

Thanksgiving prayer for peace seeks to bring world together

DEAR ABBY: Our organization, No Greater Love, is a nonprofit humanitarian organization that honors America's fallen and their families, and promotes peace. I am reaching out to you and your millions of readers about an important event we are planning. NGL invites you and your readers to become links in our Chain of Prayer for Peace.

As you gather together at Thanksgiving, please consider adding a special prayer for peace. Our goal is to link children and adults of all religions by praying on that day — and every day possible — for peace in the world.

We have invited the five major world religions — Christianity, Islam, Hinduism, Buddhism and Judaism — all of which regard peace as a universal concept. While our specific beliefs may differ, we are all one through our quest for love and peace.

— CARMELLA LaSPADA
DEAR CARMELLA: I am sure my readers will agree that your idea is one worth trying. I'm reminded of the adage that when a stone is tossed into a pond, the ripple effect spreads much farther than the point of impact. It's my prayer that when readers of all faiths focus their positive energy on such an important outcome, something similar will happen.

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DEAR ABBY: My boyfriend, "Mark," and I have been dating for three months but have been friends for about eight years. Neither of us have it together (career-wise) at the moment. Mark is two years older than me.

For some reason, he's hesitant about getting his driver's license. When I brought it up when he was a senior in high school — we were just friends then — he said he was going to get it before graduation.

Dear Abby

Jeanne Phillips



That was seven years ago. Now he's my boyfriend, and I feel weird picking him up and dropping him off.

His excuse is he wants to perfect parallel parking. When I got my driver's license, I did just OK with parallel parking, but I passed the driving test. How do I approach him about getting his driver's license?

— GETTING NO-WHERE IN GEORGIA
DEAR GETTING NOWHERE: For whatever reason, I suspect that Mark hasn't been completely honest about why he hasn't gotten his driver's license. Approach him directly, and tell him you are uncomfortable providing all the transportation. And if his excuse is he wants to perfect his parallel parking, suggest he take a driver's education course.

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DEAR ABBY: My husband and I recently moved to Florida. We are meeting people but are confused regarding social activities. We have been invited to get-togethers several times only to be instructed to bring our own drinks and an appetizer to share. When we entertain, we don't expect our guests to bring anything. Is this the norm?

— CONFUSED IN FLORIDA
DEAR CONFUSED: It may be the norm in the community where you are now living, but it's news to me. I have heard of a BYOB party, and I have heard of a "potluck party, but never a "Bring Your Own EVERYTHING" party.

Write to Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, Calif. 90069.

Be a Santa to a Senior program underway

MANCHESTER — While many seniors enjoy living independently, the holidays can be a difficult time for those who are unable to spend them with friends or loved ones.

This is why the Home Instead Senior Care office serving Manchester is inviting the community to brighten Christmas for seniors through its Be a Santa to a Senior program, which provides gifts and companionship at a time when seniors may need it most.

Home Instead, which offers in-home care services for seniors, has partnered with the Community Action Program, Meals on Wheels and Liberty House to help collect and distribute gifts. Be a Santa to a Senior trees will be on display through Friday, Dec. 15, at eight locations. The trees are decorated with paper ornaments that include seniors' first names and their desired gifts. Christmas shoppers can choose an ornament, buy the requested gift and return it with the ornament attached. There's no need to worry about wrapping — community volunteers and program partners will wrap and deliver the gifts to seniors.

The trees can be found at the following locations:
In Concord

- Concord Technical High School, 170 Warren St.
- Merrimack Valley Savings Bank, 89 N. Main St.

In Manchester

- Chalifour's Flowers, 46 Elm St.
- Coldwell Banker Realty, 803 Elm St.
- St. George Greek Orthodox Cathedral, 650 Hanover St.
- Meetinghouse at Riverfront, 60 Riverfront Drive.
- State Farm, 510 Kelley St.
- Bellman's Jewelers, 1650 Elm St.



COURTESY

Barbara Kline-Schoder, right, accepts the Wheelock Terrace Assisted Living Senior Service Award from Melissa Suckling, Wheelock Terrace executive director, during an awards ceremony last week.

Lisa and Frank Byrne of the Home Instead Senior Care Manchester office said the program brings seniors gifts, which they might not receive otherwise, but more important, the gifts are delivered "with a warm, friendly face and kind words, reminding them that their community cares about them."

For more information, visit BeaSantaSenior.com or call 668-6868.

Wheelock Terrace presents Senior Service Award

HANOVER — Barb Kline-Schoder, who for the past five years has served as a volunteer for Bayada Hospice, was presented the annual Wheelock Terrace Assisted Living Senior Service Award during a ceremony last week at the senior living community.

