

Christmas Shopping Guide



2021

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three great gift ideas for the outdoor
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SnowCoachNH.com



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greatglentrails.com



Mt. Washington Auto Road Season Pass

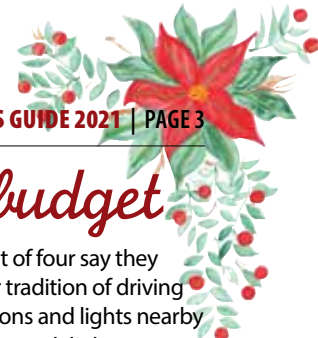
The Drive Yourself season pass allows for unlimited trips on the historic Mt. Washington Auto Road, and is a great way to access short hikes and natural places of interest, like the Alpine Garden. No two trips are ever the same!



Gift Cards also available!

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mt-washington.com



Ways to enjoy holidays without breaking a budget

(BPT) - A new survey reveals that Americans say the holidays will give them something positive to look forward to, after many people had to curtail last year's holiday celebrations due to the pandemic. Respondents said that while gift buying may go down this year (one-third plan to buy fewer gifts), people overall are looking for more activities that bring them holiday joy - as they still manage their budgets. Here are tips to help boost your holiday spirit, without breaking the bank.

■ 1. Embrace regifting

If you've ever thought about regifting a present to someone who might actually enjoy it, you're not alone. According to the survey, more than one-fourth (28%) said they're likely to regift something this holiday season. There's nothing wrong with regifting, and here's why:

- * It saves you money
- * Reusing is good for the environment
- * Your closet gets a little less cluttered
- * You may be giving the absolute perfect gift to someone else

■ 2. Use spare change to stretch your budget

When finances are tight, you may be surprised to learn that you have more spare change lying around than you think! Check



your purse, couch cushions, car or change jar for loose change. Survey respondents estimate they have approximately \$123 in spare change at home, and over half (52%) said they are likely to cash in or use their spare change this holiday season. This newfound cash can be used for buying gifts, decorations or donating to others. It's easy to cash in your spare change at a Coinstar kiosk in your local supermarket.

■ 3. Deck the halls with holiday spirit

Nothing brings back your childhood sense of holiday wonder and magic better than beautiful colored lights and holiday decorations, whether at your own home or around your neighborhood. Over 90% of the people surveyed plan to decorate their homes

this season, and three out of four say they will start or increase their tradition of driving around to enjoy decorations and lights nearby - a fun and no-cost activity to delight your whole family.

■ 4. Bake a little joy for the holidays

Baking is one of the most fun and inexpensive ways to spend time with your family, as well as being a great way to create giftable treats. In the survey, 80% of Americans said they will start or increase their home baking this holiday season. Find festive tins, jars or holiday-themed plates to load up with goodies, wrap in foil, then stick on a colorful ribbon and voila! A tasty gift anyone would love to receive.

■ 5. Bring joy to others by giving

Giving to others can bring unexpected holiday joy. After more than a year of challenges, nearly two-thirds of Americans (61%) say they'll start or increase their donations of money or volunteering time to charity this holiday season. Another way to feel the warm glow of giving to others is by tipping service providers who help you throughout the year, from your childcare provider to your mail carrier. Well over half (57%) of Americans say they tip service providers during the holidays.

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**Twelve Specials of Christmas...
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- ★ 1-2: Mittens & gloves
- ★ 3-4: Jewelry
- ★ 5-6: Candles
- ★ 7-8: Pottery
- ★ 9-10: Gourmet Foods
- ★ 11-12: Soaps & Lotions
- ★ 13-14: Glassware
- ★ 15: Linens
- ★ 16: Ornaments
- ★ 17: Toys & Books
- ★ 18: Wooden Items
- ★ 19: Henniker Items

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Unique ways to use wine to enhance Christmas

(BPT) - "The holiday season is an exceptional time of year marked by heartfelt memories and hope for the future, and wine has been a part of celebrations around the world for thousands of years," said Jamie Ritchie, head of Sotheby's global wine business. "Today, wine can be used in many unique ways to craft events and spark joy."

