

MARCH / APRIL

# VALLEY *Women*

The Spirit of the White Mountain Region

Our Rustic  
Country  
Wedding

BETTY DEE  
FASHIONS

GOING PLACES :  
Honeymoon trends  
for today's World

Artisan Wedding Rings





# The Cassidy Gallery

## AT JACKSON VILLAGE

*fine art & unique creations*

*Wedding plans in the works? From elegant to unusual, we have a wonderful selection of gifts for everyone on this very special day.*

*We feature work created by 35+ artists from the MWV and the rest of New England. We never offer imported artwork or craft!*



95 Main St. Jackson, NH  
*(in front of The Snowflake Inn)*

Open most days 10-5 (603) 662-2074 [cassidygallery.com](http://cassidygallery.com)



MARCH/ APRIL

## FEATURES

### GUEST COLUMNIST-

**Kimberli Lewis- Who's Wedding is it Anyway?.....6**

### BUSINESS FEATURE-

**Betty Dee Fashions.....14**

### COVER-

**Aimee Janowicz Lucy- Our Rustic Country Wedding.....10**

### WORKBENCH-

**Artisan Wedding Rings.....22**

### FEATURE-

**Things You Should Know About  
Getting Married in New Hampshire.....17**

### FEATURE-

**"I Still Do"- Lisa DuFault.....20**

### GOING PLACES-

**Honeymoon Trends for Today's World .....30**



---

T H E   Q U E U E

THE READING CORNER-  
**Wedding Bells... and Books.....8**

DOLLARS & SENSE-  
**Newlyweds and Financial Planning.....9**

ASK A SENIOR-  
**Love is Perrenial.....16**

BEAUTY FROM THE GARDEN-  
**Keeping Your Sparkly Glow.....24**

ADVANCED SKIN CARE-  
**The Chemical Peel Deal.....26**

GUEST COLUMNIST-  
**Reimagine Your Future  
and Your Furniture.....27**

VALLEY GIRL-  
**Weddings, you can't live with  
them and you can't live without them.....28**



## LETTER FROM THE PUBLISHER

Welcome to our March/April Bridal Edition.

In our quest to continue to improve the quality and scope of Valley Women Magazine, we have created a Bridal Guide that features the Mt. Washington Valley. Valley Women writers have given their own special twist to each article. Some funny, some serious, but you will enjoy reading each one. This is a guide that truly reflects the Valley.

Aimee Janowicz Lucy has offered us a glimpse into the planning of her family's rustic country wedding, along with wonderful family pictures of their special day. Robin Gallagher has told the history of her family business, Betty Dee Fashions. Laura Guptill brings her artisan skills to her weddings bands. Pru Smith takes us into Laura's studio...now we all want to design a new wedding band!

Whether you are planning a honeymoon, or just need some time away, Maura gives us options for any special time. Gerrie allows us a special moment to reflect on marriage. Walking into the Design Bungalow and we get our own design ideas on what we can make new again. Lisa reminds us what we should know about getting

married in New Hampshire. I love Jaimie's views on marriage, especially as she is creeping toward 'thirty'! Lisa gives us the positive couple inspiration with 'I Still Do'.

Our feature guest columnist, Kimberli brings her personal experience into a fun article for us. Many of us will want to explore ways to always look our best, not just for weddings. So, Advanced Skincare gives us an insight into chemical peels.

Laura brings us book choices for weddings or any special event planning. There is nothing better than smelling nice at any time. I love scents and Fields of Ambrosia.

To our Valley Women contributors.... writers, advertisers, graphics, photographers, distributors, sales....I could not do this without you! Your willingness to always bring more and do more is always tremendously appreciated. You all are the best and I am honored to work with you. The proof is in Valley Women Magazine.

See you in May,

*-Daphne*

### ADVERTISE WITH US...

Unlike any other publication in the White Mountain Region, our feature articles address topics that interest us!

This magazine is published 6 times a year. No part of this magazine may be reproduced or republished without the consent of the publishers. Valley Women is not responsible for unsolicited submissions, manuscripts, photos, or artwork. All such submissions become the property of Valley Women and will not be returned.

PUBLISHER  
Daphne LeMay

COMMUNICATIONS & SALES  
Daphne LeMay

SALES ASSISTANT  
Lisa Dubino

GRAPHIC DESIGN  
Megan LeMay

PHOTOGRAPHY  
Craig & Nancy France

CONTRIBUTING WRITERS  
Maura Ammendolia  
Gerrie Beck  
Jaimie Crawford  
Laura Cummings  
Deni DuFault  
Lisa DuFault  
Deborah Jasien  
Kimberli Lewis  
Carrie Siefer

GUEST COLUMNISTS  
Aimee Janowicz Lucy  
Kimberli Lewis

*\*Valley Women apologizes to  
Kim Tibbets.*

DISTRIBUTION  
John Sforza 603.733.6753

FOR ADVERTISING INFORMATION  
Daphne LeMay  
Daphne.lemay@yahoo.com  
Valleywomennh@gmail.com  
603.387.2739

Lisa Dubino  
Lisa.valleywomen@gmail.com  
603.344.8456

Each issue spotlights a local entrepreneur, a profile business, and a chef; including articles on health, finance, non-profits, literature, and personal perspectives.

We distribute at locations from Ossipee, North Conway, Glen, Gorham, Berlin and Littleton.

CONTACT US @  
603.387.2739  
PO Box 56, Intervale, N.H. 03845

GUEST COLUMNIST

A photograph of a bride in a white lace wedding dress with a full skirt and a long veil. She is looking over her shoulder towards the camera with a slight smile. A bridesmaid in a light pink sleeveless dress with a beaded detail on the back is standing behind her, adjusting the lace on the bride's back. The scene is set indoors, likely in a dressing room, with a window and some items on a counter visible in the background.

# Who's Wedding is it Anyway?

By Kimberli Lewis

6 VALLEY WOMEN



"Keem, you gotta have pasta and gravee or whatda you tink my cousins will tink? They tink we got no quarters for pasta! You serve it right before da meat, and da gravee fur da pasta got to have sausage in it. Your cousins like sausage in da gravee"

So, this was the first conversation I had with my Italian Grandmother when I was planning my wedding. The conversation then went on in the Italian tradition where the entire family, all talking at once, began dictating to me what we would have to eat at my wedding. They decided we were going to have minestrone, pasta (with sausage and gravy), roast beef and of course, spumoni with white wedding cake and candy covered almonds. It was at the almonds (I really hate those little pastel colored rocks), which made me put my foot down and ask them, "Whose wedding is it anyway?"

When it comes to weddings everyone has an opinion, and those who contribute financially act as if they are the key shareholders at some corporate entity, dictating how things should be done. But the truth is you are the CEO of your wedding. As the CEO, of your wedding, you should have the say in how to run your wedding. The opinions of key shareholders are sometimes interesting and sometimes can lead to good advice, but the ultimate decision is yours. Therefore, learning to manage the key shareholders and their thousands of opinions and millions of pieces of advice is key to being able to survive the wedding planning process.

Getting married is a life-changing event and it can be stressful, and the more pressure you get from those around you, the more difficult it is to execute what you really want. But getting married is also a time to enjoy yourself; a time to fulfill your dreams (not someone else's) and learning to manage the situation so that you can enjoy yourself is key. Managing your wedding is like managing any other project, the difference is you will have a lot of assistants and this takes patience and good negotiation skills.

Start by really listening to those assistants. They might be family, friends, the restaurant owner, and who knows; when it comes to weddings, even the dog may have an opinion! What are these people (and the dog) trying to tell you and what do they really want? Why are they telling you what they are telling you?

Are they giving you advice because they wish they had done things that way themselves? Is it because they really have traditional values (such as my grandmother)? Is it because they saw something on TV? (I have a cousin, who is always telling me "Kim, you know Sally Jesse says you should do this...". Since do not watch much American TV, I assumed Sally Jesse was a friend of hers until one day I realized she was talking about a TV talk show host!), or are they just plain old bossy pains in the behind! Good listening skills can help you determine motive, and when motive is determined, it is easier to steer the focus away from their motive and back to what you want.

Be open and honest with people. Sometimes people mean well, and while trying to help, they might ignore the fact that you may not want help. Being open and honest does not mean being confrontational. In high stress situations like wedding planning, we tend to become defensive and confrontational. A good exercise to help you relieve stress and not be confrontational is the "ten exercise". When someone is really getting on your nerves, just take a deep breath and count to 10 before answering. Instead of spontaneously saying "look sis, just bug out!" try "look sis, I know you are trying to help, but I really do not want to quote Lady Gaga at my wedding ceremony, I will find an appropriate quote myself".

