



P.6 Perfect Place to Call Home

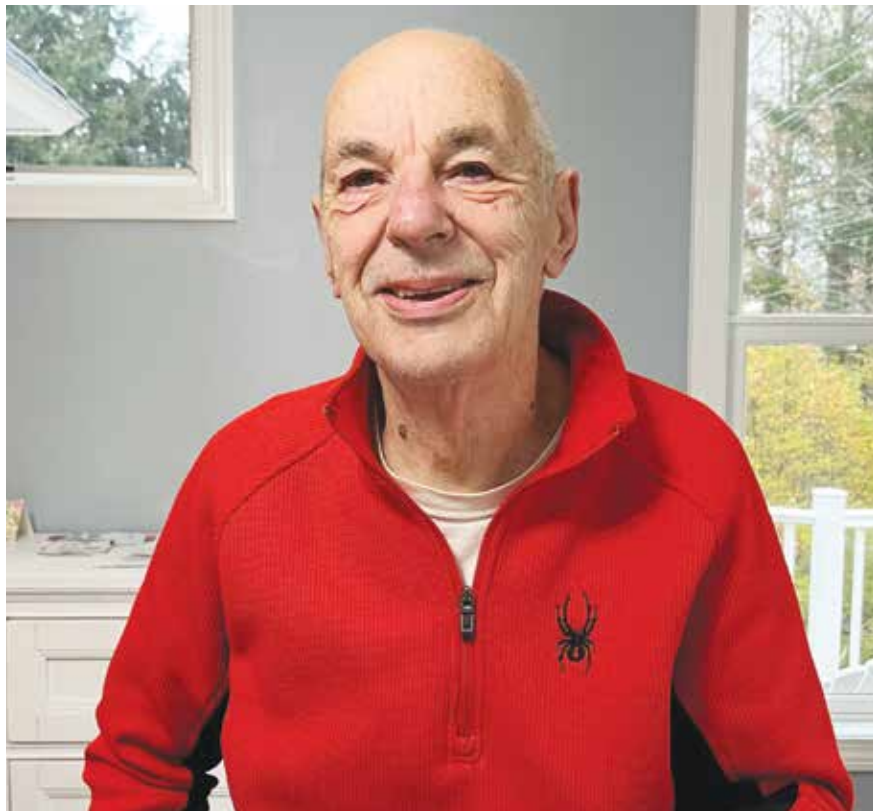
P.21 150 Years of Railroading Over Crawford Notch

Granite Senior Journal

December 2024/January 2025

A Bi-Monthly Dedicated to Senior Issues and Living

85 AND STILL BUSY



Dick Sawyer today. Courtesy photo.

Navigating the Twists and Turns of Life

Surrounded by community

By Betty Gagne

Driving around in a hot car was something a lot of teenagers did in the 50's. Richard "Dick" Sawyer of Hampton was the proud owner of a 1956 black and white Chevy Bel Air ragtop convertible during that time, and he and his buddies would pile into the car and steal apples just for something to do that was a little dar-

ing. "We'd drive up to a row of apple trees about a mile or so on Route 88 from Route 1," he shares. "We'd grab ten or twelve apples and just take off." He describes it as a joy ride, and adds, "Everyone should own a convertible at some point in their lifetime."

Dick is proud to let us know that he graduated from Hampton High School in 1958.

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Hidden in Plain Sight: Manchester's Oldest Building

By Staff

In the heart of New Hampshire's largest city, where modern glass-and-steel towers rise alongside the historic mills that once powered the state's industrial revolution, stands a modest stone structure, often overlooked by passersby. For those who pause long enough to notice, the building tells a story of a time long past yet not forgotten. This is the John Stark House, the oldest surviving building in Manchester, dating back to 1723.

Unlike the looming structures of downtown Manchester that bustle with commerce and modernity, the John Stark House is a quiet testament to the city's deep roots in New England history. It stands on the corner of Stark and Elm streets, barely a stone's throw from the sleek office buildings, yet it feels a world apart — a place where the past lingers, like a whisper. The house, which was once part of a larger farmstead, was built by one of the city's earliest settlers, John Stark, whose name still echoes in the streets and schools of Manchester. Stark is remembered as a Revolutionary War hero, the man who famously commanded New Hampshire troops at the Battle of Bennington in 1777. But his legacy is rooted not just in his military exploits but in the very foundation of this growing city.

As one of the few surviving structures from the early 18th century in Manchester, the John Stark House provides an intimate window into a time when the area was little more than farmland



dotted with small homesteads. The city of Manchester itself, founded in 1751, was still a distant dream. When Stark built his house, the land was part of a larger colonial settlement known as Derryfield, a quiet agricultural community. It would not become the industrial hub we know today until a century later when the Amoskeag Manufacturing Co. harnessed the power of the Merrimack River to fuel one of the largest textile mills in the world.

The story of the John Stark House is as much a story of Manchester's transformation as it is of its past. The house survived the transition from rural village to industrial boomtown, weathering countless changes and challenges along the way. It has stood as a silent witness to the ebb and flow of history: the rise of mill culture, the eventual decline of the textile industry, the growth of the city's commercial sector, and the regeneration of its urban landscape in the 21st century.

To step inside the John Stark House is to step back in time. The building is simple, yet elegant, with rough-hewn stone walls and wide, low ceilings that

CONTINUED ON PG 5▶

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Sawyer flanked by his four children at the fire pit: Stephen, Kevin, Paula and Vickie. Courtesy photo.

◀ SAWYER FROM PG 1

“We were the last graduating class before Winnacunnet High School opened,” he says.

The building now serves the town as Hampton Academy, and Dick fondly remembers how proud he was of the gymnasium in that building. “We had the greatest gym in the state,” he tells us. “It had state of the art real wooden floors.” It wasn’t long after that when other communities updated their own gyms, but he swears theirs was the first and the best.

As a fan of swing and big band music, Dick often went to concerts at Symphony Hall in Boston. “I loved Gene Krupa and of course Ella,” he says. He also attended shows at the Hampton Beach Casino Ballroom, where he met his future wife in 1961. “I was there with a friend,” he says, “and there was this girl sitting near us. Some older guy kept coming over and



Married Jean in 1964. Courtesy photo.

asking her to dance. He was being a real pain, and it was obvious she was uncomfortable. I didn’t even know her, but I finally went over and rescued her. We walked outside to my car and she asked me for a pencil, then proceeded to write her number down for me.” That night when Dick got home his Mother handed him a letter from the United States Draft Board, instructing him to report for duty.

The draft letter informed him that he was to show up for duty in 35 days. “I spent the next 34 evenings with Jean Kelleher – the girl who’d asked me for a pencil.” Dick was stationed at Fort Dix, New Jersey and worked in the military police unit. “I was a big, bad MP for the Army,” he laughs. “I gave out two tickets in three years. Maybe I was too easy going for the job. I was there to make friends, not enemies.” While serving his time at Fort Dix, he really looked forward to his leave weekends. “You had to stay within a 300-mile radius of the base, so I’d go to Jean’s house in Newburyport and avoid answering the phone so I’d be able to enjoy my leave.” Jean and Dick were married on February 9th, 1964.

