fun, holiday-themed DIY wine charms for each quest, especially if you're serving buffet-style or enjoying a cocktail hour before dinner. Wine left in the bottle? Freeze leftover wine in ice cube trays, then you'll have ready-to-use "wine ice cubes" for recipes that

require cooking with wine another day or a flavorful option to chill down your next glass of wine without diluting it.

Let wine do double duty

Optimize and harmonize flavors by cooking a dish that incorporates the same varietal of wine your guests will be drinking. For example, a recipe for Citrus and Garlic Roasted Turkey uses pinot noir to create a sweet and tangy sauce along with fresh cranberries, rhubarb and tangerines. Visit sanfordwinery.com/recipe/citrus-and-garlicroasted-turkey for the full recipe. Whether you're using a red wine or white wine in your cooking, don't opt for an inferior "cooking wine," but use the same quality wine you plan to serve during the meal. Because the alcohol cooks out of the food you're preparing, what's left is the flavor of the wine - and that will make a big difference to the flavor of your finished dish. Holiday entertaining does not have to be overly complicated. Going for flavors you enjoy and offering your guests a few options in terms of food and wine will result in a successful meal or party, every time. What really counts is relaxing and enjoying the meal and the wine together. (BPT)







Reinvent your holiday meals using one simple ingredient

While pecan pie may be a staple of your holiday feast, American Pecans can go far beyond the pie. Naturally sweet, buttery and crunchy, The Original Supernut™ has a place in every course and is the multi-tasking must-have ingredient this holiday season. These recipes are courtesy of sisters Emily and Melissa Elsen, owners and founders of Four & Twenty Blackbirds pie bakery in Brooklyn. Discover more holiday recipes at AmericanPecan.com/ThanksEverything.

ROASTED VEGGIES AND POTATO MASH WITH TOASTED PECANS

PREP TIME: 45 minutes COOK TIME: 20 minutes 8 servings

Ingredients:

Roasted Veggies 3 medium red potatoes, cut into 1/4-inch pieces

1 small red onion, cut into 1/4 wedges

2 medium carrots, cut into 1/4-inch pieces

2 stalks celery, cut into 1/4-inch pieces

4 cloves garlic, minced 1 tablespoon kosher salt 1/4 cup olive oil

POTATO MASH

2 medium white potatoes, peeled and cut into 1/2-inch pieces 2 tablespoons butter 2 teaspoons kosher salt 1 tablespoon cream Ground black pepper to taste 2 eggs
Toasted Pecan Topping 1 cup pecan pieces, toasted and

finely minced 1/2 cup chopped parsley or herb of your choice

Instructions:

* Preheat oven to 350 Fahrenheit.

* In a medium sized pot, combine potatoes with salt and cover with water. Bring to a boil then reduce to simmer. Cook potatoes until they are tender and easily break apart. Meanwhile, combine the chopped vegetables, minced garlic, 1 tablespoon kosher salt, and olive oil in a mixing bowl. Toss to evenly coat the vegetables. Line a baking sheet with parchment and pour the vegetables onto the sheet. Roast in oven for 15 minutes. Gently stir and roast another 15 minutes or until vegetables are tender.

*While vegetables are roasting, drain cooked potatoes from the water, place in a large mixing bowl and add butter, 1 teaspoon salt, cream and black pepper to taste. Using a potato masher or heavy duty whisk (for an extra smooth mash, use a stand mixer or a food processor), mash or whip the potatoes until smooth. Add 2 eggs and continue whipping until fully combined.

* Butter a 9-inch casserole or baking dish. Pour the mashed potato mixture into the dish. Evenly distribute the roasted vegetables on top. Bake for 15 to 20 minutes or until the mashed potatoes are set. Remove from oven and cool for 10 minutes. Before serving, top with chopped herbs and pecans. (BPT)

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5 tips for a beautiful, merry holiday home

A merry holiday season starts at home. Here are some nice ways to add cheer to the rooms and spaces where people gather.

Light a Fire: It may be the most primitive technology in existence but lighting a fire is still one of the best ways to create a rich holiday atmosphere. Bonus: use aromatic firewood such as pine, fir or cedar.

■ Project a Movie:

Decorating for the holiday season can be as easy as setting up a projector and playing seasonal movies on a loop. From classics like "Miracle on

34th Street" to contemporary favorites like "Elf," these films provide the perfect backdrop to the holiday season. With the ability to run all day, the LampFree Projectors in Casio's Slim Series are ideal for this purpose.

Bake Cookies: Make the whole house smell amazing (and become everyone's favorite person) by popping cookies and



other desserts in the oven that include spices evocative of the season, like nutmeg, cloves, cinnamon and vanilla. For a lighter option, you can get the same effect by brewing tea with these same incredients.

• Host a Sing-a-Long: Securing yourself a digital piano with an authentic concert grand sound may just be the best gift you give your family this holiday season. The Casio GP-500 reproduces the three-dimensional sound field generated by an acoustic grand to fill a room with rich, complex sound, making it a great place to gather for holiday sing-a-longs. The piano itself can also be a decoration destination — think garlands and candles. Be sure to set out sheet music and other instruments like tambourines or bells so that guests can join in the fun.

• Add Flora: Spruce up your living spaces – literally. Holly, Christmas cactus, poinsettias and spruce add color and vibrancy to mantels,

staircases, coffee tables and other nooks and crannies. What's more, many of these plants will continue to thrive long after the lights and tinsel come down.

The holidays come but once a year. Make the most of the season by turning your home into a winter wonderland.
(StatePoint)

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Tips to keep your packages safe this Christmas season

Here are five tips that will keep your packages safe and your holidays happy.

1. Get deliveries straight to your garage with Key by Amazon

Online retailers such as Amazon serve as a popular holiday shopping destination. This season you can get your Prime packages delivered safely and securely right in your garage with Key by Amazon in-garage delivery. Amazon recently launched the new service to provide Prime members in 50 cities and surrounding areas with the option to select in-garage delivery at checkout. To provide peace of mind that your holiday purchases won't go missing or get damaged by weather, all you need is a myQ-connected garage door opener linked to the Key App to have packages delivered directly into your garage for no extra charge. myQ technology can be added to all leading brands of garage door openers in minutes via a Chamberlain myQ smart garage hub, which is being offered at a low cost this holiday season.

2. Give specific delivery instructions

Most delivery services allow customers to set instructions. Ask your mail carrier to knock or ring the doorbell so that you are immediately alerted when a package arrives



at your door. If snow, rain or any other weather issue is a concern, consider requesting that you mail carrier drop off packages in an out-of-sight dry spot. Get creative with these drop-off locations and use other delivery points such as back porches, patios and exterior basement stairs.