One of the most important things you should not forget if you really want to be the CEO of your own wedding: ask your COO for support, and who is your COO, your husband to be. COO means Chief Operating Officer, and that is exactly what he will be good at in the wedding planning process. Give him a nice long list of operations, a good delegation list that you can check off and control. He should also be there to support negotiations when needed. As chief operational officer, he needs to manage his side of the family, and my experience is, chief operating officers do a great job when given priorities and a plan. Do not leave him out.

As an executive coach, I find myself working with many people in high stress situations, including marriage preparation, but that is not why I can give advice on this subject. I give advice on this subject, because I have been there, I had a wedding - ok two of them - so I am kind of an expert. I probably should not admit, I had two weddings, I should promote the fact that marriage should last and it is a very special sacrament, and I do believe that. Occasionally though "shit happens" and I had two rounds at marriage and two weddings, so I learned.

Round one: my first wedding planning experience was an entire disaster and it began when my Irish ex-father-in-law, informed us that he refused to enter the church because there was a British flag hanging in the middle of the Church (it was a historic monument, the flag was not coming down so we let him stand outside).

My grandmother had anxiety for two months before the wedding because I decided to roast a pig instead of going with the Italian set up, and my ex-mother-in-law was insulted that I dressed the bridesmaids in T-shirt dresses (what do you do when your friends range from size 8 to 16!).

But you know what ladies, everyone survived (OK not the marriage) and the little fights were forgotten and no one even remembered what we had for dinner (except my grandmother, who said the pork would have been better with red gravy). Lesson learned - relax, no one remembers except you.

Round two: at this point, I learned to listen to people's opinions but not to act on them. I decided if I wanted to serve snow cones for dessert, I would do it, and surprisingly after a while, people stopped giving opinions. I was able to carry on and really be the CEO of my wedding. My COO also did his job quite well. I tried to avoid all the opinions, by jumping on the plane and flying to Vegas for my second marriage. The escape plan did not work and 20 friends and relatives, along with their opinions, found their way to Vegas! Lesson learned - you need to face the people with opinions because even if you jump on a plane, they follow you!

So my advice is be the CEO of your wedding. It is your day, you will have many people with many opinions but it comes down to what you and your partner wants. In the end, the memories will be yours not everyone else's. I wish all the engaged couples out there a long happy and prosperous life.

*Kimberli Lewis has 25 years executive management/CEO experience and is a leadership trainer and executive coach in the USA and Europe. In USA she lives in Bartlett, NH.*





# Wedding Bells... and Books

By Laura Cummings

So you're going to get married? Congratulations! To prepare for the big day, you might want to turn to a good book, or two or three. A good guide book offers assistance when you need it, allowing you more time to just enjoy the whole process from the "Yes" to the "I do."

First suggestion: The big bible of weddings, Emily Post's *Wedding Etiquette*. Classic, indispensable and totally comprehensive, the book guides brides and their friends and family through the entire wedding to maximize fun and reduce stress. It covers everything from how to handle awkward family situations to how to address envelopes and word invitations, how to blend family traditions and the timeline of events throughout the engagement and during the wedding.

Some might think that Emily Post would be stodgy and traditional – the Emily Post Institute has been answering etiquette questions for more than 90 years – but the book has moved with the times and etiquette does not go out of style. As they say, etiquette is about treating people with consideration, respect, and honesty and that never gets old.

So now the etiquette part is taken care of and you know how to properly address your future husband's ex-stepmother, it's time to plan the actual wedding. *Prairie-Style Weddings: Rustic and Romantic Farm, Woodland and Garden Celebrations* is just the book you'll need. Granted, the title makes it sound like something you would use in Kansas, but forget the title. Stylist Fifi O'Neill knows how to transform rustic barns and gardens – and we have lots of those here in New

England – into gorgeous celebrations that seamlessly blend ruggedness and elegance. This book is filled with pictures and unique ideas for planning your event, from bridal shower and rehearsal dinner, right through the wedding and the reception.

As a perfect companion, especially if you are crafty and working on a budget, *Handmade Weddings* has 50 projects ranging from modern to classic, retro to homespun. This book can be used for everything from the save-the-date notices to handmade flower arrangements. The projects are all explained with photos, how-to diagrams and step-by-step directions. Clever, creative and budget-friendly, this is a great book for getting creative juices flowing.

I've only highlighted a couple of books here. There are so much more, especially the kind of books that cover weddings from soup to nuts. Case in point is *The Wedding A to Z: Everything You Need to Know... and Stuff You Never Thought to Ask*. I think the title speaks for itself. Something you can deal with in bite-size pieces is *The Knot Little Books of Big Wedding Ideas: Cakes; Bouquets & Centerpieces; Vows & Toasts; And Details*. This is a slip-cased collection of four individual books has information compiled from their all-time best wedding information.

The common denominator of all these books is that they offer a jumping off point for your own ideas and creativity. Let's face it – whether intimate or grand, weddings are important and the first step into a new, great adventure.



Laura Cummings owns and operates *White Birch Books*, an independent full service bookstore serving the Mt. Washington Valley – and beyond – for 22 years and counting. She has participated in the store's two book groups for more than ten years. In her non book life, she lives in Fryeburg with her son and two cats.



# NEWLYWEDS AND FINANCIAL PLANNING

By Deni DuFault, CLU, ChFC



The theme for this issue of the magazine is weddings. So, as the one token male writing for a women's magazine, it was obvious that the publisher would assign me with writing about the most un-romantic subject she could think of. So as the other writers cover topics like flowers, honeymoons and weddings I get the not so romantic topics like insurance and budgets!

Well let's just dive right in. As you plan your new life together you will probably be setting some new financial goals, such as buying a new home, starting a family, sending the kids to college or saving for retirement. While these are all exciting goals, they are also expensive goals. As a newly married couple you should talk about what you want in life and decide on what financial steps you will take in order to get there. This is a conversation that really should take place well in advance of the wedding day.

The first and most important step is to communicate. Get all of your financial documents out on the table. Tally up your assets – savings, checking, investments, real estate, etc. Next tally up all your debts – mortgage, car loans, credit cards, school loans and such. Now calculate your total net worth by subtracting your debts from your assets. At this point it's not a bad idea to make your partner aware of things like your income and your credit score. There should be no secrets or surprises. This way you can set goals, understand what is important to each other and move forward as a couple, as a family.

One of the biggest decisions for newlyweds will be to decide whether or not to combine finances. Many couples will have all joint accounts, but those marrying later in life, those previously divorced, or couples in which one person has bad debt or bad credit may find it best to have separate accounts to protect the finances of the other spouse. Separate accounts may also be a good idea if you find that you have markedly different spending personalities, money habits or financial risk tolerances.

No one likes to confront their own mortality, but you need to decide if you need life insurance. Would you be able to cover funeral expenses and settle your partner's debts as well as maintain your current standard of living if your partner were to pass away? While we are on the subject of insurance, this is a good time to update or re-evaluate all of your insurance policies. Be sure to review or update all beneficiaries, including those on all accounts, insurance policies, IRA and pension plans.

If you both have separate health insurance policies, see if it makes sense for you to be covered on the same plan. If so, which plan will provide the best coverage at the lowest cost? For disability insurance, you need to evaluate how you each would be impacted financially by the loss of your partner's income. Be sure to look at your auto insurance policy and don't forget to add your spouse on to your policy.

Now is also the time to create or review your estate planning documents. Everyone should have a will. With a will you can direct how your assets are to be distributed after you are gone. A will is especially important if either one of you has children from a previous marriage. You should also consider living wills, Power of Attorney, and health care directives in case you were to become unable to make health care decisions on your own.

A few of the other topics that need to be discussed are: Who will pay for what? Should you assign financial tasks? Do you need to create a new budget? Do you have an emergency fund? Do you have a debt reduction plan? How will you save to meet future goals? How will your new marital status affect your taxes? Should you file your federal taxes jointly or separately? I highly recommend that you sit down and talk with a financial planner as well as with a tax preparer and your insurance agent.

So, please remember to communicate, especially about large purchases. You probably won't mind if you spend twenty dollars, but if you are going to spend \$1000 dollars, maybe you should discuss it with your partner first. It's a good idea that all major purchases always be decided as a couple.

I know I've given you a lot to think about. My best advice is to communicate, communicate, communicate and it should lead to a less stressful relationship down the road. Maybe in the next issue my publisher will ask me to write about something romantic...probably not!

Deni DuFault, CLU, ChFC can be reached in Glen NH at 603 383-9400.