If you want guidance for incorporating fine wine into your celebratory season, Ritchie recommends using *The New Sotheby's Wine Encyclopedia* as your guide. "Beautifully illustrated with more than 400 stunning images and 100 brand-new National Geographic maps, this stunning new edition is appreciated by amateurs and enophiles alike," said Ritchie. Ritchie shares some favorite ideas inspired by the book:

■ Explore pairings

A crimson red, a crisp white or a beautiful rose - explore new varieties and enjoy experiencing new flavors. Whether you want to elevate an elegant multi-course meal or enhance appetizers or even holiday desserts, consider wine pairings to complement the foods being served. In general, the more delicate the food flavors, the more delicate the



wine should be. Similarly, rich foods with deep flavor pairs well with richer wines.

For example, Champagne is a naturally festive drink for myriad celebrations, pairing nicely with many foods, including seafood, salads, fish, roast, ham and caviar. For rich, meaty main dishes, consider the layered flavors. Lamb pairs well with pinot noir and beef with cabernet sauvignon, for example. Even that amazing creme brulee you're serving for dessert is made more divine with the right wine, such as an Australian Liqueur Muscat.

■ Celebratory themes

Selecting a theme can define an event and make a gathering distinctive. Let fine wine help direct the theme so you can create

a memorable occasion enjoyed by all. For example, choose a time period and select related food, wine and decorations. Maybe the roaring '20s or rockin' '60s would be a fun way to celebrate with friends and family? If you'd like people to dress the part, you can even request period-inspired attire.

You can also let wine from different countries or regions influence your theme. If you have a French heritage, you could create an elegant event featuring French cuisine, pastries and wine. Or, create a German holiday gathering that gives a nod to the old country, decking your space in traditional decor and toasting using German wine.

■ Gifts and experiences

Making the holidays special often includes a blend of memorable moments and thoughtful gifts, and wine can support both. When hosting guests, consider creating a staycation feeling by selecting wines from certain locales. If you prefer to get out and about, consider a day trip to a local winery with loved ones. Wineries are often decorated beautifully during the holiday season for a magical mini escape.

Gifting is also made simpler with wine.

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10 AM - 8 PM

Saturday, December 4
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Ways to give back while you shop this Christmas

(BPT) - The holiday season has arrived, and with it the hunt to find the perfect gift for everyone on your list. The holidays are also a great time to give back to local communities and to those in need. From supporting small businesses and charitable organizations to shopping sustainably, here are four convenient ways to give back while you shop on Amazon this season.

Support charitable organizations. Help deliver smiles and holiday cheer to those in need by shopping at smile.amazon.com. AmazonSmile offers the same products and the same low prices, with the added bonus that AmazonSmile will donate a portion of the purchase price of eligible products to a charity of your choice. You can also donate directly to charities by purchasing requested items from the thousands of AmazonSmile Charity Lists available, which are managed directly by the charities themselves.

Support small businesses. Support small businesses this holiday by shopping Amazon's Small Business Gift Guide, which includes woman-owned, military family-owned, and Black-owned businesses, and top gift picks from celebrities Gabrielle Union, Drew Barrymore, and Billy Porter. You can also discover



one-of-a-kind handcrafted goods and unique gifts by local Makers on Amazon Handmade. Gift (RED). For the fifth consecutive year,

(RED) and Amazon are teaming up to provide customers a destination to shop gifts that give back. Every purchase on the Amazon (RED) storefront supports the fight against global health emergencies like COVID and AIDS and funds life-saving programs in communities most in need. In addition to customer favorites like the (PRODUCT)RED Theragun mini and Apple Watch Series 7 (PRODUCT)RED, this year's selection includes a new collection of (ANOVA)RED Precision Cookers, LARQ Bottles (PRODUCT)RED, (VAHDAM)RED teas, and more.