3. Sign up for delivery alerts

Major mail carriers and delivery services have systems for tracking packages. You can use tracking numbers to determine where an item is, and when it should be delivered. Check with your delivery provider to see if you can sign up for alerts via email or text message for when your package is shipped, out for delivery and delivered.

4. Team up with a neighbor

Work with a trustworthy neighbor to mutually look after each other's packages. If a neighbor is home during an anticipated delivery, ask permission to have packages sent to their address or have them hold deliveries that come to your front door. Return the favor whenever possible, and bake a holiday treat or give a small thank-you gift to show your appreciation.

5. Request a signature

If you are ordering expensive items online, it is a smart idea to require a signature for delivery. By requesting a signature before a package is released, you can ensure that your online purchases are never left unattended. If you are not home at the time of delivery, the mail carrier will typically leave a note with options for rescheduling the delivery for a more convenient time or picking the package up in-person.

Holiday shopping is already stressful. Give yourself the gift of peace by trying out some of these package delivery tips, and spend more time enjoying the moments that matter. To learn more about in-garage delivery, visit https://www.myq.com/key-by-amazon. (BPT)



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How to spend less time cooking and more time with family

The holidays are a time to celebrate and make priceless memories with friends and family. However, when you are the person tasked with preparing and cooking for everyone else, you may often have to miss out on all the family fun and those moments that matter most.

Here are several tips to get you motivated to get out of the kitchen and give you more time to enjoy the company of loved ones - without sacrificing any of your delicious holiday traditions.

■ Plan ahead

Preparation is key! To begin, make a to-do list of the necessary tasks (i.e., purchasing ingredients) that can be completed ahead of time. For example, set the table the day before to save time on the day of your gathering. Also, be sure you are well stocked on things you may run out of or could dirty easily - from cloth napkins to beverage options - so you don't stress day-of and can truly relish every minute with family.

Ask for help

When time is not on your side, there's nothing better than a little helping



hand - especially when that help could be delivered right to your doorstep. Boston Market, known this time of year as the Holiday Experts, has fully prepared, precooked holiday meal spreads, as well as a la carte sides and desserts that can ▶





be preordered and picked up at any Boston Market location nationwide. You can even get a complete holiday dinner and have it shipped directly to your door!

In addition, Boston Market restaurants are open on Thanksgiving and Christmas for any last-minute needs. Skip the prep work and time in the kitchen by ordering online at bostonmarket.com.

Divide the responsibilities

Who says you have to do

all the work? Ask friends and family to pitch in - a little help goes a long way. A few weeks before your gathering, send a message to your guests inviting them to help with beverages, picking up ice, or bringing a side dish or

picking up ice, or bringing a side dish or dessert. And when the meal is over, have a designated clean-up crew with multiple people to get the job done faster.

Leftovers for house guests

Even if you have several guests staying in your home, don't feel obligated to cook brand new meals each day.
Turn holiday leftovers into tomorrow's breakfast or lunch by adding leftover



meat to omelets or putting together a sandwich bar. There are so many delicious ways to plus up Thanksgiving leftovers, like a turkey and Swiss bread pudding or even a turkey shepherd's pie!

Use the right tools

Save time by getting creative in the kitchen. If you run out of oven space, the slow cooker is a convenient alternative for baking desserts like hot fudge brownies, apple crisp and even pecan pie. You can also find easy no-bake recipes or dishes that can be made quickly in the

microwave.

Skip extra grocery trips

When cooking for a crowd, you're bound to forget an item or two from your grocery list. Avoid unnecessary extra trips to the store by knowing your substitutes. If you run out of butter, you can substitute for olive oil or vegetable oil. Happen to forget the buttermilk? No worries - use watered-down yogurt or sour cream.

Create a schedule

If you're still worried about spending too much time standing over the stove, create a schedule to guide your celebration. Block time for socializing, cooking and preparing for guests, but don't forget to be flexible. Set out board games, crafts or photo albums - anything to encourage bonding and conversation so you're not tempted to keep working in the kitchen.

This year, don't let your holiday cooking duties overtake the joy of the season. Follow these useful tips to make the most of your festive time! (BPT)



Visiting family over the holidays? Road trip tips for seniors

According to a recent survey by Cigna. Travel is a top priority for 37 percent of older adult respondents in the survey. Many of these trips take place during the holiday season when older adults hit the road to visit loved children and grandchildren. With automobiles topping the list of older adults' favorite ways to travel, Cigna is offering helpful tips for heading out on the highway this holiday season.

- Foundation recommends people 65 years and older get seven to eight hours sleep nightly. Unfortunately, 17 percent of older adults responding to the survey indicated they have trouble maintaining sleep schedules when traveling. Repeated yawning is the first warning sign that it's time to pull over and rest.
- distance travelers are at risk of a potentially dangerous condition called deep vein thrombosis, according to the Centers for Disease Control and Prevention. Though you should talk to your doctor if you feel you're at risk, it's a good idea for everyone to take breaks to stretch and walk around.
- **Keep eyes healthy.** Good eyesight is critical to safe driving. Before long trips,



make sure you've had an eye exam and your prescription is up-to-date. Many Medicare Advantage plans cover annual eye exams and glasses.

- **Prioritize safety.** Twelve percent of older adults responding to the survey said they travel alone. Solo travelers should prioritize safety. Tell friends and family your route, destination and when to expect you. Also, check in occasionally so they know your trip is progressing well.
- **Eat healthfully.** Twenty-six percent of traveling seniors have difficulty eating healthfully while traveling, according to the survey. Avoid stocking the car with junk food. Instead, pack nutritious snacks, like fruits and

vegetables. Plan ahead, finding restaurants with healthy fare along your route. If you have to eat fast food, make healthy choices like salads. Finally, drink water instead of soda. It's healthier and will better hydrate you.

- Pack prescriptions. According to the Cigna survey, 96 percent of senior travelers get a large enough prescription supply to last the entire trip. One way to do this is by getting a 90-day fill. Write down your medication schedule and the names and numbers of your doctors and pharmacy in case you need them. If you have questions about changing time zones, talk to your pharmacist before leaving. Always carry medications in their original labeled containers to prevent anyone from mistaking them for other substances.
- Act quickly. For health-related emergencies, time is of the essence, so go to the nearest emergency room or hospital or call 911 as quickly as possible and then notify your insurance plan as soon as you reasonably can. "Travel is an important part of older adults' independence," says Shannon Adams, who leads the Cigna customer experience team that completed the travel survey. "With a little planning, they can reach their destinations in good health." (StatePoint)







4 ways to give the gift of music over the holidays

The holiday season is the perfect time of year to bring the gift of music into others' lives. Here are four thoughtful ways to do so:

• Holiday Caroling:
Spread cheer and musical joy by caroling in your community. Some caroling groups perform at nursing homes and shelters, while others pound the pavement with the purpose of raising money for a good cause.
Consider forming your own charity caroling group and donating the proceeds to the coffers of a local music education program.