Email: [ddufault@investorscapital.com](mailto:ddufault@investorscapital.com) or go to [www.deni-dufault.com](http://www.deni-dufault.com). He is a Financial Consultant/Branch Manager with Investors Capital Corporation. Advice given above is general in nature and for informational purposes only. Securities offered through Investors Capital Corporation, Member FINRA/SIPC. Advisory services offered through Investors Capital Advisory, 6 Kimball Ln. Lynnfield MA 01940. phone 781-593-8565.





COVER FEATURE

# Our Rustic Country Wedding

By Aimee Janowicz Lucy  
Photography:: Megan Bailey

One of Valley Women's supporters had a wonderful family country wedding this past summer. We asked Aimee Janowicz Lucy to share her experiences for this edition. The following reflects Aimee's replies to our questions.



So you're engaged, now what? Date, venues, guest list, menu.... being an event planner I thought planning my own wedding would be a piece of cake. No way! It is so difficult to pare down all the great ideas you want to incorporate when it's your own day. How did it affect my planning? Was it a lifesaver or a burden? Actually it was be a little of both but I wouldn't change a thing about our wedding day.

### **Why did you both choose an intimate country wedding?**

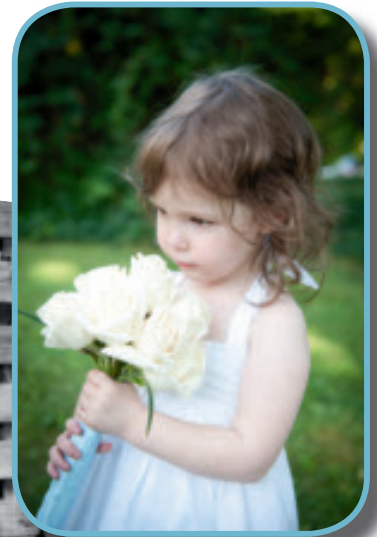
Taylor and I originally were thinking of eloping with our daughter, Maggie, on a beach somewhere but when we thought about what was really important regarding our wedding it came down to family and close friends. We wanted it to be outside, fun, casual but very intimate and personal at the same time. Once we decided to have it at his mother's home in Brownfield where he grew up, it was kind of a no-brainer to have a rustic, country wedding given the setting. She has a beautiful property with rustic barns and a stone wall overlooking Mt. Washington. It was a perfect place to get married.

### **What are some of the challenges that you faced?**

We had a lot of debate about the menu but for us it was having a day that represented who we are as a family, the three of us, and not worrying about being "traditional". So we had a cookout. Burgers, hot dogs, the works! We used a local restaurant (302 Smokehouse) and everyone loved it. We also had a Ben & Jerry's ice cream cart, the kids were in heaven.

### **Did you have any 'issues' with the small guest list from friends and family? If so, how did you handle them?**

You always have issues with the guest list and we found it hard to keep it to our initial idea of an intimate wedding. There are always family members that want to include their own group of people and you certainly don't want to offend anyone but in the end it's about who is a part of your everyday lives that will make the day memorable. We kept it small and it worked for us. We were able to spend time with all of our guests.





**What were the highlights of the ceremony for you both?**

We had a lot of kids in the wedding and our two-year old daughter so it was completely unpredictable, chaotic and hilarious. Exactly what we hoped for. Our guests were seated on covered hay bales with their mason jars in hand looking out at Mt. Washington. Since we didn't want a traditional wedding party, we included our family and close friends in a variety of ways, starting with Taylor's brother playing guitar and one of our closest friends singing my favorite Van Morrison song. One of my best friends children passed out flowers to my long-time girlfriends who were all sitting in the front row. Maggie ran down the aisle with her cousin, my sister-in-law read "Forever Young" in her honor and when we exchanged our rings we gave Maggie a ring we had made for her. Of course she tried to pull it off and then ran to the car to get her dinosaurs... but that's what made it so fun! The best was having my brother marry us. He was fantastic and





made it so personal, it was a beautiful ceremony.

### Reception highlights?

There were so many it's hard to choose. When Taylor and I looked around that day we just smiled because it was exactly how we envisioned it to be. My nephew eating ice cream on a hay bale, a group of old friends around the bar, Maggie and all the kids running around, playing lawn games or jumping in the Dino bouncy house and four generations (ages 2 to 86) on the dance floor getting their groove on all night to an awesome local band, Shark Martin. That's a good day!

### Looking back, what was the best thing about your wedding day?

It was really everything we wanted it would be. We had our family and friends all around us, in a very special place, laughing, dancing, eating and drinking. As my dad said "It may not be the fanciest wedding I've ever been to, but it was the coolest." What is better than that?

### What advice do you have for couples considering an intimate country wedding?

I would say be true to who you are as a couple or as a family. There is no right or wrong way these days. Make it personal, incorporate your family and friends in a variety of unique ways and if you like burgers, serve burgers!

Aimee is an Event & Wedding planner who lives in the Mt. Washington Valley. She can be reached at [aimeejanowicz@yahoo.com](mailto:aimeejanowicz@yahoo.com).



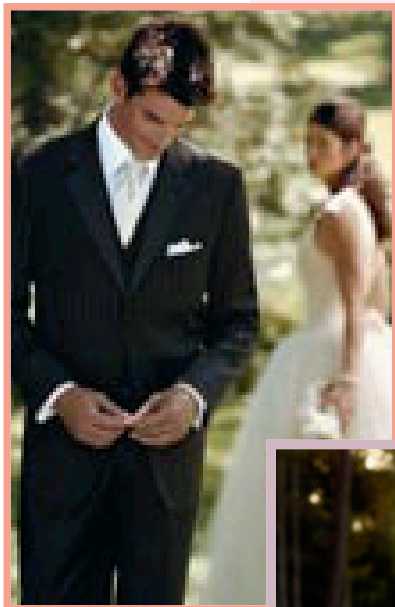
Megan Bailey is a natural light photographer specializing in newborn, child, and family portraiture in the Mount Washington Valley. She also has a passion for capturing intimate moments at events such as elopements and births.



She is a graduate of University of Texas with a degree in Social Work and also attended the Rocky Mountain School of Photography in Missoula, Montana.

When not behind the camera, Megan can be found enjoying the beautiful White Mountains with her husband, Bryan, her son, Nolan, and their dog, Rudy. In addition, she serves on the board for the Shawn Smith Ski for Youth Foundation and is also an active member in the Cleft lip/palate community advocating for cleft involved youth. To contact Megan or see her recent work, visit [www.meganbaileyphotography.com](http://www.meganbaileyphotography.com)

## BUSINESS FEATURE



# Dressing Up the North Country BETTY DEE FASHIONS

14 VALLEY WOMEN

Betty Dee Fashions has been dressing up the North Country since 1968 when Herbert and Betty Davis opened the family owned business. Their daughter, Robin Gallagher, took over the business and has been running it since 1987, focusing on the bridal and prom categories. In recent years, Betty Dee Fashions has modernized by creating a website and an online store, as well as regularly updating on Facebook and Pinterest.

During the heyday of Berlin's downtown, Betty Dee Fashions was primarily a sportswear store, catering to an older demographic. Slowly, the store diversified into formalwear such as bridal gowns, prom dresses, and tuxedo rentals. This changed the clientele to a much younger audience. By 1998, the formalwear business was performing so well that sportswear was eliminated, and Betty Dee Fashions became a bridal boutique.

Since Robin has been running the store, she has made many improvements. In 1988, the downstairs was completely remodeled to accommodate the store's new direction. A dressing room was added upstairs, while three new dressing rooms were added downstairs, along with a pedestal area. Two years ago, the store updated its lighting from old fashioned fluorescents to modern and energy-efficient parabolic lights. Betty Dee Fashions first website went online in 2004. Just last year, the store overhauled its website and added a sister site, Betty Dee's Bargain Closet, a fully featured online store.

Robin took time out to answer a few questions with Valley Women.

### What sets your business apart from other bridal shops?

We are the largest bridal shop in Northern NH, with over 3500 square feet and two floors of formalwear. The first floor is dedicated to bridesmaids dresses (we carry six lines), tuxedo rentals, mother of the bride dresses and prom gowns. The upper level is bridal (with over 200 bridals in stock) and flower girls. I have the most experience with over 28 years of consulting on bridal gowns and formals.

### Is there a wedding season?

Weddings take place all year, with the majority of them taking place from May- October. Last year 12/13/14 was a very popular date. This year Valentine's Day is popular once again.

### When is wedding dress shopping season?

Brides shop for bridal gowns all year round. The busiest time being January thru May. Many brides get their rings for Christmas or for Valentine's Day. Once they have that ring their ready to shop!

### What are the most popular styles?

Lace is hot, hot, hot! Brides like simple slip dresses and big ball gowns are making a strong comeback. Another strong trend is the mermaid silhouette.