Shop sustainably. Reduce environmental impact this season by recycling old items, composting holiday food waste, and shopping sustainably on Amazon by searching for Climate Pledge Friendly products. The Climate Pledge Friendly label recognizes products with improvements in at least one aspect of sustainability. Eligible products are certified by sustainability certifications, including Amazon's Compact by Design certification, as part of Amazon's commitment to reduce its carbon footprint and become net zero carbon by 2040.

To find more ways to shop and give back this holiday season, visit amazon.com.

The Toadstool Bookshops

"Iron Roads of the Monadnock Region. Vols I and II: Railroads of Southwestern New Hampshire and North-Central Massachusetts" by Bradford Blodget and Richard Richards brings to life the story of now largely forgotten railroads that once operated in the area, shining new light on the roads' stories from their beginnings to the present. The authors detail how and why the roads were built in the first place, where they went and what they did, their roles in the economy of the Monadnock Region, and what became of them.

"Becoming a Good Creature" by Sy Montgomery School is not the only place to find a teacher. In this picture book adaptation of Sy Montgomery and Rebecca Green's New York Times best-selling *How to Be a Good Creature*, learn the many surprising lessons animals have to teach us about friendship, compassion, and how to be a better creature in the world.

"A Cry from the Far Middle: Dispatches from a Divided Land" by P.J. O'Rourke This uproarious look at the current state of these United States includes essays like "Woke to the Sound of Laughter," about the upside of being "woke" (and unable to get back to sleep); "Sympathy vs. Empathy," which considers whether it's better to hold people's hands or bust into their heads; a brief digression "On the Additional Hell of the Internet of Things" because your juicer is sending fake news to your FitBit about what's in your refrigerator; and many more.

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Buyer beware: tips for buying new products from online marketplaces

(BPT) - During the holiday season, shoppers everywhere are hunting for great bargains and unique items online. Unscrupulous sellers and fraudsters can show up on any of the many legitimate marketplaces, and they appear like any other seller. Because these sellers often hide behind fake accounts with fake names, and they aren't required to provide or verify their contact information, it's extremely difficult for law enforcement to catch them. Organized retail crime is a growing problem for all retailers, and for shoppers.

"Shopping online provides endless opportunities to find great products," said Mike Combs, director of investigations for Home Depot Asset Protection. "Shoppers just need to know the potential pitfalls, and be careful with what types of new products they purchase at any online marketplace." Fortunately, there are consumer safeguards in place at many online marketplaces. Being aware of potential red flags can help you avoid problems. For example, here are signs that may mean you could be buying a stolen or counterfeit item:

- * It seems too good to be true - such as a new, brand-name item on sale for a drastically lower price.
- * The product is described as "brand new," "new in box" or "new with tags."
- * Large quantities of the same item/brand are available at the same time.
- * The seller indicates they can "get other products upon request."
- * There are signs of box tampering or removal of security devices when you receive the item.

While just one of these is not a sure sign the item is stolen or counterfeit, these red flags should cause you to ask questions before buying and proceed with caution.

How can you protect yourself?

You can buy more safely online by following these tips.

■ 1. Purchase from the retailer directly, even for gift cards. It's always best to purchase gift cards on the website of the brand or in its stores. The original issuer of the gift card, like a retailer, is not responsible if the gift card was purchased on an online marketplace and there is no value on the gift card or the value is less than what you were expecting. If you need to check the balance of a gift card, always go to the website of the brand that is issuing the gift card. Do not ever enter the full gift card number and PIN onto any other website. You may be giving the value of the card to a fraudster.

■ 2. Check out the seller. Ratings, reviews and comments from other buyers can help you sense if they are legit. Contact the seller directly to ask questions about the item, as well as their return and refund policies, and make sure you are satisfied with their responses before buying.

■ 3. Research the item. Do a search for typical prices of the item. Does their pricing seem too good to be true? Check the photo carefully to see if it appears to be a real item or stock photo. Photos should show more than one angle, or both outside and inside the package. Ask the seller for additional photos if you're not satisfied.

■ 4. If you have a problem, contact the seller, the marketplace and your credit card company. Make sure to keep digital copies of all emails and text messages between you and the seller regarding the purchase. Your credit card company may be able to withhold payment if there is a problem. Armed with these tips and a little caution, you can enjoy your online holiday shopping safely.