Dick then began his career as a meat cutter at the A&P in downtown Hampton, where the Rite Aid store was formerly located. “I moved around to six different stores,” he tells us. Sadly he was laid off six months before his tenth anniversary. He reflects on his feelings from that time period. “It was the most depressing time of my



Sawyer served 3 years in the Army as an MP. Courtesy photo.

life,” he ponders. “I had four children to feed and no prospects for work. I used to go to the Civil Service office in Portsmouth every week to apply for jobs.” Dick ended up at the commissary at Pease Air Force Base working as a meat cutter for 14 years.

“I gave out two tickets in three years. Maybe I was too easy going for the job. I was there to make friends, not enemies.”

— Dick Sawyer

Once Pease closed, he worked at the Hanscom Air Force Base commissary in Lincoln, Massachusetts. He also served the town of Hampton as a call firefighter for 25 years.

Today Dick is an 85 year old widower and he stays very busy. He works 28 hours a week at the NH State Liquor Store on 95 North as a stocker. “They are making those boxes heavier and heavier,” he laughs. He’s also a very devoted parishioner and remains active at the Methodist Church in Hampton, where he’s been going since he was 13 years old. Outside he performs general lawn maintenance – landscaping, raking, leaf blowing, etc. Inside he runs the sound system

on Sundays and enjoys working the church suppers. He cooks, washes dishes, cleans up, etc. “I always peel squash,” he says. “No one wants to peel squash.” This year the church is expecting to serve Thanksgiving dinner to over 250 people, and Dick will be volunteering that day.

As a member of the Hampton Area Lion’s Club since 1989, Dick is one of their longest running members. He’s received several awards including the esteemed Melvin Jones award, named for Lion’s Club founder. Dick’s most recent award was the Presidential Award, given to him for his leadership qualities and how he serves others, such as collecting eyeglasses for those in need in the community and abroad.

When asked if he feels life is a series of chances, or if we have a pre-planned destination, he is adamant that life is definitely a Forrest Gump box of chocolates. “No pre-planning,” he says. “We learn as we go. At 75-80 years old, you may as well give it

away. You can’t take it with you.”

In his spare time, Dick reads four or five books a month, and follows the Patriots. “I have wonderful neighbors,” he says. One of his favorite pastimes is taking care of Dexter, his neighbor’s beautiful golden retriever. Although his friends prepare and share food with him, Dick also cooks at home a lot. He likes to make bread pudding and custards. “Sunday I made apple crisp,” he tells us. Hmmm. I can’t help wondering where he got the apples.

◀ MANCHESTER FROM PG 1
suggest the humble, utilitarian nature of early New England homes. Its original hand-hewn beams and wide plank floors are a stark contrast to the polished granite and steel of modern Manchester. The windows, though small by today's standards, offer a glimpse of a world that once was: fields stretching out toward the river, the steady hum of farm life, and the quiet rhythm of a growing community.

Despite its age, the John Stark House has managed to maintain much of its original character. Its preservation has been the result of decades of effort by local historians, preservationists, and civic leaders who recognized the building's significance as a cultural and architectural landmark. In the early 20th century, as Manchester expanded rapidly, the house was nearly demolished to make way for new development. It was only through the advocacy of local residents, who recognized the value of preserving the city's past, that the John Stark House was saved from the wrecking ball.

The building itself may be small compared to the grandiose structures that have come to define Manchester's skyline, but it is a physical reminder of the city's roots. It stands as a symbol of perseverance — a bridge between the past and the future.

Interestingly, the John Stark House also provides a window into the larger architectural trends of 18th-century New England. The building is constructed in the style typical of early colonial homes — post-and-beam framing, fieldstone foundations, and steeply pitched roofs designed to shed the heavy snow that characterizes New Hampshire winters. The layout of the house reflects the pragmatic nature of early colonial life: a large central hearth for warmth and cooking, with rooms arranged for functionality rather than ornamentation.

While Manchester's industrial legacy is celebrated in museums and monuments throughout the city, the John Stark House serves as a counterpoint to the city's more modern attractions. It reminds visitors that the city's identity was forged not just in



factories and machines, but in the quiet, everyday lives of the families who first settled here. In an era when much of New England's historic fabric is being erased by rapid development, the house is a rare and precious survivor.

Walking through its rooms, one can almost hear the echoes of the past — the footsteps of Stark's descendants as they went about their daily routines, the sound of the hearth crackling in winter, the soft murmur of conversation as the family gathered together. It is a world far removed from the noise and bustle of 21st-century Manchester, but

in many ways it is a world that is still very much alive in the city's culture and spirit.

As Manchester continues to grow and evolve, the John Stark House stands as a reminder that progress need not come at the expense of history. In preserving the oldest building in the city, Manchester's residents have ensured that the lessons of the past are not lost, but are woven into the fabric of the city's future. In this small, unassuming structure, the heart of Manchester beats on — quietly, but with unwavering strength.



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The Greens offer spacious floor plans, first floor master bedroom

suites, in-home laundry and garage parking, we well as a fitness center and dog park. There are three appealing floor plans to choose from with 2 and 3 bedrooms plus office space. Whether you're a young couple, retired or a family, there's something for everyone. The quality of construction and variety of styles is remarkable as the local builder has extremely high standards and has included many high-end features. Indulge in gourmet cooking in our fully equipped kitchens, complete with high-end stainless-steel appliances, granite countertops, and ample storage space. Relax in style in our open concept living areas, where large windows flood the space with natural light and offer breathtaking views. Want to take a night off from cooking, head over to the 1759 Grille located inside the Pembroke Pines Country Club for a dining experience that blends exceptional cuisine with stunning views, creating the perfect atmosphere for any occasion.

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Generations of Impact: A Family's Lifelong Connection to the Y

Christy and Stu Sprinkle's long-standing connection to the Y has evolved beautifully over the years, reflecting their dedication to staying active and socially engaged. From their early days in the adult volleyball league, where they met and began dating, to their more recent love for Pickleball, the Y has been central to their lives. Christy's journey started with volleyball, later expanding to classes and triathlons, while Stu's involvement stretches even further back to the time when the Merrimack branch wasn't yet a Y, where he participated in racquetball and walleyball, and his daughter was on the swim team.



Pickleball, introduced to them by a friend in 2016, became their go-to activity after they had to move on from some of their earlier sports. What started as a once-weekly game at the Merrimack branch blossomed into something bigger, with the couple also playing outdoors with a

Nashua group. Now, the Westwood Park branch, where they play regularly, has become a hub for Pickleball, hosting games almost daily. For Stu, it's not just about playing; he's taken on a role in preparing the courts and teaching skills, making sure the game



continues to grow within the community. Christy captured the significance of this shift perfectly: "It's more than just a sport, it's definitely a lifestyle." Both agree that the Y has played a pivotal role in insuring that the sport may be played all year round, a benefit for

those involved in the active and social aspects of the activity.

The Y's impact on the Sprinkle family doesn't stop with Christy and Stu. Their adult children had their own positive experiences, and now their grandson George, age 11, carries on the tradition. George has been attending Camp Sargent since first grade, and Christy fondly recalls his excitement when he came home one day saying, "I didn't do electronics all day long!" The physical activity at camp has clearly made an impression on him, helping him sleep better and appreciate the importance of staying active.