### Does strapless still dominate?

Strapless does still dominate, but sleeves are making a BIG comeback. Many mature brides want more coverage and many young brides want it for the latest style. High Illusion necklines are also a strong trend this year. Both sleeves and high illusion necklines have been in style for some time. Now people are asking for them again and buying them much more often.

### Does 'Say Yes to the Dress' accurately represent the experience of shopping for a dress?

I can't say that I've watched it enough to say, but it does represent the emotions that go along with the whole dress buying process. That's why it's best not to bring too many people with you when you go dress shopping. You will get too many opinions and end up confused. It's wonderful to include Mom and a best friend who knows your personal style, who is honest and is looking out for your best interest. Too many times brides bring people with them, who give their opinions on what they like, not on what looks best and flatters the bride the best. It is after all, all about the bride. They should get what they want. It is our job to steer them towards flattering styles and away from unflattering styles with sensitivity.

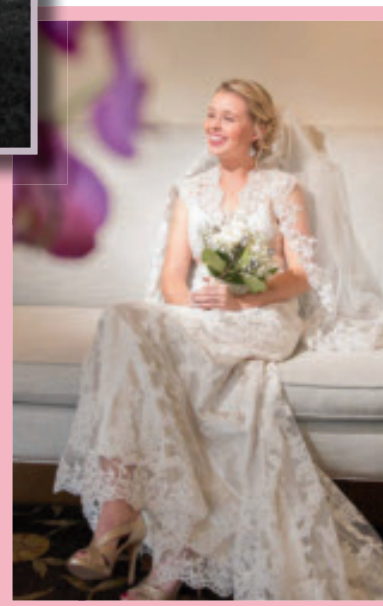
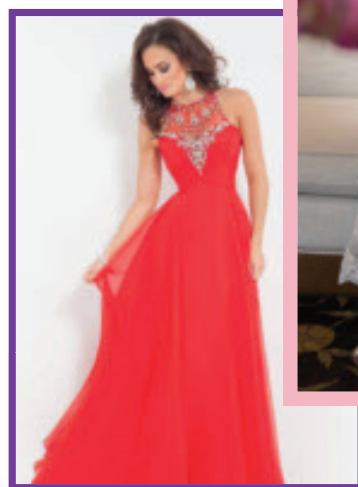
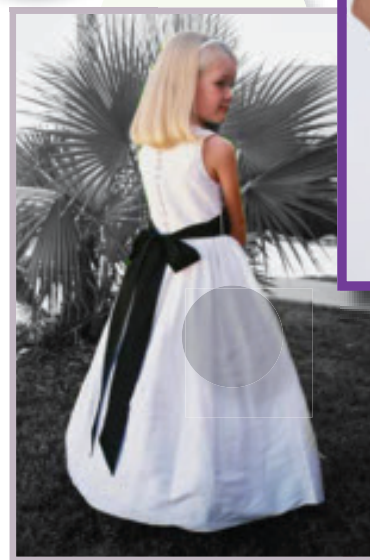
### How do you know the gown is the one?

When the bride doesn't want to get out of it, or you can't get her out of the mirror. The show stopper is when the bride and her Mom are both crying.

### What is your craziest 'bridezilla' story?

I have to say, I really don't have any bridezilla stories, even after 28 years in the business. Most of our brides and grooms have been wonderful to work with. We have met many great people over the years and look forward to meeting more.

For over 45 years, Betty Dee Fashions has been a fixture in Berlin's downtown, evolving with the times to meet the changing needs of North Country residents. Robin credits her parents for teaching her the value of good service and strives, along with her staff, to continue that tradition. Please visit Robin at 87 Main Street in Berlin or, on the web, at [www.bettydeefashions.com](http://www.bettydeefashions.com).



# Love is Perennial

By Gerrie Beck



In an article written by Susan L. Brown at Bowling Green State University, the discussion of marriage mores among Baby Boomers introduces some interesting precepts. "All their lives, Baby Boomers – as we label Americans born between 1946 and 1964 – have been rewriting our nation's scripts for love, cohabitation, and marriage. Desires for individual fulfillment and personal happiness have guided their choices each step of the way. Nearly 90% of Boomers eventually married, but they also led the "divorce revolution" of the 1970s and 1980s. Even now, with 10,000 Boomers turning 65 each day since January 1, 2011, these aging Americans remain at the forefront of family change." Boomers have much more diverse family and living arrangements than older Americans in previous generations. We grew up with The Cleavers but now we're living like a Modern Family.

When I start to write this article, I wondered what I had to offer young couples starting out on this journey. After some thought, I realized that having been married for 45 years is a good starting point but there is so much more to say and understand about marriage in this generation of game changers. I started asking other married women two questions: 1. How long have you been married and what is one tip you would give to newlyweds from either the perspective of a long lasting marriage or a happy second marriage. The discussions these questions generated were honest, sometimes sad, usually soul-searching and always enlightening. In a group of ten women I interview, ages 60-75, four had been divorced, one had been widowed and five have been married for over 40 years. As we talked I heard recurring themes of how to make a marriage work. Again, that "boomer generation" mentality was evident. People need to have separate lives as well as life as a couple. Honest communication and the ability to laugh together were

mentioned consistently as essential for a long and happy marriage.

In the research, those same themes were touted by "marriage experts" and relationship coaches. Yet, some sources recommended adhering to traditional values sounding more like the 1940s and 1950s.

The women of my generation didn't fight the good fight in order to turn around in old age and say to their husbands, Yes dear, whatever you say". Some sources credit the Baby Boomers with inventing the "Swinging" lifestyle and that a free and open marriage keeps things fresh. Whatever your views are on how to create the "perfect" marriage, there is one truth --it gets more interesting with each passing year.

The authors of fairy tales and romance novels would have us believe that living happily ever after is par for the course.

In reality life is balance of happiness and, feelings like sadness, boredom and lack of contentment, but there are things one can do to increase the happiness factor in relationships. The basic tenets that came up during my interviews focused on commitment and shared values. Having realistic expectations, a forgiving spirit and an optimistic outlook are all qualities that can help one attain a unique version of living the dream.

In an article titled, Masters of Aging ([agingmgmt.usc.edu](http://agingmgmt.usc.edu)) the authors offered the following advice.

"Love is a verb, not just a feeling." Feelings, like happiness, will fluctuate. However, love is based on a couple's commitment: "For better or for worse" – when it feels good and when it doesn't. When things get tough and couples don't know what to do, they need to hang in there and be there for their spouse.

In many instances, people experiencing their second or sometimes third marriage have learned from previous relationships what works, what doesn't feel right and how to get through the rough patches. It's hard to imagine as a young newlywed, that you could ever love someone else as much as you do your current soul mate. But, love is as perennial as the grass and it can happen a second or third time if you are open to it.

As you can see, senior citizens can offer some guidance based on years of experience. I especially like the following quote from the movie, "Shall We Dance"? In one powerful scene, Susan Sarandon tries to explain why people get married. It echoes many of the thoughts that people mentioned in my interviews and says so eloquently why we choose to marry and become a couple.

"We need a witness to our lives. There are a billion people on the planet... I mean, what does anyone's life really mean? But in a marriage, you're promising to care about everything -the good things, the bad things, the terrible things, the mundane things... all of it, all of the time, every day. You're saying 'your life will not go unnoticed because I will notice it. Your life will not go un-witnessed because I will be your witness'"

For all of you preparing for a wedding this season, no matter your age or circumstance, I wish you a lifetime of happiness as you witness each other's life and your lives together.

Gerrie Beck is certified as a personal trainer- specializing in older adults. Beck is a nutrition counselor, a water aerobics instructor, Zumba teacher and bona fide senior according to Social Security, Medicare and AARP. She will be glad to answer your questions in this column or work with you to help you build a healthier lifestyle. Exercise, give it a try, you have nothing to lose and oh so much to gain. Remember 60 is the new 40.





# Things You Should Know About Getting Married in New Hampshire

By : Lisa DuFault

The Mount Washington Valley is a favorite destination for weddings of all sizes. From elopements to grand events, we've got it covered. Aside from the natural beauty of the area, New Hampshire's unique laws may play a part in the decision to say "I do" here.

According to the NH Department of Resources and Economic Development, "Getting married in New Hampshire is a simple process. You will need to obtain a marriage license and have a ceremony performed by an approved officiant. You do not need to be a New Hampshire resident to married here, there is no waiting period to receive a license and you do not need witnesses to your marriage".