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6 best ways to shop pre-Black Friday deals

(BPT) - For many, Black Friday is one of the biggest shopping days of the year. But the holiday shopping season seems to start earlier and earlier each year. Retailers are no longer waiting for traditional dates to offer their best deals and sales on must-have gifts. Whether there's a big-ticket item you have your eye on or you have a list of gifts to check off, here are some ways you can shop and spend smarter this year.

■ 1. Plan ahead and start early

Make a list of the items you're searching for or the gifts you need ahead of time and search for the best deals. Remember to start shopping early, as some deals might already be gone by the time Black Friday or Cyber Monday rolls around.

■ 2. Use a buy-now-pay-later service

Many retailers offer services where you can pay a small amount down and pay off your items over time. For example, Zip, a buy-now-pay-later service, is hosting a four-day sale event starting October 21 to kick off the holiday season called Zip Fest. Zip Fest shoppers can benefit from flexible payments in the Zip App, online and in-store, getting all their holiday shopping done early, while splitting up purchases into four smaller payments over time. You can shop these deals in the Zip app or directly on retailer websites. Here are some Zip Fest sales to watch:

* Newegg: Spend \$500, get 10% off exclusively with code ZPFEST from October 21-28, 2021

* Mercari: Spend \$50, get \$10 off when you check out with Zip from October 21-24, 2021

* TickPick: Get \$10 off your first purchase of \$50 or more with code ZIPFEST from October 21-24, 2021

* Alternative Airlines: Spend \$200, get \$50 off exclusively with code ZIPFEST from October 21-28, 2021

* Fanatics: Spend \$150+, get \$10 OFF exclusively with the code ZIPFEST10 from October 21-24, 2021

* Lids: Spend \$100 or more and get \$10 off exclusively with the code ZIPFEST2021 from October 21-24, 2021

■ 3. Create a strategy

Instead of going store to store, use websites and apps to compare deals and get the best prices leading up to Black Friday. And even if you are shopping in a store, you can find apps that allow you to scan a barcode and compare prices, get discounts and find coupons.

■ 4. Shop deals on essential items

Holiday sales aren't only for gifts. Take advantage of price drops and stock up on items you use every day, such as your favorite shampoo and other household staples. This can help save you money on everyday expenses leading up to the holidays and throughout the year.

■ 5. Take advantage of loyalty programs

Retailer loyalty programs often offer their members early access to discounts and promotions. Sign up for Black Friday shopping alerts from your favorite retailers to stay in the know.

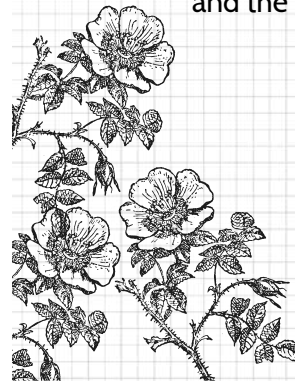
■ 6. Shop online and pick up in store

Holiday shipping times can be long and unreliable. Save money and time on shipping by ordering online ahead of time and picking up your purchases in store. Creating a happy holiday for you and your gift recipients is all about being strategic and smart, making the most of technology, ferreting out the best deals before you buy, and tempering your upfront expense by using a buy-now-pay-later service, which offers sales and discounts as well as the ability to pay over time. Win-win! Follow these tips to get the most out of pre-Black Friday sales.



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3 ways to give and get the best tech this Christmas

(BPT) - Heading full speed toward winter, we all know holiday shopping won't look the same as years past. But that doesn't mean you should let the latest trends pass you by this gift-giving season. These tips from UScellular will keep you from missing out on the best gifts and gadgets for you and your loved ones.

And don't forget, UScellular has all the latest tech on their online store, helping you shop earlier, avoid congestion at stores and keep your community as safe as possible.

1. Beat the rush! Get started early

With holiday shopping expected to start earlier than ever this year, don't wait for Black Friday to get started and end up missing out on some of the best gear.