Gift an Instrument:

Give a loved one the tools needed to create music at home. Whether you're shopping for a novice or a professional, today's portable digital pianos are equipped with smart features that will suit your recipient's needs. With a sleek glossy panel and unibody chassis, the PX-S1000 from Casio, for



example, evokes a high-end acoustic grand in a slender design that's not much larger than the keys themselves. A fully weighted Smart Scaled Hammer Action keyboard provides an uncompromising piano touch with a proprietary key scaling system that reproduces the characteristics of each of the 88 notes

■ Gift a

Performance: Check local listings for upcoming concerts and performance; and give your favorite music enthusiasts tickets to a show. Many venues offer gift certificates, which will give recipients the opportunity to select their own gifts.

Host a Movie

Marathon: When it comes to most holiday movies, it's all about the soundtrack, and some of the most pivotal scenes hinge on song and dance. For your holiday party this year, considering hosting a

movie marathon. Invite all your friends and family to enjoy the sounds of the season. You can even bill it as a sing-along.

While music powerfully enriches lives every day of the year, the holiday season presents some special opportunities for making and enjoying it. (StatePoint)



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Tips to celebrate within your means this holiday season

For many families, the holiday season is the most expensive time of year. Americans spent over \$707 billion dollars during the 2018 holidays, according to the National Retail Federation, and it would be no surprise for spending to increase in 2019. "It is important to ensure you are spending wisely and not turning the new year into a time of new debt," says Michael McAuliffe, president of Family Credit Management, a non-profit credit-counseling agency. To spend sensibly and with good cheer this season, consider these tips from McAuliffe and the experts at Family Credit Management.

- Set a budget: While you should be following a budget throughout the year, it's important to have a holiday-specific budget too. Figure out how much you are able to spend on each person's gift and stick to it. This will help you consider those big-ticket items more seriously and make it possible for you to stay on track.
- **Decorate wisely:** With a tight budget, consider using last year's decorations or making homemade decorations, as a fun, money-saving project to do with the whole family. While there's no real need to buy new, expensive decorations every year, if you are so



inclined, don't forget to include that in your holiday budget.

- Think about shipping: Online deals might look great, and many times they are. Other times, they're not really deals at all because of shipping costs. If you are going to shop online, make sure to keep an eye out for free shipping days offered by many retailers and to factor in shipping, when necessary, into your overall spending plan.
- **Don't shop because you're**"supposed" to: Just because it's Black Friday or Cyber Monday, doesn't mean you have to shop. While there are some good deals offered during these events, just as frequently, the

deals are not super special once you look at the normal price and product reviews. Unfortunately, marketing teams are great at knowing how to access wallets through product placement and signage, and shopping during these times will increase impulse spending and make it much harder to stick to a holiday budget.

• Use apps to price check: Technology is great! There are many apps out there to price-check items while you're shopping, so you can make sure you are getting the best deal. Some retail stores will even adjust the price in-store when you have found a better deal online.

Leave the credit cards at home:

Put your holiday budget on a pre-paid debit card or gift card that you can use anywhere. Going shopping with only that card will help ensure that you don't spend more than your budgeted amount. Not only will it help you stay within budget, but it will also help your purchase stay interest-free. For free moneysaving and budget tips that you can use year-round, visit familycredit.org/resources. Don't let the holidays take a toll on your 2020 finances. A few key strategies can help you celebrate within budget. (StatePoint)





Celebrate Christmas Memories during Christmas at the Castle

Moultonborough - The weekends immediately before and after Thanksgiving, Castle in the Clouds will host its popular annual Christmas at the Castle program – a festive event that brings the community together at this historic mountaintop estate. Working with the theme of "Christmas Memories," local businesses and designers will showcase their design aesthetic by adopting a room in the mansion or area of the estate grounds and decorating it to the nines. This year's decorators include Balanced Interiors of Center Harbor, Branch and Bloom of Wolfeboro, Center Harbor Inn of Center Harbor, Event Builders of Moultonborough, Lake Life Realty of Moultonborough, Linda's Flowers of Wolfeboro, Mari's Treasures of Wolfeboro, Moulton Farm of Meredith, The Preserve at Chocorua of Tamworth, Riverstone Florals and Design of Gilford, Spider Web Gardens of Tuftonboro, and Tamworth Distilling of Tamworth.

The holiday festivities begin with the Christmas at the Castle Preview Party on Friday, November 22nd from 4-7pm. Tickets are \$50 for non-members and \$40 for members, and include an evening tour of the Castle, artisan fair, live holiday carols by Eric Grant, appetizers, cash bar, and a "spirits" tasting by Tamworth Distilling. When asked what sets the Preview Party apart from the other days of Christmas at the Castle, Development Coordinator Jill Cromwell explains, "This is a special time to watch the sun set over the lake, and see the Castle lit with twinkling holiday lights at night."The Preview Party is a fundraising event, with all proceeds supporting the preservation and interpretation of the Lucknow estate, listed on the United States National Register of Historic Places with national



significance.

Christmas at the Castle will take place from 10am-4pm the weekends of November 23rd-24th and November 29th-30th and December 1st. "Christmas at the Castle is one of the best events of the year for families and children." says Stephanie Poole, Programs and Volunteer Coordinator. "In addition to touring the Castle decorated for the holidays, guests can enjoy free activities in the Carriage House including children's holiday crafts, a visit with Santa Claus, cookies and hot cocoa, and the artisan fair." While the Castle closes at 4pm each day, activities in the Carriage House are offered until 4:30pm and do not require an admission ticket. Visitors can also enjoy lunch at the Carriage House Restaurant from 11:00am-3:30pm, and browse local products in the gift shop, which will be offering 10% off all apparel items.

Admission for a Castle tour for

non-members is \$20 for adults, \$10 for ages 5-17 and free for ages 4 and under. Admission for members is \$15 for adults, \$8 for ages 5-17 and free for ages 4 and under. Tickets for Castle tours are available online and at the door until 3pm each day. To access the event, guests should use the property entrance located at 586 Ossipee Park Rd. on Route 171 and check-in at the Carriage House. Christmas at the Castle is generously supported by presenting sponsors Infinger Insurance and Mill River Wealth Management, and supporting sponsor Leone, McDonnell & Roberts, Public Accountants.

Castle in the Clouds is a 501(c)(3) non-profit organization, whose mission is to preserve, interpret, and share the buildings and landscape of Castle in the Clouds as a cultural resource for the benefit of the public. For more information, call 603-476-5900 or visit www.castleintheclouds.org.





Starry, Starry Weekend 2019 · December 6th, 7th, & 8th



The Contoocook Chamber of Commerce proudly presents Starry, Starry Weekend 2019

Friday · 10am - 7pm Saturday · 10am - 6pm Sunday · 10am - 5pm







Learn more at www.ExploreContoocook.com

Celebrate the F

Starry, Starry Weekend 2019 will once again be a fun-filled community event taking place across our two villages; Hopkinton and Contoocook.