Justice of the Peace Kim Steward adds, "There are also no blood tests required. The license is only good for 90 days so don't get it too early. Some town clerks will meet with couples when the town hall is closed if they schedule an appointment ahead of time to get their license. Some towns are open at night as well, and weekends, to help facilitate getting the license".

The above mentioned facts seem to take many by surprise, even those who live in New Hampshire. Justice of the Peace Amy Smullen shared the story of a soon-to-be-bride who brought her witness to get the marriage license. The woman was amazed that it was unnecessary. Smullen joked with her, "In NH you don't need to have a witness to get a marriage license or to get married. Of course, you can have all the witnesses you like, but the only people required by law are the bride, groom, and Officiant. I could marry you at the rehearsal!"

Those getting married do not have to be residents of New Hampshire, but if neither the bride nor the groom are residents of the town they plan to be married in, their intentions need to be filed with the clerk in the town where the marriage will take place. If one of the participants is a resident of New Hampshire, the intentions have to be filed in the town where he or she resides. If both live in New Hampshire, but in different towns, intentions can be filed in either place. Both parties are required to be at the Town Clerk's office together, unless an exception has been made for an individual enlisted in the United States military.

Although there is not a "waiting period" to get your marriage license, it is a good idea not to wait until the last minute, because the marriage license is not valid until three days after it is issued. In the same vein, don't apply too far in advance because the license is only good for three months after the issue date. After the ceremony, your officiant is responsible for completing the license and returning it to the town where it was issued. You may request a copy of the marriage certificate from the Town Clerk after it has been filed.

In New Hampshire, marriage is "the legally recognized union of two people". Anyone who meets the other eligibility requirements under state law can marry any other eligible person, regardless of gender. Because New Hampshire endorses all marriages, civil unions are no longer performed. However, a civil union legally contracted outside of the state is recognized as a marriage in New Hampshire.

Common law marriage is recognized in New Hampshire to the limited extent provided by RSA 457:39. This statute uses the phrase "cohabitation" as opposed to "common law marriage". The New Hampshire General Court finds, "Couples cohabitating and acknowledging each other as husband and wife, and generally reputed to be such, for the period of 3 years, and until the decease of one of them, shall thereafter be deemed to have been legally married." So, there doesn't have to be a wedding ceremony to have the reception!

Though not unique to New Hampshire, licensed lay minister Gerry Tilton shared some important overall advice; "Since a lot of folks get married outside and in various scenic places, they should have a backup plan in case of inclement weather. If not, they should provide protection from the weather for themselves and the officiant. They should have explicit plans for the officiant in the beginning, so the officiant knows in advance if they need special shoes or clothes to get to the wedding site. That way the officiant can turn down the wedding or at least be prepared for a hike to an outside venue."

New Hampshire state laws regarding marriage ceremonies and officiants may be found at [www.visitnh.gov](http://www.visitnh.gov) or at [www.sos.nh.gov/marriage](http://www.sos.nh.gov/marriage).

March / April

17

# The Sugarmaker Bakery




Yummy baked goods made to order.  
The Sugarmaker Bakery has been creating wedding cakes and other yummy goodies in the Mount Washington Valley for over 15 years.

**Beth Carta-Dolan**  
owner, designer, baker  
603-383-9545

Facebook: The Sugarmaker Bakery  
Email: [thesugarmakerbakery@gmail.com](mailto:thesugarmakerbakery@gmail.com)  
Web: [thesugarmakerbakery.blogspot.com](http://thesugarmakerbakery.blogspot.com)



## Laura Guptill Jewelry

Custom Wedding Bands  
Artisan Jewelry

*Maker of Custom Wedding Rings,  
Including  
Mountain Range Bands  
Your favorite range or  
Classic Presidential  
Mountain Range*

Please call for a free consultation  
(OR) By Appointment  
603-447-3719

[www.etsy.com/shop/LauraGuptillJewelry](http://www.etsy.com/shop/LauraGuptillJewelry)  
[www.LauraGuptillJewelry.blogspot.com](http://www.LauraGuptillJewelry.blogspot.com)






catering & culinary services

## steffaniadaska.com

A Boutique Caterer Serving the White Mountains.

Chef Steffani and her staff will provide a creative and memorable meal that will impress you and your guests and make your wedding dreams come true!

- Engagement Party / Rehearsal Dinner
- Bridal Shower/ Brides Maids Luncheon
- Bachelor & Bachelorette Party
- After Party/ Wedding Brunch
- And yes, we cater weddings too!

(603)662-9989      [steffani@steffaniadaska.com](mailto:steffani@steffaniadaska.com)

## Weddings at Black!

*Black Mountain is the perfect setting with picturesque views, a wonderfully rustic lodge, and a fantastic staff to assist you.*

Weddings & Rehearsal Dinners  
On Site Catering  
Full Liquor License  
Seating to 140

Say "I Do" and call 603.383.4490 or email [marketing@blackmt.com](mailto:marketing@blackmt.com) to plan your special day!

### Black Mountain

Jackson, New Hampshire




The beauty of an intimate Elopement paired with the quiet elegance of The Snowflake Inn creates the special day you have always dreamed of.

Your day, your way,  
**Simply perfect!**








## The Snowflake Inn

Jackson, NH .com





happy  
shopping

WATERFORD®  
CRYSTAL

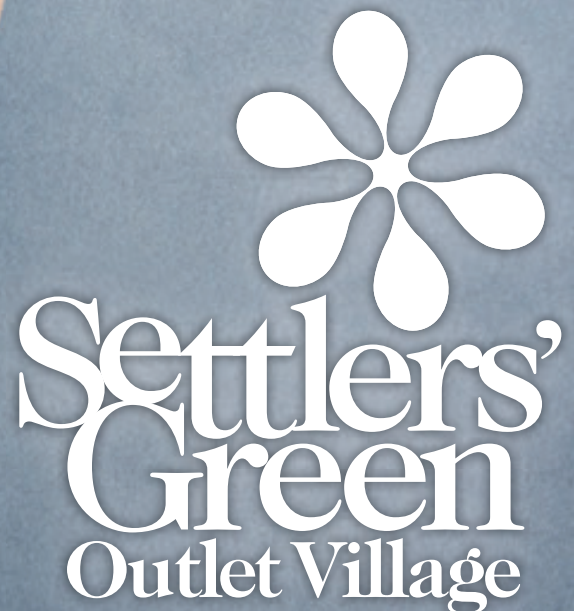
W  
WEDGWOOD  
ENGLAND 1759

ROYAL DOULTON  
ENGLAND 1815

ZALES<sup>outlet</sup>®  
THE DIAMOND STORE

Crabtree & Evelyn®  
OUTLET

KAY®  
JEWELERS  
Every kiss begins with Kay.®



Settlers'  
Green  
Outlet Village

**settlersgreen.com**

Rt. 16, North Conway, NH | 888-667-9636

Daily 9am - 6pm • Fri & Sat 9am - 9pm • Sunday 10am - 6pm | Hours may vary. Visit our website for more info.



## *“I Still Do”*

By Lisa DuFault

Marriage, in its various forms, takes work. Love may be the basis for the union, but along the way there are highs and lows, grief and elation, hurdles and highlights. For those willing to hang on tight, the ride becomes a shared journey worth celebrating. The celebration may include a renewal of wedding vows and that is the theme of this article.

As a wedding photographer, I so enjoy being able to share the continued commitment of two people who have spent years together and still want to be with one another. In a world of discontent, it is uplifting to witness and be a part of their love. What is it that makes them want to repeat their “I do’s”? I’ll leave it to them to explain:

Karen and Frank Sarli renewed their vows at Franconia’s Profile Lake in July of 2014. Originally married 40 years ago in a Catholic Church in Brooklyn, New York, they chose to renew their vows at “a site that has sentimental meaning to us, as a family.”

Asked why it was important to renew their vows Karen replied, “After being married for 40 years, we wanted to celebrate in a way that was meaningful to us. We felt a ceremony in a beautiful setting, reasserting our love for one another was the thing to do... We had always vacationed with our children in the White Mountains, so it has a special place in our hearts. Our son was especially fond of the White Mountains. There was nowhere else he would rather be; it was a place of peace and harmony for him. When he passed away suddenly in 2010, we learned of the Old Man of the Mountains Memorial Park and, with added donations from family and friends, we purchased three pavers in his memory.

When we finally returned to New Hampshire in 2013, and visited the Memorial Park, we felt our son’s spirit was there, and knew we had to renew our vows in 2014 at this place. Life is short, and you never know how much time you have left to share. Why wait until our 50th anniversary, when our 40th was at hand, to celebrate our love and commitment to each other!”