Right now you can get the coolest tech like the Apple Watch Series 6 (GPS & Cellular) and the Lander Cairn XL Smart Lantern + Power Bank online through UScellular. The audiophile in your family will be blown away by the Samsung Galaxy Buds Live earbuds or the JBL Flip 5 portable speaker.

2. Shop safer, right from home

Picking up stocking stuffers has never been easier and safer thanks to online shopping. UScellular's online store is brimming



with fun tech-friendly items like the PopSockets PopGrip in a Carbonite Weave design. And if you are looking to help your loved ones keep their phones clean, be sure to add the Case-Mate CLEANSCREENZ Phone Cleaning Wipes to your cart.

If you have any questions about products available online, just pick up the phone and call your local UScellular store to get some helpful insights from their associates.

3. Get yourself a new phone, without breaking the bank

For many of us, the holidays might need to be celebrated from afar to be sure everyone stays safe. With a potentially remote holiday experience, having a phone and service that

will give you all the features necessary to connect with family and friends is more important than ever.

If you are looking to make a carrier switch, UScellular is offering the latest smartphones free with no hidden requirements through Jan 11, 2021.

That means you can score 5G smartphones like the iPhone 12, Samsung Galaxy S20 FE or Google Pixel 5 for free. All three phones are great for video chatting with family, and with UScellular's unlimited data plans and high-quality network, you can confidently connect with all your loved ones. Plus, be sure to get all the essential accessories for your new device, including cases, screen protectors and chargers.

If you want to view the latest holiday tech deals, visit www.uscellular.com/deals.

*Offer requires new qualifying smartphone purchase on a 30-month retail installment contract with \$0 Down and 0% APR. Port in and postpaid plan required. Discount comes via a monthly bill credit. Credit approval required. Taxes and charges such as USF and RCRF apply. Additional terms apply. See uscellular.com for details.

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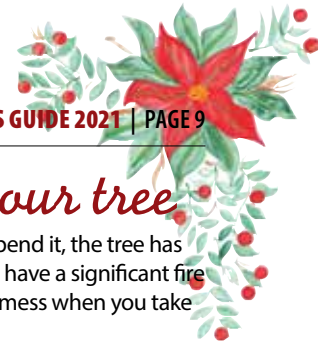
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O Christmas Tree! What to look for when choosing your tree

The holiday season is right around the corner! Trees.com shared what to know when choosing what real Christmas Tree to bring home.

■ What To Look For In A Tree

Fresher is better...it is important to be sure your tree is fresh-cut. If possible, go to a "cut your own" Christmas tree farm.

If you get a tree delivered or shipped, try to find out if it is a fresh-cut tree and sent as soon as it's cut.

The bottom line is you do not want a tree cut 2 or 3 weeks before you buy it. Fresh cut trees will provide an aroma that adds to your Christmas pleasure, too.

■ What Kind Of Tree

Short, stout needles and sturdy branches are perfect when you are hanging decorations. Trees such as balsam fir, Douglas fir, Fraser fir, white spruce, Norway spruce, and Scots pine are tried and true selections.

■ Tips To Keep Your Tree Alive And Thriving

The single most important consideration for the care and longevity of your tree is water. When you get your tree home, cut about 1/2" of the trunk off and get it in the stand as soon as possible. Check the tree daily by bend-



ing a needle or two, if the needle is flexible and moves without breaking all's well, if the

needle snaps when you bend it, the tree has dried out you're going to have a significant fire hazard not to mention a mess when you take the tree down.

Lights can add to the problem of drying due to the heat they emit, but the newer LED lights reduce this issue. LEDs also reduce fire hazards.

■ How To Dispose When Christmas Is Over

Hopefully, you can dispose of your tree by recycling. Many communities set aside a day for this and have a tree chipper available for chipping the trees that will turn the trees into woodchip mulch.

If not and you burn wood, use the tree as kindling and fuel.

Feel free to use this information with proper credit to Trees.com. For any copy use, we require link to Trees.com.

For more information, or to request an interview with Scott Diffenderfer, an arborist and Expert at Trees.com, please contact press@homefield.com. Thanks!