Stores will be offering extended hours to compliment the myriad of town events. You won't want to miss the Christmas Tree Lighting, events at the Train Depot, a 3-piece Brass Ensemble playing outside in the square and high school carolers. When looking for a break from the cold be sure to visit one of our local restaurants, step inside a craft fair, or browse our beautiful shops. Be sure to pick up a brochure of all the activities and times at any of the stores in town.



53 Maple Street

Contoocook Village, NH



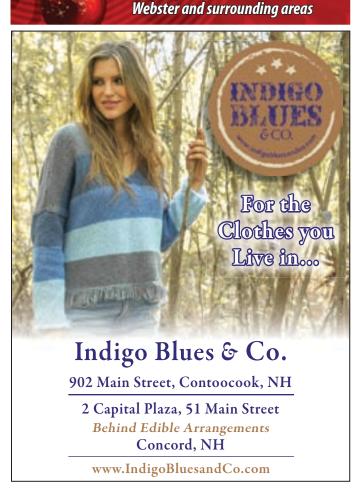












Presents with purpose: Gift ideas that make an impact

This holiday season, what if you could give loved ones a present that makes a meaningful impact on the world? Nothing evokes the holiday spirit more than giving gifts that help others in a direct, effective way. Both you and the gift recipient will know you're making a difference in the lives of people who really need it. Here are a few ways you can give a gift this year that truly makes someone's life better:

Feed a family - and nourish a community

Several global charities have developed unique opportunities for Americans to make a dramatic impact on the lives of families throughout developing countries through year-end gift giving. For example, donors can direct contributions that pay for a farm animal to support a family or a clean water well installation to benefit an entire community.

In World Vision's Annual Holiday Gift Catalog, a gift of a goat and two chickens provides a steady supply of eggs, milk and protein that can feed two or more struggling families. Your loved one will receive a card to tell them you're making this life-changing donation on their behalf.

A single dairy goat can provide up to 16 cups of milk per day, providing calcium, protein and other essential nutrients for growing children. Goats are well-suited for harsh climates, and produce valuable fertilizer for crops and vegetable gardens. Chickens are easy to raise, and they naturally multiply to help feed generations of children. Each family who receives chickens gives back some hatched chicks to help other families in their community. This productivity can create a viable smallbusiness opportunity for a single mother or struggling family to help add to their income.

■ Provide vital medical supplies

Numerous organizations also help struggling families in developing countries gain access to life-saving medicine, vitamins and nutritional support. Donating these types of gifts on behalf of a loved one who has struggled



with his or her own health concerns can be an especially meaningful way to show you care at the holidays.

A monthly or yearly donation to World Vision in the name of your loved one is a great way to provide access to vital pharmaceuticals and medical supplies such as antibiotics, antifungals, anti-parasitic drugs, deworming medications, disposable syringes, gastrointestinal drugs, painkillers or surgical supplies to communities that desperately need them. Your gift will multiply five times in terms of its impact to help ship and distribute necessary medicine and supplies.



Vintage May 2017 Free Samples

Fine Gourmet Items • Pure Maple Products Horseradish, Muffalletta, Hot Pepper, & Sage Cheeses, Harman's Smoked Cheddar & Many New Products

Sat. Special: Free cup of White Mt. Gourmet Coffee

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

with Westminster Cracker Squares

Only \$33.95

to anywhere in the USA! All gift-wrapped for the holidays



Harman's Cheese and Country Store

1400 Rte. 117 • Sugar Hill, NH • Open Mon.-Sat. 9:30-4:30, Closed Sundays until May • 823-8000 • HarmansCheese.com

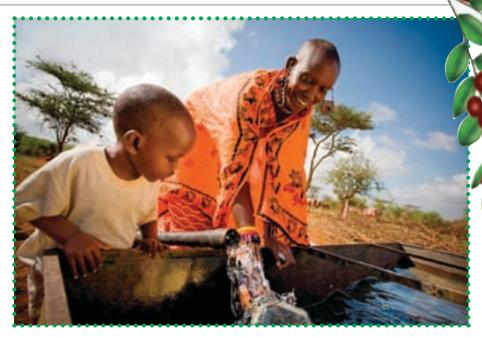


Support community artisans

If your loved one is passionate about artistic and beautiful things from around the world, you can support local artisans and craftspeople as well. Your support enables artisans to access "microloans" that help them fund their businesses. You can also directly purchase their hand-crafted items, which supports their business and enables you or your gift recipient to enjoy unique and beautiful works of art. Look for organizations that partner with fair trade organizations when you shop for international goods to maximize the impact of your gift.

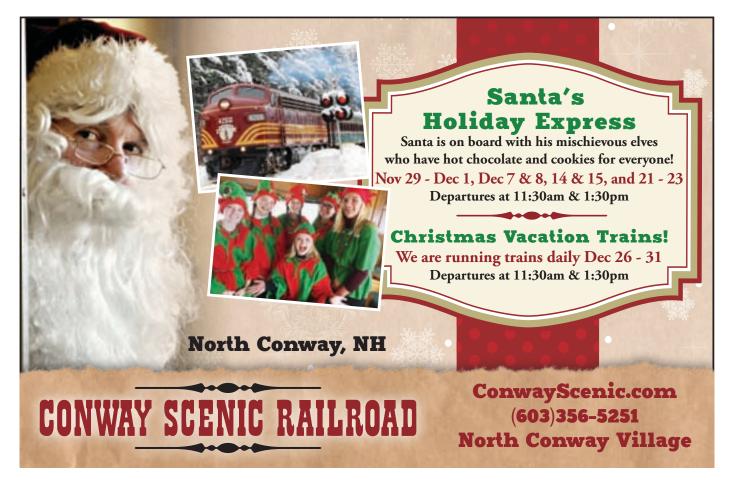
Browse through World Vision's 2019 Gift Catalog to see a wide variety of unique handcrafted gifts ranging from jewelry and housewares to decorative items. A portion of your purchase will be used to support specific, urgent needs for children, families or communities around the world, benefiting local artisans, along with the individual for whom you selected a gift.

A \$75 or greater donation enables you to select a gift from the Opportunity Collection of home decor items, the Grace Collection of jewelry and accessories or the Hope Bracelet. These



items were exclusively designed by Emmy-Award-winning actress Patricia Heaton. They were created by fair trade artisans in India in partnership with Gifts with a Cause, a fair-trade organization that provides a sustainable income to artists in developing countries. This business opportunity helps empower

people to thrive, improving the lives of their families and communities. To celebrate this year's season of giving and make a real difference, consider making a donation that expresses how much you care. Your gift will truly have an impact on making the lives of others better - long after the holidays are over. (BPT)



27th Annual Holiday Open House Mark your calendars for The Loon

Mark your calendars for The Loon Preservation Committee's 27th Annual Holiday Open House at The Loon Center in Moultonborough, NH on Saturday, November 30th from 10am - 2pm. There will be fun for the whole family, including hayrides, balloon animals, face painting, crafts for the kids, and warm refreshments and treats.