Emily and Greg Mossman were married on Cathedral Ledge 10 years ago. Emily told me, “Two years later we decided to do our vow renewal, because the first 2 years were so crazy! We decided to do it in the same place, Cathedral Ledge, with the same JP. So, we called her, and told her that we wanted to write our own vows, and wanted a spiritual but not religious ceremony. We did it to recommit ourselves to each other after our tumultuous first 2 years. It was nice to have written our vows the second time around.” They also renewed their vows again this past summer, for their 10th anniversary.

Andrew & Carla Russell also chose Cathedral Ledge, but for their 20<sup>th</sup> anniversary. As with the others, the question was why?, Carla’s response, “It was our 20th Anniversary and we thought it would be important to mark that date with a somewhat spontaneous and fun event. Renewing our marriage vows... I never thought I would do anything like that. But 20 years is an impressive amount of time to be together as a couple. So, instead of cards or flowers or going out to eat, we wanted to celebrate in a different way.”

The Russell’s wedding was held in Yarmouth, Maine, but a college friend of Carla’s was a Justice of the Peace who performs many outdoor ceremonies, “And that is when I thought it would be a great way to celebrate our anniversary; having a longtime friend renew our vows on Cathedral Ledge.”



Each of the couples were asked about special moments in their vow renewal ceremony. Karen Sarli explained, "We placed red roses on our son's memorial pavers. My husband, daughter and I also threw flowers in the lake, as we said a silent prayer to our son/brother... The day was perfect!"

Carla Russell recalls, "It was a perfect crisp September day and we woke our two girls up and told them they'd be missing school and coming along on an adventure. With sunflowers in their hands they got to be a part of our special 20th anniversary celebration. There happened to be one hiker on the ledge with us and he ended up staying and watching and in the end taking some pictures of all of us. I recall him saying he couldn't wait to get home and tell his wife of this special little ceremony on the mountain."

As I was working on this article, an incredible piece of luck came my way! Fryeburg New Church hosted a communal vow renewal in celebration of Valentine's Day, giving me the opportunity to witness more couples renewing their pledges to one another. Five couples participated in the ceremony, led by Reverend Alison Lane-Olsen, on the evening before Valentines; Patty and Dale Heath, who have been married for 5 years, Dawn and Scott Ferguson, who have been married 17 years, Jenny and Greg Huang-Dale, who have also been married for 17 years, Sally and Jim Gibson, who are almost at 39 years, and Martha and David Richardson, who will celebrate their 52<sup>nd</sup> anniversary in June.

The ceremony followed traditional church wedding vows and each couple earnestly recited those vows once more. I was thrilled to see the love in each set of eyes, no matter the length of their marriage. Reverend Lane-Olsen referred to life often pulling people apart, with this gathering designed to honor the commitment to draw closer together. In these 5 couples, that commitment was evident. Cake and sparkling cider were served following photos. Patty Heath, sweetly calling her relationship a "late in life marriage" said, "This is such a special way to celebrate Valentine's Day! It's better than flowers or chocolate".

Fryeburg New Church hopes to make this an annual occurrence, with more couples reaffirming their commitment in the future.



*Lisa DuFault is the founder and executive director of Valley Promotions and publisher/editor of its twice monthly newsletter Charity Chatter. DuFault graduated from Kennett High School, attended White Pines College. She has worked as a wedding and portrait photographer for more than 20 years, has served on numerous non-profit boards. DuFault co-hosts the weekly television program Charity Chatter on Channel 3.*

**North Country Fair JEWELERS**  
 2448 Main St. North Conway 356.5819  
[Northcountryfairjewelers.com](http://Northcountryfairjewelers.com)

FINE JEWELRY  
 HAND CRAFTED JEWELRY  
 ANTIQUE & ESTATE JEWELRY  
 BUY AND SELL GOLD & SILVER

**29th First Season  
Dinner Benefit Auction**  
**Sat, March 14, 5 PM**

**Nature...**  
**There's No Better Classroom!**  
*Summer Camp  
 Community Programs  
 Nature Learning Center  
 Nature Trails Green Weddings  
 School Programs Internships*  
**603-447-6991**  
**[www.tinmountain.org](http://www.tinmountain.org)**

**Thank You to Our Sponsors**  
 The First Season Festival is Sponsored by:

Over 350 Items  
 Generously  
 Donated

**Special Thanks to Mount Washington Area Businesses,  
 Artists and Craftsman, George Cleveland Auctioneer,  
 Hart's Turkey Farm, Old Village Bakery, Mountain Top Strings  
 Tin Mountain Trustees, Volunteers and Supporters!**

## WORKBENCH

# Artisan Wedding Rings

By Prudence Smith





"I first hammered out a copper bracelet (from a copper pipe) in Dad's garage as a child. The feeling of taking something so raw and transforming it into a wearable piece of jewelry really sparked something in me. The possibilities really opened up." And so the spark took hold for Laura Guptill, who today has over 35 years as a metalsmith and of special interest to Valley Women readers this month, is a skilled and caring creator of Artisan Wedding Rings.

At sixteen she began apprenticing with Brian Smith at North Country Fair Jewelers, and was able to spend her last semester of high school completing a work study program with Brian at his shop. Laura said, "the smell of the torches and hot metal and the whole experience of choosing the material to shaping, filing, texturing, soldering, sanding, buffing and tooling designs into the surface and ultimately wearing a handmade piece of jewelry, this has shaped who I am and what I love."

Marriage, the birth of her daughters, and working a "regular job" kept her busy and left little time for her craft. As her girls grew older she found the time to work in her little studio and create enough pieces to take her jewelry to small craft fairs. Then came the opportunity to join Valley Jewelers and North Country Fair as a bench jeweler where she further honed her craft. In addition, over the years, she has participated in many workshops, worked with several excellent jewelers and completed a repair and setting course by the Gemological Institute of America as well as reading countless books of the trade.

I spent almost two hours with Laura in her studio listening to her story and viewing her computer album of her work. Her extensive training and study aside, it became obvious to me that what makes Laura and her work so special is her passion for what she does and her sincere caring and concern for her clients..... many of whom have become lifelong friends.

Should you decide that one of a kind personalized wedding bands are on your wish list, a visit to Laura's studio for a free initial consultation will start you on your way to realizing that wish. Bring your ideas, or lack of ideas, to Laura and she will guide you to a clear picture of what you want. Chatting with you, she will take notes of your likes and generally get to know you, share pictures of her previous work.....not to copy as no two rings are ever the same but to give ideas leading to your own inspiration. If you have a piece of sentimental value you would like to use she can melt it down and incorporate into your band. You can choose a metal for her to supply, like silver, gold (yellow, white, rose gold), add a diamond or another gem stone...all possible. Once you have decided on your design, Laura's expertise and dedication to fulfilling, if not surpassing your expectations, will provide you with rings that will be treasured forever.

Laura's admitted "niche" is her Mountain Range Wedding bands....featuring but not limited to her sentimental favorite, the Presidential Range. She has worked in designs from the Rockies, Acadia, the Adirondacks, N.H.'s own Mt. Chocorua and Sugar Hill to name a few. However, should you have a love for the ocean and the mountains she has more than once combined the two into a beautiful design.

One client had just climbed Mt. Washington so his ring included that mountain with a diamond at the peak. Another couple were surfers and a stylized design included their surf board graphic. A truly unusual request came from a client who had a bear claw tattoo on his arm and wanted it replicated on his ring. His bride was a cook and gardener so her ring included vines and rosemary. Each ring had the opposite design engraved on the inside! The possibilities are endless as the pictures on these pages will help to illustrate.

There is another exciting option should you decide that a plain gold band is what you prefer.

Make it a very special band by joining Laura for a one day workshop where you create your own ring. With Laura's guidance you will measure, cut, file, sand, solder and polish and in the end, have beautiful rings in which you can take the great pride of creation into your wedding ceremony and through life. Your day will include a break for lunch including a bottle of wine, champagne or a locally brewed beer to help celebrate. Full details can be found at [lauraguptilljewelry.blogspot.com](http://lauraguptilljewelry.blogspot.com).

Other things to consider: Laura can make wedding party jewelry, earrings for the bridesmaids or bolos for the groomsmen. She created lovely hammered copper bookmarks for guest favors. And, yes, she does make engagement rings. Laura's talents are many! Her beautiful custom jewelry can be purchased at local galleries or online at her ETSY shop. She also conducts private metalsmith classes where you will learn how to work with precious metal, and have ample opportunity to learn to learn how to solder. You go home with two projects created by your own hand. To see a sample of her designs and get more information on all you read about here, please visit Laura's website: [lauraguptilljewelry.blogspot.com](http://lauraguptilljewelry.blogspot.com).

In our conversation Laura told me so many more stories and I viewed much more of her wonderful work but the old adage "a picture is worth a thousand words" has never been truer.