Stu and Christy are proud of the multi-generational impact of the Y on their family and encourage activity as a way of life. For them, the Y is much more than just a gym—it's a community that fosters health, social connections, and a sense of belonging.

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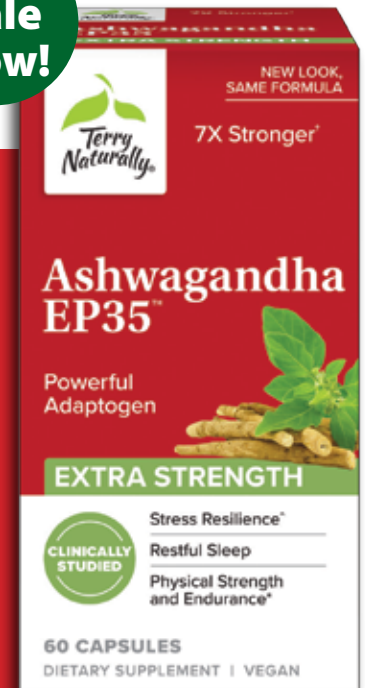
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Stress Relief: Ashwagandha – Indian Ginseng

By Terry Lemerond
Founder and President of
Terry Naturally



Ashwagandha (*Withania somnifera*) is a highly valued adaptogen in Ayurvedic medicine, one of the oldest healing systems in the world, practiced in India for over 5,000 years. Practitioners of Ayurveda incorporate diet, meditation, breathing, yoga, purification (detox), massage and herbal extracts in their treatment plans to restore patients to a state of balance and good health.

The name ashwagandha comes from the Sanskrit word used to describe the essence of a horse, referring to the scent of the plant's roots after harvesting, but also to the feeling of strength and vitality that all those using the herb experienced as well.

Traditionally, ashwagandha has been prescribed for many things: calming nerves, reducing inflammation, and increasing both libido and stamina. It has the special ability to be energizing and calming at the same time. Ashwagandha has also been recommended for arthritis and joint pain, so it is an excellent all-around herbal adaptogen for just about everyone.

So what are the scientific explanations for ashwagandha's success? A major reason is that it contains a wealth of potent natural compounds, including withanolides. These compounds boost resistance to physical and psychological stressors.

Stress relieving, adapting abilities

In fact, in clinical studies, ashwagandha has been shown to reduce cortisol levels and increase protective antioxidant activity. The result is that people

feel less “fight or flight” and more calm. Ashwagandha also helps fight other stress-related complications, including some of the most serious issues:

- Tight muscles and increased heart rate
- Feelings of social anxiety
- Stress-related insomnia
- Depression symptoms associated with stress

Hormone balancing

Other work has shown that one of ashwagandha's unique abilities is to bring a variety of different hormones back into balance. It brings up what is too low and takes down what is too high. One 8-week clinical study of middle-aged, overweight men found that ashwagandha increased testosterone levels by almost 15 percent and beneficial DHEA-S levels by 18 percent. That can do a lot to restore vitality to a man who is feeling chronically tired and listless.

Additionally, in another clinical study, ashwagandha was found to boost testosterone levels in men but not in women. It seems to be a very smart adaptogen, indeed—providing exactly the support that's needed depending on the individual.

Multiple ways ashwagandha puts a stop to stress

Another clinical study found that ashwagandha significantly reduced stress in men and women, according to a common anxiety measurement scale. The researchers noted that it did this in four different ways:

Through the HPA axis: Ashwagandha may regulate how much cortisol and DHEA we generate in response to stressors. People taking ashwagandha

have lower levels of these compounds in the morning, which suggests that it may be working to lower stress levels, and by extension, how much of these natural chemicals the body produces.

Stopping oxidative damage: Ashwagandha is a powerful antioxidant. The demands that free radical damage puts on the body and mind can't be overstated. This herb puts a stop to that cycle.

Reducing inflammation: Ashwagandha is also a powerful anti-inflammatory. Inflammation and oxidation are two major factors in stress, depression, and many chronic illnesses.

Working directly with brain chemistry: Ashwagandha influences GABA and serotonin activity. Each of these actions working in synchronicity appears to be the reason this herb is so effective at helping people become resilient to stress.

Increase your stamina with ashwagandha

Of course, not all stress and exhaustion are necessarily brought on by our mental state or some other type of deep-rooted issue. Sometimes, we're just plain tired. Or, we simply want to do more and have better endurance. Ashwagandha can help here, too.

Consider this study that focused on the performance of 40 elite cyclists, 20 male and 20 female. Recognizing that the sports nutrition field is teeming with products that claim to improve aerobic capacity, researchers decided to try a traditional, yet updated, approach. They used ashwagandha.

The 8-week study was broken into placebo and treatment groups. At the beginning of the clinical trial, these elite athletes were examined via treadmill test for their maximal aerobic capacity (the rate of oxygen uptake by the body that fuels red blood cells), and the respiratory exchange ratio (how much oxygen is inhaled versus how much carbon dioxide is exhaled). The researchers also measured the total time until the athletes reached a point of exhaustion.

In every parameter, the botanical group improved. Ashwagandha boost-

ed the endurance of these athletes and improved the intensive interplay between the ability of the lungs to bring in oxygen to fuel red blood cells, and the heart's ability to pump those red blood cells to the muscles in the body. The placebo group showed no change at all.

Remain vital and strong with ashwagandha

We will always have some stress in our lives. The important thing is the way that we face it. Ashwagandha is an incredibly valuable herb that helps you during times of physical or psychological stress. It allows you to adapt, stay resilient, be physically and mentally energized, and helps you respond wisely to any challenges that come your way.

Sign up for Terry's free weekly newsletter or listen to the radio show at terrytalksnutrition.com. Ashwagandha EP35™ Extra Strength and other Terry Naturally Europharma products are available at Granite State Naturals (170 N. State St., Concord). Call (603) 224-9341. The staff is happy to help you navigate the options.

When in doubt, always consult your physician or healthcare practitioner. This article is intended to provide you with information to maintain your health.

Dealing with stressful situations on a daily basis can crank up your cortisol levels, and make you feel jittery, overwhelmed, and unfocused. Fortunately, ashwagandha, a time trusted botanical with both centuries of traditional use and modern clinical studies, can help. This amazing adaptogen will:

- Help you feel energized but not jittery
- Boost your mental resilience
- Reduce cortisol levels and balance stress hormones
- Sharpen your focus and concentration
- Help you adapt to changing circumstances more easily
- Allow you to calm down and relax



Let Your Art Go Abstract

by Curt Mackail

A group of a half-dozen seniors touring Boston's Museum of Fine Arts stood facing a large oil painting by the 20th-century abstract expressionist Mark Rothko. The work they pondered is a recognized masterpiece of the genre — composed simply with just a rectangular color field.

But the fact that Rothko's uncomplicated composition is a masterwork was unknown to its viewers. "Even I could do that," one said. Another agreed. "And that's worth how many millions? Ridiculous." (For the record, Rothko's paintings have drawn upward of \$85 million.)