Santa arrives at 11am.

Come learn about the wildlife of the Lakes Region at the Squam Lakes Natural Science Center's Discovery Table. Mo the Clown will be making balloon creations and face painter Brooke will be on hand to help get you into the holiday spirit with her festive designs.

Matthew Swain will be at the event with his horse-drawn hayrides!

There will also be special holiday sales in the Loon's Feather Gift Shop (10% off for every visitor, 20% off for members, and 25% off for new members)!

For over 40 years, The Loon Preservation Committee has worked to preserve the Common Loon and its habitat in New Hampshire through research, education and management activities. Come learn about these marvelous and mysterious birds and how you can help protect them.

To reach The Loon Center from Route 25 in Moultonborough turn onto Blake Road at the Moultonborough Central School. Follow Blake Road one mile to the end at Lee's Mills Road. Turn right and the Loon Center is the first building on the left, #183. For further information call (603) 476-5666 or email info@ loon.org.

Cookies, refreshments, recipes, and more!

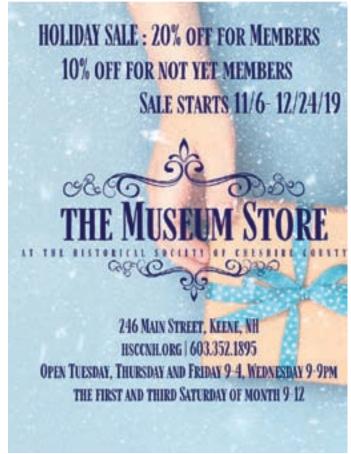
Come join us, the B&Bs and inns, restaurants, unique boutiques and gift shops, and historical societies of the Monadnock Region, as we open our doors to the public to share homemade holiday cookies and cheer! The 15th Annual Currier and Ives Cookie Tour is scheduled for Saturday, December 14, from 11:00 am - 4:00 pm. Participants that visit at least 10 out of the 15 stops on the tour will be entered to win a voucher valued at over \$100 that can be redeemed at any participating location on the tour. And it's all for a good cause as a portion of the proceeds will be donated to End 68 Hours of Hunger in Peterborough, NH. This program puts nourishing food in the hands of school children to carry them through the weekend



and vacation times.

Tickets are available for purchase starting December 1, or you can buy them the day of the tour at participating locations only. Tickets may be purchased by cash only. For more information, visit currierandivescookietour.com.





Ed Gerhard presents his 37th Annual Christmas Guitar Concert

December 13 & 14 7:30pm 2019 Unitarian Church, 292 State St Portsmouth, NH

NEW! Matinee Performance Sat, Dec 14., 2pm Doors open 1pm. A Portion of Proceeds to Benefit ACT ONE; Artists' Collaborative Theatre of New England " ...considered the premier holiday event on the Seacoast." -Portsmouth Magazine

New Hampshire's own GRAMMY® Award-winning guitarist Ed Gerhard will present his popular Annual Christmas Guitar Concert in its 37th year on Friday, December 13 and Saturday, December 14 at the Unitarian Universalist Church, 292 State St, Portsmouth, NH. Showtime is 7:30pm. Doors open 6pm.

Tickets are \$32 in advance and \$36 at the door. AVAILABLE AT: Lovell Celtic Cross, Portsmouth; Exeter Music, Exeter; Ear Craft Music, Dover or by calling (603) 664-7200 or on the web at www.virtuerecords.com Join us for this very special evening with one of the country's finest acoustic guitarists. Gerhard will perform soulful arrangements of



well-loved carols, as well as his own concert favorites. Fans of guitar music and Christmas alike will want to be a part of this memorable show. "These Christmas Concerts are more special to me every year. The music, the audience.... the whole experience is profound for me. Sharing this experience with everyone is what being a musician is all about." -Ed

Gerhard's critically acclaimed holiday recordings, "Christmas" and "On A Cold

Winter's Night," continue to garner raves. Boston Globe ca "Christmas," "... the best holiday" recording of the year... rivetingl lovely...this is a gem." His music is featured in the Ken Burns' documentary "Mark Twain" and "The National Parks: America's Best Idea." Gerhard was awarded a GRAMMY® Award for his inclusion on the CD "Henry Mancini; Pink Guitar" a collection of Henry Mancini compositions. Gerhard arranged and performed Moon River. Ed's CD "Luna" was Chosen by Acoustic Guitar Magazine's 20th Anniversary List of 240 Essential Albums. "This soulful album of original compositions

rich in melody, chordal complexity and stylistic variety proves why Gerhard is considered to have the most exquisite acoustic guitar tone on the planet." - Acoustic Guitar Magazine In the season of giving we are doing a food drive at the concert. All a non-perishable food item to benefit Seacoast Family Food Pantry. All donations are greatly appreciated.



Unique Christmas gift ideas for the sports fans in your life

Holiday shopping for a sports enthusiast or two? If you've gifted some of the standard items in the past — t-shirts, jerseys, hoodies — you may be looking for some clever new ways to show your love.

Check out these fun ideas for brightening the season of your favorite sports fans.

■ Team Colors that Suit You

Want to go way above and beyond when outfitting hockey fans with cool apparel? Thanks to a Men's Wearhouse and Jos. A. Bank partnership with the National Hockey League, there's now a brand-new outlet to express support for your favorite NHL team while looking professional and refined.

Hockey fans and the gift-givers who love them can customize suits, sport coats and vests by selecting their preferred fabric, fit and new digitally printed linings featuring their favorite NHL team logo. Available at Men's Wearhouse and Jos. A. Bank stores nationwide, looking your best while supporting your favorite team this season has never been so easy. To learn more, visit menswearhouse.com or josbank.com.

Stub Log

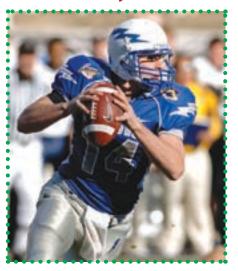
Help nostalgic fans preserve valued



memorabilia with a ticket stub diary. This gift will allow them to migrate the growing, disorganized pile of ticket stubs in the desk drawer to a log designed for this purpose, as well as give them an opportunity to share a few thoughts about each game they attend.

A Good Catch

Whether shooting hoops or organizing a game of two-hand touch, now your favorite



athletes can play their favorite games with a customized ball designed by you. Brands like PhotoBall allow gift-givers to upload photos and logos to its site, that the company then prints on the sports ball of their choice.