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Gifts for home are appreciated for years to come

(BPT) - While there are probably things you love about your house, spending so much time there makes you acutely aware of where upgrades are in order. This holiday season treat yourself to these gifts for the home that will help you elevate favorite spaces so you can enjoy them for years to come:

■ **Sing in the shower**

Imagine taking a soothing shower and as the warm water washes over you, you're also surrounded by your favorite sounds. This immersive sensory experience is a great way to wake up in the morning or relax in the evening, thanks to the multifunctional Moxie showerhead. Combining a luxurious spray with a high-quality audio speaker with sound by Harman Kardon, this wireless speaker elevates every shower.

■ **Ease kitchen cleanup**

Whether you're baking treats to spread some joy or cooking up a feast for friends and family, the kitchen becomes the hub of the home. This also means it can become mess central. With a Kohler Step Can garbage container, throwing away messes is simple with hands-free operation thanks to a sturdy foot pedal. From slim 2.5-gallon trash cans to



large 13-gallon options, there are sizes to fit any space. Clean lines and thoughtful designs allow it to be placed right against the wall or a cabinet for a flush fit. Made with a sleek stainless steel fingerprint-proof finish, this can will stay cleaner longer, no matter how messy your kitchen adventures get.

■ **Style the bathroom**

Bathroom countertops can become chaotic surfaces packed with grooming and wellness supplies. A touch of organization can transform the space with style similar to what you see in home magazines. Explore Bente collection accessory sets in a variety of colors to match your bathroom aesthetic, including

ebony pearl, oyster pearl and herringbone. These accessory sets hold favorite bathroom supplies, enhancing the beauty and organization of the bathroom countertop space.

■ **Create mood with light**

When you update lighting, you not only add style to spaces, you make them more functional, too. Ambient lighting is typically overhead lighting that can be adjusted to brighten or dim the room to set the mood or enhance surrounding light. Adding task lighting designs, such as a lighted bathroom mirror with magnification or a decorative tabletop reading lamp, elevates the overall decor aesthetic, while also providing the perfect light for grooming to start your day or an intimate lighting source to help you tuck into that favorite book at night. Accent lighting can highlight architectural details and other decorative elements within a home. No matter what your lighting needs, Kohler lighting is available in a wide range of styles and finishes for whole home solutions.

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Yearning for a winter wonderland? Reasons to head to Myrtle Beach

(BPT) - For the young and young-at-heart, nothing gets you in the holiday spirit better than a stunning display of Christmas lights and decorations. Myrtle Beach offers shows in a wide variety of styles and genres. From holiday classics and southern favorites to Motown and even pirates. Here are a few holiday highlights to



make the season shine even brighter at The Beach.

■ 1. Winter Wonderland at The Beach

This new holiday event features a covered outdoor ice-skating rink, walk-through lights experience and more. After exploring the Winter Wonderland, stroll down to the Myrtle Beach Boardwalk and beachfront for a bite to eat and festive holiday beverages. Visit from Nov. 26, 2021 to Jan. 2, 2022 at the Burroughs and Chapin Pavilion Place.

■ 2. The Great Christmas Light Show

Drive through over 2 million sparkling lights at the North Myrtle Beach Park and Sports Complex. Young and old alike will be dazzled and delighted, from Nov. 22 through Dec. 30.

■ 3. Nights of a Thousand Candles

Brookgreen Gardens offers holiday beauty and splendor along the Grand Strand, with over 2,800 hand-lit candles and even more sparkling lights. Your family will "ooh" and "aah" over the lights "frosting" each limb and path in the garden, filling you with holiday spirit from Nov. 26, 2021 through Jan. 2, 2022.

■ 4. Ripley's Festival of Trees

The marine life at the Ripley's Aquarium will be decked out in decorations, along with a Festival of Trees showcasing over 55 trees decorated for each state and territory in the U.S. The brilliant blue background of the lush aquarium habitats sets off the brilliant colors of the Christmas trees, and guests of all ages can enjoy scavenger hunts and movie nights throughout November and December.