Abstract art may be off-putting or even maddening to some. Perhaps that's because abstract art engages viewers differently compared to realistic art. Daily Art magazine says, "Abstract art is a visual language of forms, lines, colors and different shapes to interpret a concept, without necessarily providing a recognizable visual reference point for the viewers. The important connection is that abstract art engages and challenges the intellect but it also engages and challenges the emotions."

Rothko put it another way: "A painting is not a picture of an experience. It is an experience."

What abstract art is

Abstract art is tough to pin down if you're looking for a simple definition. In a nutshell, you could say it's the opposite of representational or realistic art. Realistic art, as the name implies, confines the artist to schemes for depicting actual objects in three-dimensional space. Abstraction removes that restriction, giving

artists freedom to trust intuition, feelings and embedded meanings as they wish. Essentially, the foundation of abstraction is the personal motive of the artist *and* emotional involvement of the viewer. The viewer reaction is paramount for most abstract artists.

"Strictly speaking, the word 'abstract' means to separate or withdraw something from something else," explains Tate Modern, a London museum gallery housing an exemplary collection of international modern art. "The term can be applied to art that is based on an object, figure or landscape but the forms have been simplified or implied. It also applies to art that uses forms, such as geometric shapes or gestural marks, that have no source at all in an external visual reality."

"Abstract art is often seen as carrying a moral dimension, in that it may be seen to stand for virtues such as order, purity, simplicity and spirituality. Since the early 1900s, abstract art has formed a central stream of modern art. The goal is to represent a new perspective — one that is the view of the artist and the way they see a particular subject," Tate Modern says.

Coming to enjoy abstract art

Regardless of how others describe it, to get something out of abstract art you need two things: an open mind and a wandering imagination. You'll look beyond the objects you recognize to explore the depths of art. Some aficionados of abstract art see it depicting human virtues of order, purity, simplicity and spirituality. In that light, abstract art extends historically to ancient cave paintings.

If you have an open mind the entrance to enjoying abstract art is accepting there is no right answer to the question, "What is this a picture of?" Abstraction generally doesn't try to tell a story. The artist usually wants your imagination and involvement to come to the fore. Abstract art can and should trigger an emotional experience that is unique to you. You take the artwork in and let your



Rothko

mind go where the art leads you. In a sense, you become part of the creation process.

But to some, as was the case with the group I observed at the MFA Boston, the mind stops at "I could do that," or "This is ridiculous." Then it moves on to realistic works that viewers find more enjoyable.

A way to enjoy abstract art

So just how do abstract art lovers look at the objects of their affection?

"Imagine you're at an opera, listening to the orchestra play symphonically. You'll not concentrate on each violin, trumpet, trombone and contrabassoon. Instead, you let your mind wander throughout the symphony. Similarly, when engaging abstract art, you allow yourself to absorb the overall imagery. Your eyes, mind and observational senses wander around, trying to grasp the first few emotions when you come across the abstraction," contemporary artist Mark Humes says. "Abstract art can be appreciated in terms of each individual element — color, line, shape, symbol, texture, space — but the artist's motivation is to provoke an emotion in the viewer."

Creating abstract art yourself

If you'd like to get deeper into abstract art, there's probably no bet-

ter way than creating it. Painting or drawing an abstract piece can be a lot of fun and, since there's no right or wrong, you're free to do your own thing. Use any art material and media you choose. Acrylic paint on paper or canvas is as good a place to start as any. If you'd like some professional guidance, check out the Currier Museum of Art's upcoming online course "Drawing Without Fear," beginning in January. For information, visit currier.org/classes.

There are various basic avenues to guide you if you're a first-timer. Use these components to wake up the abstract artist within you:

Composition. Think about a focal point for your painting and how you'll place each part of the work. Composition considers the size of the work and how its shapes, sizes and forms are arranged.

Color. Some abstract paintings may look like an amalgam of different colors arbitrarily thrown together. That's usually not true of masterworks. The logic of color theory is important whether you're using one color or many. The main aspects of traditional color theory you control are chroma (hue), saturation (how rich or pale the color is), and tone (how light or dark the color is).

Texture. Texture also is important to think about. Will the surface be grainy or bumpy, smooth or rough, shiny or matte? Or perhaps you'll combine materials to create a combination of textures. It's all up to you and your intentions for the viewers.

A final thought

"Abstraction allows man to see with his mind what he cannot see physically with his eyes... Abstract art enables the artist to perceive beyond the tangible, to extract the infinite out of the finite. It is the emancipation of the mind. It is an exploration into unknown areas." —Arshile Gorky, Armenian-American artist.



Kandinsky.



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Classic Snickerdoodle Cookies

Warm, buttery, and perfectly spiced with cinnamon and a touch of tart cream of tartar, these snickerdoodle cookies are a true American classic. Their irresistible crackly tops and soft, chewy centers will have everyone asking for the recipe. Whether served with a cup of tea or as an afternoon snack, they are sure to delight.

INGREDIENTS

For the dough:

- 2 3/4 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) unsalted butter, at room temperature
- 1 1/2 cups granulated sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract

For the cinnamon-sugar coating:

- 1/4 cup granulated sugar
- 2 teaspoons ground cinnamon

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Line two baking sheets with parchment paper or silicone baking mats to ensure even baking and easy cleanup.
2. Prepare the dry ingredients: In a medium bowl, whisk together the flour, cream of tartar, baking soda, and salt. Set aside.
3. Cream the butter and sugar: In a large mixing bowl, use a hand mixer or stand mixer to beat the butter and 1 1/2 cups granulated sugar together on medium speed until light and fluffy, about 3 minutes. This will ensure your cookies are tender and melt-in-your-mouth.
4. Add the eggs and vanilla: Add the eggs, one at a time, beating well after each addition. Stir in the vanilla extract.
5. Combine wet and dry ingredients: Gradually add the dry flour mixture to the butter mixture, beating on low speed until just combined. The dough will be soft but not sticky.
6. Make the cinnamon-sugar mixture: In a small bowl, stir together the

1/4 cup sugar and cinnamon until evenly combined.

7. Shape the cookies: Roll the dough into 1-inch balls (about 1 tablespoon of dough per ball). Roll each ball in the cinnamon-sugar mixture, ensuring each one is generously coated.

8. Bake: Place the coated dough balls on the prepared baking sheets about 2 inches apart. Bake for 10-12 minutes, or until the edges are set and the tops are cracked. Be careful not to overbake, as the cookies should be soft in the center.

9. Cool: Let the cookies cool on the baking sheets for 5 minutes before transferring them to wire racks to cool completely.

TIPS FOR SUCCESS

- Room-temperature butter: Ensure your butter is at room temperature for a smooth, well-blended dough. Cold butter will not incorporate as well, leading to a denser texture.
- Slightly underbake: For the perfect chewy snickerdoodle, slightly underbake



the cookies. They will continue to firm up as they cool on the baking sheet.

• Make ahead: These cookies freeze beautifully! Store them in an airtight container for up to a week at room temperature or freeze for up to three months.