The pictures shown here will give you a good idea of her wonderful work and perhaps spark an idea for your own wedding bands. Whichever you might choose....a special Laura Guptill design or beautiful gold bands, which you create yourself... you are assured that those words, "with this ring, I thee wed" will be filled with extra special meaning.



# PERFUMED MEMORIES

By: Deborah Jasien

*"Scent is a potent wizard that transports you across thousands of miles and all the years you have lived. The odors of fruits waft me to my southern home, to my childhood frolics in the peach orchard. Other odors, instantaneous and fleeting, cause my heart to dilate joyously or contract with remembered grief. Even as I think of smells, my nose is full of scents that start awake sweet memories of summers gone and ripening fields far away."*  
-Helen Keller

One of the magical things about our sense of smell is the path it weaves through our memories. More than sight, sound, touch, or taste, smell has the ability to conjure memory on a visceral level, taking us back in time and allowing us to experience cherished moments again.

The word perfume comes from the Latin phrase, "per" meaning "through" and "fumus" meaning smoke." The French later gave the name "parfum" to the pleasant smells that drift through the air from burning incense. The history of perfume is often intertwined with the history of the human race.

The Greeks are attributed with the art of making the first liquid perfume, although it was quite different from perfume as we know it today. Their perfumes were fragrant powders mixed with heavy oils, devoid of alcohol. The Greek Theophrastus of Athens discussed the various carriers of scents, the essential oils and their plant origins, and even the effect of various scents on our moods and thinking processes.

The process of extracting oils from flowers by means of distillation, (the procedure most commonly used today), was developed in the 11<sup>th</sup> century by Avicenna, the Arabian doctor who first experimented with the rose. Until his discovery, liquid perfumes were mixtures of oil and crushed herbs, or petals which made a strong blend. Rose water was more delicate, and immediately became popular.

A century later, in the town of GRASSE, the Provencal area in France, the magnificent fields of lavender and other exceptional florals helped Grasse become the perfume capital of the world. The herbs and flowers were either extracted or distilled in alcohol and water to yield their essential oils and so the perfume industry developed from this area – and is still the center of modern perfumery.

The first alcohol-based perfume in history, developed for Queen Elizabeth of Hungary in 1370 was called Hungary Water. This was reformulated in 1806 in Cologne, Germany by Jean Marie Farina and is marketed as Eau de Cologne. In the 17<sup>th</sup> century, Princess Anne Marie of Nerola, Italy, introduced the essence of Orange Blossom as a fashionable fragrance and Orange Flower Water still continues in popularity today. Parma Violets were cultivated and distilled at the San Giovanni Parma monastery in Italy in the late 1700's and Parma Violet Water was favored by Marie Antoinette and the Victorians. Rose, Lavender, Orange, Blossom, Violet and the oils of Eau de Cologne are the building blocks in 90% of perfumes and colognes made today.



Your wedding is the perfect excuse to test drive a new [signature scent](#), and since a new perfume can be an emotional memory trigger for years to come, be sure to take every precaution to make your perfume last on your big day!

*Weddings....are about creating lasting, beautiful memories, and no sense is more linked to our memories than our sense of smell. Imagine a signature perfume for your wedding day that recreates that special time whenever you wear it.*

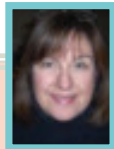
The best way to do this is to plan a trip to your local beauty department store or a custom perfumery a few weeks before your wedding to sniff test or design your own perfume. You need to try a new fragrance on your skin before buying it since you can't accurately judge a scent by the bottle. To test out a perfume, spray it on your inner arm and let it settle for a few minutes, letting your body heat and oils effect how it smells on your skin.



*Once you have the fragrance for you, follow our below spritz-tips for making your perfume last all day!*

Always start by spraying your perfume on your "pulse points." These areas generate a lot of heat, which can intensify your fragrance and give off a stronger scent. Some go-to pulse points are: On your wrists (but avoid rubbing and "crushing" the scent together), in the nook of your elbow, behind your ear lobes, at the base of your throat and in your cleavage. One spritz in each, or only a few, of these spots should be plenty. And for one last memory-maker, spray your perfume on your brush and comb it through your hair before getting it styled. That way when you let your hair down on your wedding night your honey will get another subtle whiff.

AROMA at Fields of Ambrosia in North Conway Village offers Custom Perfume Design by appointment. Owner Deborah Jasien will guide your imagination as you design your very own signature fragrance. During this 30-minute consultation, you will learn the various layers of scents used in fine fragrance, the different classes of scents – all that goes into the creation of a fragrance that you design for yourself. With over 100 essences available, you will discover how the different fragrances harmonize to create a personal scent that is distinctively yours. You will leave with your own 20 mil perfume or cologne with a 10 mil refill. You may also order bath & body products made with your custom scent.



*Deborah Jasien is the owner/crafter of Fields of Ambrosia, the local source for hand-crafted natural bath and body care products in Mount Washington Valley since 2001. A self-taught herbalist and aromatherapist, she combines the life force energy of healing plants with the aromas and healing powers of pure essential oils to give each creation a signature fragrance which can help to enhance health and psychological well-being. Outside the business she is an avid hiker, kayaker and snow shoe enthusiast.*

Advanced Technology  
Day Spa



advanced  
SKIN CARE CENTER  
and Spa

IPL Services - Intense Pulsed Light  
\*Hair Removal \*Brown Spots \*Capillaries

24 Reporter Court | North Conway, NH 03860 | Office: (603) 356-7070  
www.advancedskincarenh.com

**DDFS** Deni DuFault  
Financial Services

Planning for your life.

Deni DuFault, CLU, ChFC  
PO Box 8, 69 Rt. 302 | Glen NH 03838  
603-383-9400 | Deni@DeniDuFault.com

Securities Offered Through Investors Capital Corporation | Member FINRA, SIPC.  
Advisory Services Offered Through Investors Capital Advisory. 6 Kimball Ln. | Lynnfield MA 01940 | Tel. 781-593-8565

CKING'S HAIR SALON  
Making the world beautiful  
one person at a time!

Natural. Eco-friendly. Professional.

organic  
Colour Systems



Hours:  
Tues 10-6  
Wed 10-3  
Fri 10-6  
Sat By Appointment  
cking618@gmail.com

It Works!  
INDEPENDENT DISTRIBUTOR

www.ckingwraps.myitworks.com

Organic Color Systems  
Ammonia Free Color  
Organic Connect Styling  
Paul Mitchell Awapuhi  
Surface  
Free of Parabens,  
Sulfates and Phthalates

184 Route 302 Glen NH 03838 603-383-6006

# The Chemical Peel Deal

By: Carrie Siefert



For Brides wanting to look fantastic on their wedding day, cosmetic surgery may be taking a step too far. But have you considered having a chemical peel done before your wedding? Chemical peels are not invasive and can be tailored to your needs.

Chemical peels are the modern day gold standard to great skin care.

But what are they exactly? Chemicals on your face? No, they are not harsh ingredients applied to your delicate skin to “burn it off”. They don’t even need to hurt if done properly.

Chemical peels are treatments using natural ingredients, like extracts from sugar, willow bark, almond, milk, mushrooms, etc. When these extracts are placed on your skin a reaction occurs called a proteolytic enzyme decomposition. This is when the dead skin is removed from the living skin. The “acids” digest and dissolve the dead proteins and oils that bind the dead skin to the living skin. Once the dead skin is removed...this process stimulates your body to make new skin cells!

There are two types of peels that you may have heard of. An Alpha and a Beta peel. Generally speaking the alpha peel goes deep into your skin and is water soluble and the Beta works on the upper layers of your skin and is oil soluble. We have four layers of dead skin cells that get in the way of smooth and healthy skin.

So how is it done? Your skin care expert will consult with you about what goals you have for your skin, what you have been doing so far, and what type of peel or peels work with your current lifestyle.

For instance, some people have acne. This would most likely be treated by a salicylic peel that is oil soluble by nature. Salicylic (an extract of willow bark or spearmint) dissolves oil, so it is especially beneficial for those with active acne, and because it is a Beta peel working on the upper levels of the skin it is also great for fine lines and dry skin.

Someone else may have large pores and an overall dull complexion, this is when a glycolic peel (an extract of sugar) gets the job done. People often ask if it is going to get worse before it gets better, and in some cases (some peels) that may be true. So if you are looking for instant success—a glycolic peel is what you are after.