This holiday season, check out the latest and greatest gift ideas that will give the sports fans in your life a new way to show off their love of the game. (StatePoint)

#LACAChristmas • #UpperValleyPlaza • #ChristmasInNH

Santa Knows the Best Gifts Are Made By Hand



Lebanon Art & Crafts Association

47TH ANNUAL CHRISTMAS SHOW & SALE

November 14 — December 24, 2019

Monday - Saturday 10 am - 8 pm
Sunday 10 am - 6 pm

Map and details at www.lebanonartandcrafts.org •

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(I-89 Exit 20, next to CVS Pharmacy)



November 30 & December 31st

Festival of Lights

La Salette Shrine of Enfield

WWW.LASALETTEOFENFIELD.ORG

OPENING WEEKEND November 30th — December 1st

SATURDAY • Concert Opening Ceremony - Mass **SUNDAY** • 3-5PM Children's Day

LIGHT SEASON SCHEDULE

Lights on Nightly 5PM - 9PM

- **Saturday Nov. 30th** 4:15 Plainfield Chimers Concert 6:00 Mass in the Shrine Chapel
- Sunday Dec. 1st Children's Day Children's Video Making Tree Angels & Christmas Pagent with Santa
- Religious Articles & Book Store Open until 8:30PM
 For your giving needs

For details visit our website

LA SALETTE SHRINE OF ENFIELD

410 NH Route 4A, Enfield, NH 03748

How to choose smart video games for your kids this Christmas season

When it comes to putting a smile on kids' faces during the holiday season, video games are a pretty safe bet.

So, how do you make buying decisions that make both kids and parents happy? And how do you choose video games that are fun for kids, but also safe and educational too? Here is what to look for:

Portability and Durability

When it comes to hand-held gaming devices, they should be designed for little hands, while offering features that will help kids take good care of their gift, like wrist straps that prevent fumbles and protective bumpers when the inevitable occurs. Devices that don't require Wi-Fi means kids can play on-the-go — and offer parents the peace of mind of knowing exactly what their kids have access to.

■ Fun and Unique

The best kind of games are those that are so fun, kids don't even realize they're learning while playing. For example, the new Rocklt Twist from LeapFrog, a rotatable game system for ages 4-8, offers a unique gaming experience. Games help kids build literacy, math, problem-solving, science, creativity and social-emotional skills through



three levels of age-appropriate curriculum. With four sides of colorful, light-up controls that include buttons, dials, a spinner, slider, switch and D-pad, the device comes with 12 preloaded games. Additional game packs, sold separately, are easy to download and offer more fun learning opportunities. To learn more, visit leapfrog.com.

Curriculum-Based

Look for games that can supplement classroom learning. Not only will this type of content help kids excel academically, it may help them discover that school is fun.

This holiday season, make sure gaming gifts for kids are fun, entertaining, educational and secure. (StatePoint)



Escape to the Caribbean for stress-free holidays

Summer vacation season may be over, but it is never too soon to start planning a Christmas- season getaway.

Christmas in the Caribbean means a stress-free change of scenery with warm weather and a serene setting. Calabash Cove, a secluded boutique resort on the island of Saint Lucia, welcomes adults of all ages, such as empty-nesters who want to relax and reconnect, young adults looking to establish their own holiday travel traditions, or anyone looking for a unique Christmas vacation.

Visitors to Calabash Cove at
Christmas can enjoy discounts of up
to 53 percent, and the longer you stay,
the more you save. A stay of seven paid
nights or longer includes a complimentary
car service to meet you at the airport in Saint
Lucia. The resort's unconditional all-inclusive
package covers all meals including room
service, and all beverages including premium
liquors and a variety of wines from an
extensive wine list.

An all-inclusive holiday package at Calabash Cove includes Christmas dinner with



ham or turkey, a New Year's Eve gala dinner, and complimentary champagne. New Year's at Calabash Cove features a stunning fireworks display that can be seen from the resort's restaurant or bar, or from the private balconies of the elegant guest rooms.

Other reasons to consider visiting the Caribbean for Christmas:

- Romance: The holidays are prime time for proposals, and what better place

to pop the question than a tropical island? Planning a holiday wedding? A Caribbean destination is an ideal option, and resorts such as Calabash Cove work with couples to plan the ideal ceremony and other events. And wedding guests feel pampered, too. Holiday honeymoon? The intimate setting of Calabash Cove lends itself to honeymoons and anniversary trips.

- Restoration. A boutique resort offers the ultimate setting to recharge your batteries and prepare for the new year. Calabash Cove's Ti Spa treatments, including massage, facials, and mani/pedis, are a popular way for guests to relax. Meanwhile, those who want to burn off stress with exercise

can take advantage of the infinity pool and cardiovascular fitness center with inspiring ocean views. In addition, Calabash Cove staff can help arrange off-site activities, including kayaking, horseback riding, hiking, and diving.

For more information, visit https://calabashcove.com/news-usa/ to discover how you can make the most of a Caribbean Christmas that you'll never forget. (NewsUSA)









Last minute holiday gift ideas for the man who has everything

Let's face it, most people have a tendency to procrastinate around the holiday season, especially when it comes to scoring the perfect presents for those who are hard to shop for. To help stumped shoppers, here are some last-minute gift ideas to consider for "the man who has everything":

- **Grill Accessories:** Surprise your favorite grill master with an unusual grill accessory. Think outdoor popcorn poppers or a monogrammed iron brand to personalize his steaks.
- **Home Theater Set-Up: Whether you're shopping for a movie buff, gaming fanatic or sports enthusiast, you can step-up his home theater game with a great projector. Those in the Slim line-up from Casio combine laser and LED technology for long life and high brightness, making it possible to have a great viewing experience in any room of the house.
- DIY: From roasting one's own coffee to brewing one's own beer, consider the gift of a cool new hands-on hobby. These days, kits make it easy to give great gifts to intrepid DIY-ers.



Keyboards: Aspiring musicians and experts alike will appreciate the gift of a high-quality instrument. One especially cool choice is the CT-S200 portable keyboard, which is available in black, white or red. Ultra-compact and battery-operated, it features a carrying handle and a button which quickly recalls your favorite settings to make portability and set-up a cinch. A good choice for those in traveling bands, it's also well-suited for beginners, as it connects to an app offering lessons.

Organizational tools: For those guys

who value organization, a label printer is just the tool for enhancing any area, from workshops, garages and sheds to closets, media collections and home offices. Chec out those from Casio, which offer QWERTY keyboards

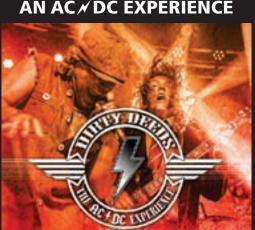
to make creating labels simple and fast.