Enjoy the warm, cinnamon-sweet aroma as your snickerdoodles bake — and share the joy with family and friends. These cookies are sure to be a crowd-pleaser at any gathering, or simply enjoyed as a cozy treat at home.

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Why travel with Terrapin Tours?

by Kelly Cooke

Hello from the team at Terrapin Tours! For those of you that haven't had a chance to travel with us yet – there's a few things that we are VERY proud of – including our Give Back Initiatives and the fact that we have won TWO different awards based on the votes from our travelers (4 years in a row!!).

If you are wondering WHAT MAKES US DIFFERENT it's our approach to group travel! Mostly, we like to HAVE FUN, we take a "Stop and Smell the Roses" approach to travel, and we believe that smaller group sizes = a better experience! Traveling in a group is really all about the journey – taking the time to enjoy beautiful destinations AND the company of your fellow travelers.

Give back initiatives

We give back to our community: Our "Give Back" initiatives include a Travel Scholarship for NH high school students (we have donated over \$6,000 to local students to support their travel endeavors – visit our website to learn more!), toiletry donation programs, supporting community events, and more!

Our commitment to our customers: All client payments are held in a separate holding account, and are not used for operating expenses. Full cash refunds are provided if we cancel or reschedule a tour.

We appreciate our clients! Our Turtle Trax Program is our customer appreciation program, and is a way to thank our top travelers. We like to show our appreciation for the continued support of our loyal customers.

Travel without stress!

Let us worry about the details, while you enjoy your tour. We know that you have choices when it comes to traveling, but we also think that we have the best tours departing from New Hampshire, and it's why we have a tremendous repeat client base.

Quality & Value: We may not be the least expensive, because that isn't our

goal. Our goal is to create the best tour experience we can at a fair price. Quality meals; hotels in central locations; the right mix of free time and planned activities; a friendly, professional Tour Director; luxury motorcoaches, and friendly, professional drivers.

Comfort & Fun!: Our itineraries focus on an equal share of planned activities and free time, allowing travelers to meet new friends while having the flexibility to explore on their own. Plus, we think that it is better to have a little extra room – all of our multi-night tours have a maximum of 36 passengers on board.

Final thoughts... At the end of the day, traveling is a very personal experience. Traveling with a group has always been a great option for me – I love the camaraderie that comes with traveling with a group of strangers that become friends; I love sharing the experiences along the way; and sitting down at the end of the day and sharing stories of our adventures. My passion for group travel has helped me create a new kind of travel – a group tour where after you take that "first step" and get on the bus, you are in for a fun-filled adventure, not some stuffy old bus tour. So hop on the bus with Terrapin Tours...you won't regret it!

Don't miss your chance to join us!

All multi-night tours operate with a maximum of 36 passengers (or less!).

We offer over 40 tours a year – from day trips to bucket-list adventures, we have a tour for everyone!

Our tours tend to fill up quickly – grab a seat while you can or add your name to a waitlist if the tour is sold out!

Thanks for reading and we hope to see you on the bus!

Kelly Cooke is the Owner of Terrapin Tours, loves traveling and has nearly 30 years of experience in the travel industry. You can learn more about Terrapin Tours, our travel philosophy, and the exciting places we will be visiting in 2025 on our website www.TerrapinTours.com or by calling 603-348-7141.

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- Springtime in NYC featuring WICKED -April 17-19, 2025
- Asheville, Nashville & Louisville Signature Tour - April 20-May 2
- Jamestown, NY featuring the Lucy & Desi Museum - May 4-9, 2025
- Louise Penny Inspired tour to Quebec - May 21-24, 2025
- New England Clambake & Isles of Shoals Cruise - June 17, 2025
- Halifax & the Royal Nova Scotia Tattoo - June 25-30, 2025
- THE WIZ at the Boston Opera House - August 24, 2025
- Cooperstown, NY & the Baseball Hall of Fame - Sept 2-4, 2025
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Exeter's Christmas charm

In Exeter, New Hampshire, where colonial charm meets modern-day hospitality, Christmas is more than just a holiday; it's an occasion woven into the town's very fabric. The streets are lined with colonial homes decked in twinkling lights, and the town center transforms into a scene straight out of a Christmas card. Here, the spirit of the season is celebrated not only with festive decorations and holiday shopping but through time-honored traditions that bring the community together.

One of the most beloved traditions is the annual Christmas parade, a tradition dating back more than 60 years. On the first Saturday in December, the downtown streets are filled with marching bands, floats and vintage cars, all winding through the historic district. What sets Exeter's parade apart is its community involvement — local schoolchildren, civic groups and businesses all contribute to the festive spectacle.

"The parade is really what kicks off the season for us," says Sarah Gibson, an Exeter resident and mother of three. "It's a time when everyone in town gathers to share in

tury headquarters, this event offers a glimpse of how Christmas was celebrated by early settlers. Visitors are greeted by reenactors dressed in period costumes, serving up mulled cider

Then there's the Festival of Trees, an annual event that has become a staple in Exeter's holiday calendar. Local organizations, schools and families create elaborate holiday-themed trees, which are displayed throughout the town's town hall. The event raises funds for local charities and offers a visual feast for the eyes. "It's a true community effort," says Bob Johnson, an organizer. "Each tree tells a story, and you can feel the love and creativity that go into them."

Exeter's Christmas traditions blend nostalgia with a sense of community spirit that keeps residents and visitors coming back year after year. Whether it's a stroll through the town's snow-dusted streets or a hot cocoa stop at one of the local cafes, Exeter remains a place where Christmas isn't just a day — it's a season to be celebrated, cherished, and shared with all.

"The parade is really what kicks off the season for us. It's a time when everyone in town gathers to share in the excitement."

— Sarah Gibson, Exeter Resident

the excitement." For those looking to soak in the town's colonial past, the Hedgehogs' Christmas at the History Museum is an annual favorite. Held at the Exeter Historical Society's 18th-cen-

and stories of Christmases long ago. "It's a chance to experience history in a way that feels real," says Emily Pearson, a volunteer who has worked at the museum for more than a decade.

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Pickleball – Don't get Injured!

Kathleen A Hogan, MD

Pickleball is one of the fastest growing sports in America. A combination of tennis, badminton, and ping-pong, over 13.6 million people play this sport regularly in the US, and 60% of players are age 55 or older. The game is particularly popular amongst older adults in part because it is easy to learn, inexpensive, and requires less cardiovascular endurance than tennis. Many players are attracted to the social nature of the sport as well. Pickleball can be fun and addictive!

However, along with its popularity, the number of pickleball related injuries has also rapidly increased. Players older than 50 are the most likely to be injured, with 33% of injuries being sprains and 28% fractures. Over half of injuries are the result of falls, with ankle sprains the most frequently reported. Those with knee arthritis may have exacerbation of their symptoms, but ACL and oth-

er ligament injuries can also occur. Women are more likely to fracture bones, corresponding to their higher rate of osteoporosis, with wrist fractures being the most common. Overuse injuries account for 25% of injuries, with wrist, shoulder and elbow injuries being the most frequent. Head and eye injuries are relatively uncommon.