■ 5. The Christmas Show of the South

This tradition brings the warm, wonderful and fun spirit of Christmas to life with music, comedy and dance. The Carolina Opry invites visitors to come back year after year to take holiday pics in front of their amazing Christmas tree, with thousands of twinkling lights and sparkling holiday decor, from Nov. 1, 2021 to Jan. 5, 2022.

■ 6. Christmas at Pirates Voyage

Captain Scrooge Holiday commands the Mystical Christmas Spirit pirate ship at the Pirates Voyage Dinner and Show, journeying through time to bring Christmas cheer to pirates and landlubbers everywhere. Enjoy a holiday feast while astonished by amazing acrobatics high above the lagoon and "swashbuckling" excitement, from Nov. 4, 2021 through Jan. 1, 2022.

■ 7. GTS Theater Shows

The theater showcases the spirit of the season with holiday shows:

- * Magical Christmas Magic/Comedy Show
- * Original Motown Christmas Show
- * Christmas With Elvis
- * Step Into Christmas with Elton John

These shows are a staple of the Myrtle Beach theater thru Dec. 29.

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Support small businesses by shopping locally

(BPT) - While big businesses receive attention during the holidays for offers of free shipping, buy one get one free and other promotions, it's small businesses who are truly the heartbeat of local communities and help bring magical experiences to this time of year. From holiday lights in the center of town, to decorations and pictures with winter characters, receiving a warm smile and possibly a tasty delight from a local pastry chef while shopping at a small business brings holiday joy to all.



The 32 million small businesses in the U.S. employ nearly 61 million workers, or about 47% of the labor force, according to the U.S Small Business Association. But small businesses are also the most vulnerable, as sudden changes in fortune - like a recession, natural disasters or an unprecedented pandemic - can shutter many of them for good.

For boutique retailers and other small businesses who vie for consumer mindset, the holiday season can make or break them. While mass market stores and big brand online merchants continue to grab market share, smaller brick-and-mortar or local e-commerce shops often offer the most customized and unique holiday gifts. And it's up to their neighbors, in

countless communities from coast to coast, to show appreciation by opening their wallets and providing local small businesses a much-needed fiscal boost before the end of the year.

With many restaurants, shops and other entrepreneurial entities still recovering from the effects of a difficult 2020 holiday season hit hard by the pandemic, small businesses need assistance this year more than ever and they may find it from unexpected places - in some cases, from big businesses.

Here are five ways you too can help to support small businesses this holiday season.

■ **1) Do your gift shopping locally.**

While it can sometimes be more efficient to holiday shop at one-stop mass online retail-

ers, it's more fun to window-shop for - and purchase - unusual gifts from local boutiques, pop-up stores or marketplaces. And if you prefer to shop online, there are many mom-and-pop e-tailors who sell a variety of specialty and craft products.

■ **2) Leave lots of "likes."** If you enjoyed your small business experience, take five minutes to write and post a review online, via Yelp, Google or other crowd-sourced business review sites and social media platforms.

■ **3) Grab holiday grub.** While chain grocery stores are a great one-stop shopping option, they can't compete with local farms, markets, produce stands, microbreweries and bakeries for locally grown or produced treats.

■ **4) Shop kindly.** If you are a fan of a local merchant's goods, buy a few more items than usual. You or a gift recipient will love the special indulgence, and the merchant will appreciate the additional, well-deserved business boost.

■ **5) Purchase now for later.** Supporting small businesses by purchasing a gift card is a great way to contribute to their immediate cash flow during this busy season. The gift of a gift card can also help small businesses win new customers down the road.

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Ways to healthily indulge during the holidays

(BPT) - One of the greatest pleasures of the holidays is enjoying traditional flavors of the season. Fortunately, there are plenty of ways to indulge without discarding all your wellness goals. You can enjoy festive foods if you plan ahead for holiday events, and make dishes that aren't loaded with carbs and sugar - but still satisfy your cravings.