- PKnowledge: Online education platforms are delivering world-class tutorials and lectures in a range of subjects, satisfying curious minds from the comfort of their own homes. Many of these services work on a subscription basis, so consider signing your recipient up, so he is free to enjoy it as often as he likes for the duration of his membership.
- **Outdoor Tech:** Hikers, cyclists, runners and other outdoor enthusiasts will benefit from a smartwatch designed for durability and the outdoors. Among the many features of the WSD-F21HR, for example, are heart rate and VO2 max data, as well as GPS and color map display, which athletes can use to stay oriented while enhancing their training.

With a little creativity, gifts purchased last-minute don't need feel last-minute. (StatePoint)

Coming up at the CLAREMONT OPERA HOUSE

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FRI DECEMBER 13, 2019
 A NASHVILLE CHRISTMAS



• SAT JANUARY 25, 2020 YEE HAWS & HA HAS

featuring Nashville Country Singer Lexi James, Comedian Paul D'Angelo



2/28: A Night of Comedy • 3/14: Wood's Tea Company • 3/28: Beatlemania Again

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Budget-friendly tips for smart holiday gift giving

The holiday season is full of celebration, social activities and spreading good cheer by exchanging gifts. The problem is gift giving can get expensive if you're not making a plan and monitoring your spending. A happy holiday doesn't have to mean stressing about finances or going into debt. You can enjoy the holidays and save money with some smart strategies for gift giving on a budget.

Create a gift list: Are you feeling pressure to get gifts for everyone? Thoughtfully consider who's on your list this year. While a gift may be appropriate for some people, others might simply prefer to spend some time together rather than exchanging gifts. Perhaps invite someone over for lunch or plan a cookie exchange with friends.

• Make a budget early: Deciding on budget limits for your holiday gifts will help guide your spending. You might have an overall holiday budget and then a specific budget to target for each person on your list. Then, with your gift list in hand and budget in mind, you can shop for appropriate and affordable gifts. What's more, by starting early, you can take advantage of sales and other



promotions that can help you save even more.

Stop worrying about perfect presents: Worried about finding the ideal gift? Coinstar's recent holiday survey found about one-third of people don't recall what gift they received last year, so stop feeling pressure to get the perfect present. Ultimately, it's the thought that counts. Whether it's a card or small, reasonably priced gift, the recipient will be glad you took the time to show you care

Use change to stretch your budget: You probably don't think much about coins, but the holiday survey found that people believe they have about \$71 in spare change in and around their home! Collect and cash in that spare change at a supermarket Coinstar kiosk to boost your holiday budget. This can also be a fun activity for kids who can gather coins or dip into the family coin jar for spending money and then buy gifts for family members. Visit www.coinstar.com/findakiosk to find a location near you.

Create a group gift exchange: If you have a large, extended family or a group of friends that you typically buy for, consider a gift exchange. It's fun and

budget-friendly because you're not buying a separate gift for each person. Smart tip: Set a price limit per gift to keep everyone in the same ballpark for presents and prevent any competition of one person outdoing another.

• Opt for services as gifts: Rather than giving a physical present, is there something you could do that the recipient would appreciate? Consider an act of kindness like cleaning a family member's home or watching their children. If you have a particular talent, consider how that can be incorporated into your gift. (BPT)









fourcornersbrickhouse.com

Gilmanton, NH 03237

Chef-approved suggestions for a merry Christmas season

Heading into the holidays can be both exciting and terrifying. Part of the stress factor comes from food and drink — specifically, what to serve guests, bring to parties and how to stay healthy and centered through the thick of it. To help take the worry out of the season and amp up the fun, Mark Estee, a nationally recognized chef, is offering helpful suggestions.

■ 1. Heat. Chips and salsa, a staple at many gatherings, don't have to be boring. Swap out run-of-the-mill salsa with something fresher and more delicious. Estee's brand of choice is Killer Salsa, a delicious, small-batch salsa made in Nevada for over 20 years. Flavors include Original, Salsa Verde, Hot and Garlic, all of which are made with simple, clean ingredients that will add some kick in your crunch. To add wintertime flair, pour the salsa over goat cheese or cream cheese and warm it in the oven.

• 2. Simple Bites. Whether you're party-hopping and need something to contribute or you just want to rock the appetizer spread, keep things simple. Grab a local baguette and pick up Liberty Artisan Meats' new 'Nduja salami, a particularly spicy, Calabrian chili salami that goes great on crusty, fresh bread



or as a pizza topping. Unlike typical salami, it's high-fat content and finer grind make it spreadable.

3. Drink. The best way to roll into a party is with a premade cocktail in tow. This is because barrel-aged cocktails can taste better than many of those that are freshly-made, due to the texture added throughout the aging process. Bring a premium, barrel-aged Doc Pepe's Lab cocktail to that holiday party. The classic, yet craftily curated cocktails are made in small batches with ingredients from scratch. The only ingredient you'll need to add is ice — no bartender required.

4. Toasts. When life gives you lemons -- or the end of the party -- say cheers with

PèpeCello. For those end-of-night toasts, enjoy this crisp, tart all-natural limoncello liqueur by itself or add a splash to your favorite prosecco to make an irresistible spritz. Hand-crafted in small batches in Sorrento, Italy, the family recipe is made with only certified, organic Sorrento lemons.

■ 5. The Next Day. Thinking of how to get up and do it again? Thinking of getting up and heading to the gym or work? Be sure you're prepped for the party's aftermath. While a cup of coffee will get your eyes open, after a particularly festive holiday gathering, you might want an extra boost. A new line of beverages called Drink Nutrient work with our body's natural structure for increased absorption and efficacy of nutrients, and are a good way to rehydrate, enhance health and defend against winter bugs.

or help others to, with tea. Just in time for cooler weather, Davidson's Organic Teas has released its new Earl Grey Cream and Earl Grey Rose blends, great to have on hand all winter long. The brand's new subscription style Mood Boxes also make for thoughtful, holiday gifts. Choose from Cleanse, Focus, Immunity and Motivate Mood Boxes. (StatePoint)



Books make great gifts for him or her this holiday season

For young and old alike, books make great holiday gifts. To wow your favorite readers this season, consider the following titles, which will allow them to become armchair explorers, travel back in time, or even take an inner journey to learn more about themselves.

- Send your loved one on a global journey that explores the innovations and ingenuity of the world's most iconic structures with "Man-Made Wonders of the World." Featuring breathtaking images, this celebration of the world that humans have built over thousands of years features the history, architecture and stories behind the Golden Gate Bridge, the Great Wall of China, the Great Pyramid of Giza and more.
- From orchids to opals and lichens to lizards, "Wonders of Nature" profiles 100 animals, plants, rocks, minerals and microorganisms. Vivid photography, illustrations and storybook descriptions let readers of all ages discover their myths, legends and facts.
- Jetsetters will get a lot out of "Where to go When: Unforgettable Trips for Every Month," the ultimate vacation planner,



showcasing the most amazing places in the world and the best time of year to see them. Combining narrative with photography, the book brings to life over 100 destinations across the globe — including Costa Rica's rainforests, the clouds in Nepal, Croatia's cypress-clad islands and the saw-toothed crags of Canada's Rocky Mountains.