Why do so many people get hurt playing pickleball? Many seniors who start playing are relatively sedentary. Once they start playing, many people play daily, sometimes for hours. Improper technique and long playing times can contribute to overuse injuries. Newer athletes may lack muscle strength, flexibility, and balance. The small court size and fast pace of play can result in awkward motions and falls.

How can you prevent injuries? If you are new to pickleball, consider taking some lessons to learn proper form and technique. Spend money to purchase good sneakers, with ade-

quate lateral support for court sports. Warm up before you play and stretch afterwards. Do not play every day and spend time improving your general fitness with strength training, flexibility exercises, and yoga. Focus on lateral motions and balance. Strengthen your core, shoulders, and legs. If you are new to exercising or have prior injuries, consider working with a trainer or physical therapist. Ramp up your intensity and duration of play gradually. If you do start to notice some aches and pains, do not push through the pain – rest and get evaluated if the symptoms do not improve. Discuss osteoporosis evaluation and treatment with your doctor. On the court, avoid running backwards and awkward movements. It is better to lose a point than to fall and be injured!

Pickleball can be a great activity for people of every age. It improves cardiovascular fitness, balance and coordination and improves mood, energy levels, and mental health. The



social connections and friendships that develop from playing may enrich your life in unexpected ways. You can take steps to minimize your risk of injury by improving your overall fitness, learning proper techniques, and allowing your body time to rest and recover from workouts.



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We Keep Bodies *In Motion*.™

Downsizing: A New Chapter of Comfort and Convenience at Hunt Community

As life progresses, many find that their needs and priorities evolve. For those aged 62 and better, downsizing into a community such as Hunt Community in Nashua, New Hampshire offers a unique opportunity to embrace a lifestyle that prioritizes comfort, convenience, and community. This Life Plan Community, also known as a Continuing Care Retirement Community, is designed to cater to active, healthy individuals looking to enjoy their golden years to the fullest.

A Thoughtful Transition

Downsizing can be a daunting task, but Hunt Community makes the transition seamless. Located on 16 beautifully landscaped acres near downtown Nashua, this community offers a variety of newly renovated floor plans to suit different lifestyles. Whether you prefer a bright studio apartment, a cozy one-bedroom or a spacious two-bedroom, there's

a home that fits your needs. The community's proximity to shopping, dining, and entertainment ensures that residents enjoy the best of both worlds—peaceful living with easy access to urban amenities.

Amenities and Services

One of the standout features of Hunt Community is its extensive range of amenities and services for worry-free living. The community offers a full-service dining program with chef-prepared meals in both a formal dining room and in the more casual Hunt Café. Residents also enjoy bi-weekly housekeeping services, paid utilities, and expanded digital cable TV services.

For those who enjoy staying active, Hunt Community provides a fitness facility, a personal trainer, walking trails, and a variety of social, recreational, and educational programs. From lectures to art classes and movie nights

to Corn Hole tournaments, there's always something happening on campus. The community also hosts regular social events, ensuring that residents have ample opportunities to connect and build lasting friendships.



than just having a place to stay it's about being part of a vibrant, supportive community. The staff at Hunt Community are dedicated to creating an environment where residents have the freedom to be themselves.

In conclusion, downsizing into Hunt Community

Health and Wellness

Hunt Community places a strong emphasis on health and wellness. The community offers 24-hour security and emergency response systems, ensuring that residents always feel safe and secure. Additionally, elevated care options such as assisted living and nursing care are available on-site to provide peace of mind for residents and their families.

A Vibrant Community

Living at Hunt Community is more

in Nashua offers a perfect blend of independence, support, and community. It's a place where you can enjoy your retirement years with peace of mind, knowing that all your needs are taken care of. Whether you're looking for a maintenance-free lifestyle, a variety of activities, or a supportive community, Hunt Community has it all. We welcome you to visit and look forward to seeing you. To schedule a tour call 603-821-1200 or visit our events page at 603-821-1200.



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Europe is Closer Than You Think...at Viking House!

Europeans are cuckoo for Christmas – and so are we at Viking House in downtown Concord! Holiday markets are a seasonal staple in many European countries, and an array of cultural customs have become a part of our celebrations on this side of the pond, too. At Viking House, we toast these traditions and the items and foodstuffs that bring them to life...and we do our best to help you incorporate them into your own festivities!

Wooden pyramids from Germany are the center of attention on many holiday tables. These elaborate handcrafted carousels feature tiny Nativities, snowmen, animals, trees, and more – some are natural wood, some are vibrantly painted, and all of them are charming, dynamic representations of the season. In the evenings, dim the lights, light the candles, and let your slowly turning pyramid centerpiece bring a glow of coziness and joy! Nutcrackers and “smokers” – also from Germany and as unique as can be – come in many sizes, colors, and characters, to add whimsy to your December decor, in addition to lovely scents.

Advent calendars have become a tradition for families the world over, counting down the days from December 1 to Christmas Day. You can find Advent calendars in nearly any format, from a cute cardboard card with pictures hidden behind each die-cut door...to a box with a bite of chocolate, caramel, or licorice for each of 25 days...to a handmade Advent calendar with tiny wooden compartments. Place treats and trinkets behind each door to fill this future family heirloom!

Brits come to Viking House looking for **Christmas crackers**, dreamed up by a Londoner in 1847 and now used across the UK and elsewhere as a festive way to cap off holiday dinner. Crackers look like giant holiday-wrapped hard candies. They make a snapping sound when opened, releas-



ing a small prize, a joke, and a tissue crown. It's a little silly and a lot of fun to snap crackers, share jokes, and wear funny tissue crowns with your family and friends around the table.

There are as many holiday food traditions as there are families – millions of tables feature stollen bread, Christmas puddings, herring, Swedish meatballs, and more! One tasty tradition that anyone can enjoy is **pepparkakor**, a thin, spicy ginger cookie from Sweden. Place a pepparkakor in the palm of your hand, make a wish, and tap it with a finger from your other hand. If the pepparkakor breaks into 3 pieces, some Swedes say, your wish will come true. And if it doesn't, you still get a delicious cookie – win-win!

Looking to start or continue your own holiday tradition? We'll see you at Viking House! *Cheers! Skål! Salut! Prost!*



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Understanding and Overcoming Loneliness and Isolation

By: William Charmak, PhD, ABPP, at Foundation Counselling and Wellness

In today's world, technology has given us more ways than ever to stay connected. Texting, Facebook, Instagram, FaceTime, Skype, WhatsApp, and countless other platforms allow us to reach out to others with the tap of a button. Yet, despite these advancements, the Surgeon General of the United States has recently highlighted a surprising and deeply concerning public health crisis: loneliness and social isolation.

While these feelings are not new, they have become more widespread, particularly among seniors. The COVID-19 pandemic has only intensified this issue, making it harder for many to maintain the social connections that are vital to their well-being.

The health risks of loneliness and isolation

But why should we be concerned? After all, most of us have experienced loneliness or isolation at some point in our lives. The reality, however, is that these states are closely linked to serious health conditions. Loneliness and social isolation are associated with higher blood pressure, heart disease, obesity, weakened immune systems, depression, anxiety, cancer, dementia, and even death. Those

who have faced the pain of prolonged loneliness also know it can lead to a sense of hopelessness and, in severe cases, suicidal thoughts.