"It's easy to throw your wellness goals out the window during the season, thinking you can make up for it later," said Colette Heimowitz, vice president, Nutrition & Education, Simply Good Foods. "But with a few smart choices, you can celebrate the season without jeopardizing your nutrition goals."

Here are some tips - and recipes - to help you indulge more thoughtfully this year.

Prep for healthier holiday gatherings

When you know you'll be celebrating at an event chock full of carbs and sweets, plan ahead.

* Keep your energy up while prepping for holiday get-togethers by enjoying an Atkins Vanilla Latte Iced Coffee Protein Shake, with 15 grams of protein, 1 gram of sugar and as much caffeine as a cup of coffee.

* Don't arrive at a party famished so

you're less tempted to overindulge. Eat a small low-carbohydrate meal beforehand, like salmon and salad with olive oil dressing or veggies and guacamole, to stabilize your appetite and blood sugar level.

* Don't linger near the food table. But if you are planning to partake in the buffet, opt for protein, veggies, dips, nuts and cheese.

* Drink plenty of water. Thirst is often mistaken for hunger, so staying hydrated helps you avoid overeating. Flavor up your water with lemon, lime or cucumber slices.

Look for keto-friendly recipes to grace your holiday table

Try these tasty, low-carb recipes developed by an Atkins nutritionist to share at holiday gatherings - or just enjoy between festivities.

Keto Cranberry Shortbread Cookies

These delectable cookies blend the tangy sweetness of cranberries, a hint of almond and an orange zest icing - and may become your new holiday favorite.

Prep time: 260 minutes (20 minutes prep; 4 hours in refrigerator); Cook time: 12 minutes

Ingredients

1/3 cup cranberries (fresh or frozen)

2 tablespoons water, divided
2 tablespoons Truvia Sweet Complete
6 tablespoons unsalted butter (room temperature)

1/3 cup Truvia (erythritol-stevia blend)
1/2 teaspoon vanilla extract
1/4 teaspoon almond extract
1 cup blanched almond flour
1/4 teaspoon xanthan gum
1/4 cup confectioners erythritol
1/2 tablespoon orange zest

Instructions

1. In small saucepan over medium heat, bring cranberries, 1 tablespoon water and 2 tablespoons Truvia to a simmer. Cook until cranberries pop - about 10 minutes from fresh or 15 minutes from frozen. Set aside to cool.

2. In bowl of stand mixer, cream together room temperature butter and 1/3 cup Truvia until lightened and fluffy. Add vanilla extract, almond extract and cranberries, mixing until well combined.

Add sifted almond flour and xanthan, mixing on low until just combined.

Create 6-inch-long log of dough on sheet of parchment paper or plastic wrap and chill in refrigerator at least 4 hours, til very solid. ▶



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minutes to ensure cookies don't burn.
Cool on baking sheet 5 minutes, then gently place on cooling rack and cool completely, about 30 minutes. These cookies will be very crumbly until completely cooled.
4. While cookies cool, in small bowl, use fork to combine confectioners erythritol and water to form paste.
Dip (or drizzle) cooled cookies in icing, applying about 4 grams icing per cookie. Sprinkle icing with orange zest and allow icing to set.
Store in airtight container at room temperature up to 5 days, or in freezer up to 3 months.
Makes 12 servings. One iced cookie is one serving.

Low-Carb Warm Brussels Sprouts Salad with Hazelnuts

This quick and easy salad takes 15 minutes to make. It combines fresh, thinly shaved Brussels sprouts with a flavorful dressing of olive oil, shallots and thyme - plus sugar-free maple syrup for a hint of sweetness.

Roasted hazelnuts and pomegranate arils on top add more taste and texture while giving the salad a colorful, festive holiday look. See the full recipe at Atkins.com/recipes.

For more healthy lifestyle tips and low-carb recipes, visit Atkins.com.

Cookies will spread significantly if not chilled adequately.

3. Heat oven to 350 F and prepare baking sheet with parchment paper. Cut cold dough

into 12, 1/2-inch thick rounds and place on baking sheet, cut side down.

Bake 11-13 minutes until bottom edges are golden brown. Watch closely the last few

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