Wheelock Terrace presents the award each year to a senior volunteer who gives back to the community. Kline-Schoder assists hospice patients and their families during end-of-life care. She goes to senior living communities and private homes for respite

don't take lightly, and I am humbled to make things better for them."

For more about Wheelock Terrace go to www.terrace-communities.com.

Nashua library program on assistive hearing devices

NASHUA — The Nashua Public Library, 2 Court St., will host a program on assistive hearing devices at 7 p.m. Thursday, Dec. 7.

The program, "Beyond the Hearing Aid," will be given by Joan Marcoux, a hearing, speech and vision specialist with the N.H. Department of Health and Human Services.

Marcoux will discuss the many devices — aside from hearing aids — available to help people with hearing impairments. Among them are vibrating alarm clocks, phones with captioning, visual and tactile smoke detectors, and iPad apps.

For directions and parking information go to www.nashualibrary.org/visit/directions.

Littleton senior center to offer Memory Tree

LITTLETON — Littleton Area Senior Center, 77 Riverglen Lane, is starting a Memory Tree on Thursday, Nov. 30.

For a donation, people may write a loved one's name or names on a Christmas tree bulb to hang on the Memory Tree. All money raised will be used to help heat the senior center.

The center's book club will meet at 12:30 p.m. Tuesday, Nov. 28.

The Pinehill Singers will perform at the center at 11 a.m. Wednesday, Nov. 29.

Anyone who knows someone who needs home-delivered meals may call the center at 444-6050 to inquire about Meals on Wheels.

Send Seniors News to family@unionleader.com or to Union Leader, P.O. Box 9555, Manchester, NH 03108-9555. Attn: Barbara Anderson.

This view isn't camouflaged

DEAR READERS: Today's "Sound Off" is about wearing camouflage clothing.

DEAR HELOISE: People from babies to adults are wearing camouflage clothes. It's used on sheets, towels and whatever.

I think this is a slap in the face to our men and women in the armed forces, who have earned the right to wear this type of clothing. I feel people should respect the camouflage clothes of the armed forces like we respect the American flag. Haven't our men and women in the military earned the right to wear camouflage, and NOT everyone else?

— Martha N., Riverton, Ill.
Martha, although I don't wear camouflage, I think it's OK if others want to wear it. To some people, this is a way



Hints from Heloise

of showing support for and solidarity with our armed forces, while others find the design to be attractive, and hunters have used camouflage for years. It's currently a trend, but it may fade in time.

— Heloise

Smooth as satin

DEAR HELOISE: I sew or pin a satin pillowcase over my pillow. When putting on the clean pillowcase, the pillow just slides over the satin with ease.

— Eileen B., Lima, Ohio

Send hints to Heloise, P.O. Box 795000, San Antonio, Texas 78279-5000, or Heloise@Heloise.com.

Researchers find new ways to clean apples of pesticides

APPLE PICKING is a fall tradition and, depending on where you live, you can enjoy that fresh-off-the-tree flavor of many of the more than 100 varieties grown commercially around the U.S. The colonists planted the first apple trees here in the 1600s — crabapples are the only native variety.

No matter what your favorite apple is, unfortunately, chances are it's coated in pesticides! For the past eight years, apples have been in the Environmental Working Group's list of the Dirty Dozen produce, with the most pesticide residues. In fact, apples held the No. 1 spot five years running.

Now researchers have found a great way to get most of the pesticides off apples, and it's not by rubbing them on your shirt.

A study in the Journal of Agricultural and Food



Drs. Oz & Roizen

Dr. Mehmet Oz & Dr. Michael Roizen

Chemistry says soaking apples in a 1 percent baking soda/water solution is more effective than a two-minute chlorine rinse or tap water. Testing for two kinds of pesticide (thiabendazole and phosmet), it took 12 and 15 minutes for the baking soda solution to banish all surface residue. However, caution the researchers, 20 percent of the applied thiabendazole and 4.4 percent of the applied phosmet penetrated into the apples,

so you might be better off with organic varieties.

Bring a bushel of apples home, mix three tablespoons of baking soda into a gallon of water and soak your apples for 15 minutes. Then wash them off in tap

water. You also could peel the fruit, but you'll lose the peel's nutrients along with surface pesticides.

◆
Mehmet Oz, M.D., is host of "The Dr. Oz Show," and Mike Roizen, M.D., is chief wellness officer and chairman of Wellness Institute at Cleveland Clinic.

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