Finding hope

The good news is that there are proven ways to counter loneliness and social isolation. Here are some practical steps to overcome these feelings:

1. Embrace online resources: While some may be hesitant, learning online tools can be incredibly beneficial. Platforms like Skype, Zoom, and other video services help maintain connections with loved ones. Local colleges, religious institutions, libraries, and community centers increasingly offer virtual learning and socializing opportunities.

2. Volunteer: Giving back is a powerful antidote to loneliness. Community non-profits, animal shelters, and local schools often need volunteers. Volunteering provides a sense of purpose and opens doors to meeting like-minded individuals and building new friendships.

3. Stay active: Physical activity is crucial for mental and physical health. Senior centers and the YMCA offer a variety of free programs that promote wellness and provide opportunities to meet new people. If getting out is difficult, YouTube offers a wealth of exercise videos tailored to all fitness levels. Regular movement is linked



to improved mood, sharper memory, and other anti-aging benefits.

4. Plan your day: Establishing a daily routine that includes exercise, social activities, and hobbies can make a big difference in combating loneliness. Structure brings a sense of purpose and helps fill the day with meaningful activities.

5. Seek support in grief: Aging often comes with loss, and grieving is a natural part of life. Grief support groups, available through hospice services, religious organizations, and social services, can provide comfort and connection during difficult times.

If you or someone you care about is struggling with depression, it's essen-

tial to seek help. Your primary care provider can offer support and guide you toward effective treatments for depression, anxiety, and related conditions.

Remember, loneliness and isolation do not have to be lifelong companions. You can build a life rich with connection, purpose, and joy by taking proactive steps.

Learn More About Foundation Counselling and Wellness at www.snhhealth.org/bhu.

William Charmak, PhD, ABPP, is a board-certified clinical and medical psychologist at Foundation Counseling and Wellness.



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150 Years of Railroading Over Crawford Notch

By Brian Solomon

There's no better time than this winter to take a classic train ride! Conway Scenic Railroad offers some of the finest heritage excursions in New England and this Christmas 2024 season has seen the railroad greatly expand its winter excursion program. This includes its first ever *Winter at Crawford* excursions over Crawford Notch. This spectacular program is a prelude to the railroad celebrating 150 years of railroad service at Crawford Notch in the 2025 season.

One hundred and fifty years is a very long time. The world has changed dramatically during that century and one half. In the 1870s, privately funded and operated railroads were state of the art transportation. Steam locomotives working on iron rails were seen as the economic engine of America. Rich men made their fortunes with railroads, and the men who pulled the throttle of the engines—the locomotive engineers—were every child's hero.

Railroad schemes across the country enticed investors. Among these railroads was the Portland & Ogdensburg, a company with ambitious visions to construct an interstate transportation system to tap the flow of east-west traffic from the Great Lakes and channel it through Portland, Maine. The railroad's promoters projected a route running north-westerly direction from Portland across southwest Maine via Fryeburg and through New Hampshire via North Conway and Bartlett and over a rugged crossing in the White Mountains at Crawford Notch. The company fell far short of its reaching its westward goal—the port on the St Lawrence River at Ogdensburg, New York—and only reached as far west as St Johnsbury, Vermont.

Despite this shortfall, the railroad over Crawford Notch proved to be a significant engineering feat that required construction of several towering bridges, and had clawed its way



up the east side of Crawford Notch on a shelf cut out rock situated high above the rushing water of the Saco River. After several years of construction, tracks reached the summit at Crawford station in 1875 where the first trains were greeted by a great fanfare. Once it was open the railroad carried interstate freight and passenger business, serving a key avenue for the White Mountain tourist trade.

Over the next century, the railroad's fortunes faced a rocky path which ebbed and owed. In the late 19th century, the P&O was melded into the Maine Central, which operated the line over Crawford Notch as its famed 'Mountain Division. Another of the lines in the Mount Washington Valley was Boston & Maine Railroad's Conway Branch, a meandering lightly built line that extended north from the Seacoast Region to serve resorts and industries in the Town of Conway and myriad towns along the way. North Conway was established as the northern hub for this line, and in 1874 a distinctive passenger station was built in the Russian Revival

style along with a freight house, and roundhouse which serviced the railroad's steam locomotives.

After World War II, the Boston & Maine suffered from declining traffic. Passenger service ended in 1961, and freight service in 1972. Thankfully, the quaint facilities at North Conway caught the eye of nostalgia minded entrepreneurs who formed the Conway Scenic Railroad, a heritage tourist railroad based at the classic Victorian era North Conway Station, which began excursion operations on roughly six miles of the B&M line in August 1974. Maine Central's Mountain Division survived as a through freight route until 1983, after which it was devoid of revenue earning trains, after which nature gradually encroach on the line. In the mid-1990s, the State of New Hampshire took control of portions of the Mountain Division in the State and designated Conway Scenic Railroad as the operator. The tracks were restored to service and excursions service over Crawford Notch began in 1995.

The success of these excursions have put Conway Scenic back on the railroad map. In recent years under the leadership of Dave Swirk, the railroad has innovated and reinvented itself in a variety of ways. The railroad has acquired additional heritage railroad cars which has allowed it to run more trains than ever before. This culminated in 2024 with the introduction of dedicate trains for groups, including cruise ship shore excursion passengers, and Winter at Crawford excursions that will allow passengers to take in the splendor of the Mount Washington Valley from the comfort of classic mid-20th century passenger cars. Other excursions include its popular Santa Holiday Expresses that run weekends between Thanksgiving and Christmas and hour-long Snow Train excursions on the Conway Branch that will run up to five times a day on weekends and holiday weeks from December 26 to the end of February

For details, see Conwayscenic.com.

Volunteer Listings

Looking to make a difference in your community? Volunteering provides an opportunity to give back while learning new skills and connecting with like-minded people. Here are some local organizations and causes that could benefit from your contribution.

- **Black Ice Pond Hockey** (blackicepondhockey.com, info@blackicepondhockey.com) helps out in advance of and during the annual three-day outdoor hockey tournament in Concord (usually in the January-March time frame). See the website to fill out the volunteer application to help with work in merchandise, sales, player check-in, shoveling, ice maintenance, scoring, setup and more.

- **The CareGivers NH** (700 E. Industrial Park Drive in Manchester; caregiversnh.org, 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and disabled people in Alton, Amherst, Auburn, Bedford, Candia, Goffstown, Hooksett, Hollis, Hudson, Litchfield, Manchester, Merrimack, Milford, Nashua and Wolfeboro, according to the website. Volunteers are needed to provide transportation and deliver food as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed frequently asked questions.

- **CASA of New Hampshire** (casanh.org), “a nonprofit that trains volunteers to advocate for children who have experienced abuse and neglect,” holds virtual information sessions when staff members and an active volunteer will provide information and answer questions, according to a press release (see the schedule at CASA’s website). Volunteer advocates participate in a 40-hour training course and are then supported by a peer coordinator and program manager, according to the website, where you can apply and find information on CASA fundraising events.