■ Steeped in the wisdom of the Vedas, "A Yogic Path Oracle Deck" by Sahara Rose, is a tool to access one's yogic intuition. Each card represents aspects of the self, symbolized by sacred figures and concepts that are integral to yoga and Ayurveda. Illuminated with ethereal artwork by Danielle Noel, the cards provide insight into the present and guidance for the future, unlocking a deeper understanding of self. The accompanying fullcolor guide provides complete descriptions of each card as well as suggestions for working with the deck.

■ Great explorers have one thing in common: a desire to leap into the unknown, no matter how dangerous that might be. In "Explorers," an exciting non-fiction storybook for children, readers venture into steaming jungles in search of lost temples, fight off frostbite in the Arctic and blast off into space as they meet famous explorers. From Ferdinand Magellan's first circumnavigation of the world to Barbara Hillary's treks to the North and South poles while in her seventies, this book documents the trials of those who rewrote our understanding of the world. Cross-sections reveal the amazing detail inside Spanish galleons, lost cities and spaceships, hand-drawn maps reveal intrepid journeys in great detail, and photographs highlight the artifacts and relics found along the way. For more great gift ideas, visit dk.com/us.

This holiday season, give the gift of discovery with books that allow readers to expand their knowledge of the world. (StatePoint)

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5 ways to thank those making a difference this Christmas

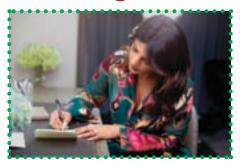
The people who go above and beyond in making a difference in the lives of others are rarely in it for recognition.

The holiday season is a perfect time to not just show these selfless people your appreciation, but also take inspiration from their spirit of generosity. Here are five simple ways to say thank you.

■ 1. Create a thoughtful care

package. Put together personalized gift baskets filled with all the things you know they love. Pick up baskets at your local craft store and start by adding treats you know they might not buy for themselves. If your recipient is a foodie, think gourmet jams and spices. If your recipient loves doodling or writing to-do lists, a lovely journal and a set of long-lasting G2 gel ink pens from Pilot are a great pair. Available in more than 25 ink colors, your recipient will be able to color-code tasks or sketch lively bullet journal spreads with ease. Snag a pack for yourself and write a beautiful note to go alongside.

2. Send an anonymous donation to their favorite charity. Consider thanking those behind the scenes doing the hard work of keeping their communities strong by



sending an anonymous donation to a charity close to their heart. Many such organizations depend on the financial support of people like you. Whether it's an animal shelter, a food bank or community center, take a cue from the giving folks around you.

3. Give thanks to someone who always gives back. We all know someone who goes beyond their day-to-day responsibilities to help make the world a better place. Let them know just how much their work is valued by nominating them for the G2 Overachievers Grant. For the fourth year, the grant is recognizing individuals making measurable differences in the lives of others. One exceptional overachiever will

be awarded \$100,000 to help continue their charitable works and broaden their positive impact. Visit G2Overachievers.com before December 31 to learn more and submit your handwritten nomination. It's a meaningful way to celebrate someone's passion for giving and show the impact of their hard work.

- **4. Give the gift of relaxation.** Those always in the service of others could use a good dose of relaxation. Whether it's with a gift certificate to a spa, entry to a wine tasting or a set of tickets to the movies or a concert, some of the nicest gifts are those that offer someone a chance to unwind.
- something so personal about putting pen to paper. In this digital age of emails and texts, a heart-felt, handwritten letter or card can become a true keepsake. With the right tools, it's easy to let your feelings flow and craft a meaningful message. So, pick up some nice stationery and a smooth, vibrant G2 gel ink pen to let your loved ones know just how much they impact your life.

For those who give all year long, let the holiday season be your opportunity to give back. (StatePoint)











John Denver tribute artist Ted Vigil brings his "Rocky Mountain Christmas" show to the CCA

You won't believe your eyes and ears! Singer, songwriter and John Denver tribute artist Ted Vigil brings his "Rocky Mountain Christmas" performance to the Capitol Center for the Arts (Concord, NH) for one night only on Saturday, December 21 at 8PM.

Ted was born in Seattle and raised in the Olympia area. He has been performing from the age of ten throughout school in concert, symphonic and jazz bands developing his talents as a drummer and singer. He went on to compete in Talent Quest 2006 — involving 28 states, New Zealand, Australia and Canada — where he took first place. He has played twice for John Denver's own "Windstar Foundation" in Aspen, CO. In 2012, Ted was awarded the Rising Legend Award by the National Traditional Country Music Association. Ted also performed with the late Steve Wiesberg, John Denver's lead guitar player from 2010 to 2014, who is quoted as saying "Apparently the audience thinks they all look and sound like John. I don't see it. I see it with Ted. A very strong physical resemblance... Uncanny!" In 2016, Ted was part of the Kings of Country Tour in Australia starring Johnny Cash, Willie Nelson and John Denver tribute artists touring 20 cities from coast to coast. Ted now performs Internationally for all kinds of venues and events.

Tickets for the December 21 TED VIGIL ROCKY MOUNTAIN CHRISTMAS John Denver Tribute performance are currently on sale for \$45 | \$35. They may be ordered by calling the Capitol Center for the Arts at 603-225-1111 or online at ccanh.com. Tickets may also be obtained at the CCA box office, which is open Monday - Friday from 12PM to 6PM. Other upcoming shows at the CCA include Jay Leno (Nov 21), The Nutcracker (Dec 7 & 8), Lewis Black (Dec 14), and Capitol Jazz Orchestra Holiday Pops (Dec 22).

About the Capitol Center for the Arts

The award-winning Capitol Center for the Arts (www.ccanh.com) inspires, educates, and entertains audiences by providing a quality venue for the performing arts as well as a wide range of professional-level, artistically-significant presentations. The Center is conveniently located off Rt. 93 in downtown Concord, New Hampshire and is close to several quality restaurants, shopping boutiques, and other area attractions. The facility first opened in 1927 as the Capitol Theatre, a prime stop on the Vaudeville circuit; it later became Concord's premier movie house and concert hall. After closing in 1989, it underwent a multi-million dollar renovation / modernization and reopened in 1995 as the Capitol Center for the Arts. Today, the Capitol Center is home to the 1304-seat Chubb Theatre, the Governor's Hall ballroom, and the Kimball House, a Victorian mansion. Its newest venue, the Bank of New Hampshire Stage at 16 S Main St, opened in June 2019 and includes a mainstage and second floor lounge.











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