- **The Franco-American Centre**

(100 Saint Anselm Drive, Sullivan Arena, in Manchester; 641-7114, fachh.com), which promotes French language, culture and heritage, seeks volunteers for work as Culture of France Event Coordinator, Culture of Quebec Event Coordinator, Immigrant Outreach Coordinator, French Conversation Group Facilitator and more, according to the website. Some French language skills are helpful but not required, the website said.

- **Hillsborough County Gleaners** (603-732-9194, nhgleans.com) is a program of the Hillsborough County Conservation District (HCCD) and NH Gleans. They work with local farms to collect excess produce and deliver it to food pantries, children’s organizations and seniors who can use it, according to the website, where you can fill out an application and specify regions of the state to volunteer in.

- **International Institute of New England** (iine.org, 647-1500), has as its mission “to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship,” according to the website. Manchester office volunteer opportunities include ESOL classroom support mentors, volunteer drivers, welcome teams and event teams, the website said. Watch a video about volunteering with IINE and apply to volunteer on the website.

- **Intown Concord** (intownconcord.org, 226-2150) has volunteer opportunities including working within the Intown organization and helping with special events. Go online, where you can apply to join a committee or task force, including ones related to specific events such as Midnight Merriment or the Halloween Howl, or contact info@IntownConcord.org.

- **John Hay Estate at The Fells** (456 Route 103A in Newbury; thefells.org, 763-4789) offers volunteer opportunities including working at the Gatehouse office, helping the education department with historical and art exhibits, working at the shop or the main house, maintaining the facilities, gardening

and working on special events, according to the website, where you can find a detailed description of some of the gardening and other work. Call the Fells, ext. 3, to speak with member services.

- **Manchester Historic Association** (Millyard Museum is at 200 Bedford St. in Manchester, Research Center is at 129 Amherst St.; manchesterhistoric.org, 622-7531) offers volunteer opportunities including working at the front desk and gift shop at the Millyard Museum and helping with programs, tours and events, according to the website, where you can download a volunteer application. Call or email history@manchesterhistoric.org with questions.

- **McAuliffe-Shepard Discovery Center** (2 Institute Drive in Concord; starhop.com, 271-7827) has opportunities for volunteer positions including school group educator, docent, helping with events, exhibit maintenance, grounds maintenance (including gardening) and more, according to the website, where you can also find volunteer perks. Go online to fill out a volunteer form.

- **NAMI NH** (naminh.org, 800-242-6264) has volunteer opportunities related to advocacy, support groups and family-to-family programs as well as work on events, according to the website, where you can find applications and more details for specific programs.

- **New Hampshire Audubon** (nhaudubon.org) has centers in Concord, Auburn and Hebron as well as wildlife sanctuaries throughout the state. “Volunteers at NH Audubon work alongside staff to help fulfill our mission by furthering conservation efforts and engaging the community. Volunteers serve important functions in our statewide offices in Concord, three program centers, our 40 sanctuaries, and locations across the state: monitoring wildlife populations, creating viable natural habitat, educating constituents, advocating for sound environmental policies, maintaining natural lands, and community outreach inspiring future stewards. NH Audubon also has dedicated chapters throughout the state run

completely by volunteers,” according to the website, where you can find details about specific volunteer projects and fill out applications.

- **New Hampshire Food Bank** (700 E. Industrial Drive in Manchester; nhfoodbank.org, 669-9725) has group and individual volunteer opportunities, which include working at mobile food pantries, working at the food bank’s garden April through November, working at the Saturday morning food drops at JFK Coliseum in Manchester and working at the food bank facility, according to the website, where you can sign up to volunteer and see a calendar of when and where help is needed. Or contact 669-9725, ext. 1131, or email amoulton@nhfoodbank.org.

- **The Northeast Organic Farming Association of New Hampshire** (nofanh.org) seeks volunteers with planning its annual winter conference, assisting with spring bulk order pickup, and committee and board membership, according to the website. Go online to fill out a volunteer form or contact info@nofanh.org.

- **Pope Memorial SPCA of Concord-Merrimack County** (94 Silk Farm Road in Concord; popememorialsPCA.org, 856-8756) holds regular volunteer orientations (pre-registration is required) with volunteer opportunities including small animal care and socialization, dog enrichment, dog park assistance and workroom assistance, according to the website. Go online to submit a volunteer application or to ask questions of the volunteer coordinator.

- **Young Inventors’ Program** (unh.edu/leitzel-center/young-inventors-program) uses volunteers to support its annual Northern New England Invention Convention event. See extension.unh.edu/educators/4-h-stem-docents for information on the 4-H STEM Docent program, which builds and trains volunteers to help with educating New Hampshire K-12 youth in science, technology, engineering and mathematics projects, according to the program’s organizer.

5 things to do at the Currier Museum of Art this winter

The Currier is a world-class art museum close to home where there is always something new to discover. Visitors say the museum's gem-like size and ample free parking allow them to experience great works of art in an accessible and welcoming atmosphere. Whether you are looking for an art class to get your creative juices flowing, an inspiring environment to make new connections, or a place to take visiting family, you will find it here. The Currier is your ticket to a memorable artistic adventure – no long trip to Boston required!

Here are five things to do at the Currier Museum of Art this winter.

#1: Enjoy free museum admission

on the second Saturday of every month.

Every second Saturday, the museum offers free admission to New Hampshire residents and a fun-filled celebration of community featuring special art activities and family-friendly tours. The next Second Saturday events are on December 14th and January 11th.

#2: Be uplifted by this new exhibition of glass sculptures.

Dan Dailey is a New Hampshire sculptor with a global following. The Currier is proud to host a joyful retrospective of his work in our light-filled galleries. Dan Dailey: Impressions of the Human Spirit is a beautiful exhibition you don't want to miss – and you can see it here at the Currier through February 2nd. Make a day out of it by stopping in the museum's Winter Gar-

den Café for a delicious sandwich or coffee.

#3: See two renowned artists on display together for the first time.

The museum's latest exhibition, Jean Michel-Basquiat & Ouattara Watts: A Distant Conversation puts the work of two renowned artists on display together for the first time in history. Rich with themes of friendship, belonging, and identity, the exhibition offers a taste of the New York art world right here in New Hampshire through February 23rd.

#4: Find your new creative outlet by signing up for a winter art class.

As the weather outside gets colder, there's no better time to head inside for light, conversation, and creativity. The Currier Museum offers inspiring and supportive art classes for students of all ages and abilities. Learn how to

draw or experiment with landscape painting in the same building where you can see Picasso and Monet.

#5: Stop by the Museum Shop for unique gifts for everyone on your list.

The Museum Shop has a curated assortment of thoughtful gifts – from art kits that will keep your grandkids making all winter long to exclusive Frank Lloyd Wright-inspired selections that every host loves. Museum members benefit from a shop discount (and museum memberships make great gifts too).

Find yourself at the Currier Museum of Art this winter. Visit www.Currier.org for more information on classes, membership, and exhibitions.



Dan Dailey: Impressions of the Human Spirit is on display at the Currier Museum of Art through February 2nd. Photo by Morgan Karanasios.

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