Here at Advanced Skin Care Center and Spa we do many more peels and use them interchangeably to achieve whatever goals you have. Aging skin, acne, brown spots, melasma, acne scarring, dull skin, irregular tone and texture are many skin concerns we can address by using the selection of peels that we offer. To name a few: glycolic, salicylic, jessner, mandelic, vitamin C, microdermabrasion, TCA. Sometimes we combine peels to see desired results quicker.

As for ‘downtime’, there can be one or you could really peel for three to five days. This is why we consult with you, to come up with a plan that works just right – for YOU!

Chemical peels offer great results in a short time, for less money than some basic facials. The price on our peels range from \$40-\$100. Some people do a series of peels (4-6 in a row, every other week or so) or a peel a month to ensure the same cell turnover that we had when we were younger. Or some people choose to do a peel ‘on occasion’, before an event or just when their skin feels ‘tired’. This great degree of exfoliation helps the skin care products that you use at home to work better since that pesky barrier of dead skin is removed, allowing great ingredients to penetrate the skin, like Vitamin C, hyaluronic acid, aloe, and benzoyl peroxide. Whatever you are doing at home—it is sure to work better after a chemical peel.

Come in for a free consultation and see what a peel can do for your skin!



*Carrie Siefert is the owner of Advanced Skin Care and Spa. For more information on light therapy (electronic tanning booth with infrared and blue light) and mineral sunblocks, contact Advanced Skin Care Center and Spa, 356-7070 or look on the web at [www.advancedskincarenh.com](http://www.advancedskincarenh.com)*



# REIMAGINE YOUR FUTURE AND YOUR FURNITURE

By: Janice Brotherton

Whether you are newly weds decorating your first home, or redecorating the one you have lived in for twenty years, anyone can reimagine a piece of furniture. The key is to transform it into something that you will love to look at day after day, and to not break the bank while doing it.

A fresh coat of paint can do amazing things to a tired and worn piece of furniture, giving it a whole new life. Your first step is to find that unique piece with the potential to make a statement. lackluster pieces with bold lines, or lots of detail can become a stunning new work of art using color and texture. Remember, part of the fun is the hunt for that right piece. Look in your Grandmother's attic, the local thrift shop, a yard sale, or even your own living room, and then paint it and create that work of art!

Chalk Paint has become the paint of choice. The wonderful qualities of adhesion and durability of this paint allow you to use it on wood, metal, plastic, glass, kitchen cabinets, laminate counter tops, walls, and even floors. You do not need to prime, or sand- just clean and paint!

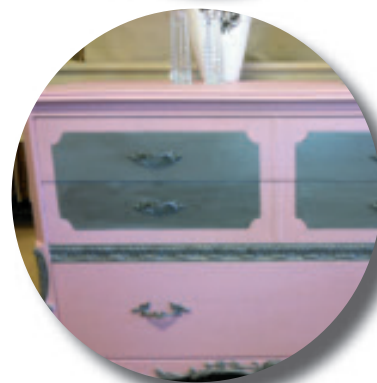
What designs are you drawn to? Traditional? Primitive? Modern? You can achieve unlimited styles and effects using chalk paint. Any piece can be antiqued, distressed, made bold with a solid matt finish, stenciled, or faux painted.

Shimmers, glazes, and tinted top coats give you a variety of finishes to complete your piece. Choose a color that excites you but makes you feel at peace. The only limit is your imagination!

I have been collecting, refinishing, and reupholstering furniture for over 25 years, and Shabby Chalk-Acrylic Paints has quickly become my favorite way to update a look! You can find it for sale on the shelves of The Design Bungalow, on line on my web site or reflected in any one of the fabulous pieces ready for purchase on the floor. Shabby Paints is American Made, Non Toxic, VOC Free, Baby Safe, and Environmentally Friendly! This paint is used by professional furniture painters to offer the best possible paints and finishes to their clients, and it is so easy to use that even the beginning artist will have thrilling results! The combination of modern technology and the highest quality all American ingredients have made our products the ultimate go-to brand for affordable furniture finishing.

At The Design Bungalow you can find inspiration at our Shabby Paints Classes and learn to transform your furniture from drab to fab! Our classes are a fun, relaxed way to meet new people, share ideas, and learn different painting techniques offered by Shabby Chalk Paints.

So what piece of furniture will you Reimagine?



Janice Brotherton is the owner of The Design Bungalow located in the charming village of North Conway N.H. When you walk through her "PINK DOOR" you will be inspired by the redesigned furniture, window treatments and the many fabric sample books. In business for over 25 years she loves helping you to make your house your home, fabricating window treatments, upholstering worn pieces and transforming and reinventing discarded treasures into works of art.

She has lived in the valley for 40 years, raised 4 children, has one adored grandson, loves to entertain family and friends and is half way through hiking the 48, 4000 footers.

# WEDDINGS— YOU CAN'T LIVE WITH THEM AND YOU CAN'T LIVE WITHOUT THEM

By Jaimie Crawford

“Don’t even begin to think about getting married until you’re thirty.” This is one of the most welded pieces of advice in my mental main-frame built by my father. This platform that he stood on was created on the premise that there are so many things to discover and learn in your twenties without the distraction of a relationship. He always encouraged me to travel and explore and satiate any amount of wanderlust I may have before settling down.

And as each year passes by and I creep a little closer to thirty, I release a sigh of relief that I didn’t fall into the “marriage trap” at the tender age of 24, 25 or 26. I only have three more years to go before I can put serious thought into forming a union with someone. He was so consistent with this message that perhaps as a contingency plan, that is why I made the decision to begin a relationship with someone who believes that getting married at a young age means getting married before you’re forty.

Weddings are a polarizing topic. Even with my family’s personal ideology, if you look underneath my bed, you will find stashed wedding magazines all tagged with sticky notes marking color schemes, fabric swatches and thematic details for my own wedding. The even crazier part of this admission is that those wedding magazines and all their designations existed years before I found myself in any type of relationship. I would ask for wedding magazines for my birthday and spend hours poring over each detail. I would conjure up all the different ways I could integrate putting my own unique spin on having bales of hay stand in place of ceremony chairs or present cupcakes that replace my cake or having the best props for my wedding photo booth.

Now that Pinterest has made its way onto the screens of every mid-twenty something’s phone and computer out there, the shameless “pinning” of ideas for engagement rings, wedding dresses, party favors and catering is rampant. And while I would never be so unabashed as to create a “My Wedding” virtual cork-board before a ring was slipped on my finger, many of my young adult counter-parts have. I admire their ability to be so blatant about their desire to have a wedding over a relationship. Instead, because I don’t have the candor or the courage of these young women

around me, I hide my ring selections and floral arrangements found on this website, under boards named “Beautiful Things” or “Great Ideas,” in hopes that I can disguise my want to someday have a wedding just like what I see online. I have even laid claim to my three closest confidants as my bridesmaids and then weeks later secretly hope they forgot I ever said that when my ideology switches from wanting a large wedding to just a small, intimate gathering that only has room for one attendant.

I know I am not alone in this. There is not a girl out there who has not put one ounce of thought into her wedding. The wedding I recently attended is proof of this. The venue was beautiful, the food was fantastic, the staff was wonderful and the music and dancing was beyond fun. And for the \$15,000.00 price-tag, they should have been. That’s a lot of money. It’s part of a down-payment on a house, a dent in student loans or fifteen years worth of vacation money. As a non-engaged woman, I can sit here and say, “that money could have been used in wiser ways” and just as equally, I can say that “perhaps the money spent was worth it.” When my own wedding day comes, perhaps it won’t even be a question about absolutely having to spend the \$15,000.00 on my venue, because I will simply have to have it.

Perhaps now, I am seeing why my father practically pleaded with me to agree not to get married until I was at least thirty. He’s protecting his retirement fund. And he will need to just based on my carefully curated wedding magazine collection and ideas I have pinned on Pinterest under the guise of merely admiring them from a design point of view.



*Jaimie Crawford is a young professional living, working and playing in the Mt. Washington Valley, trying to take in all the beautiful things life has to offer.*



## Join Us at Chef's Market Bistro Main Street North Conway Village 603-356-4747

WED, MARCH 4 5:00- 6:30PM  
Featured Not for Profit  
VALLEY PROMOTIONS  
with Lisa DuFault

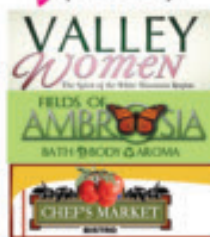
WED, APRIL 1 5:00- 6:30PM  
Featured Not for Profit  
STARTING POINT  
with Suzette Indelicato

# gather - gossip - give GIRLS JUST WANT TO HAVE fun

Small Plates & Dinner Special  
Buy One Get a second 1/2 Price  
(of equal or lesser value)  
Featured Wine or Cocktail

Gift Bags for the first 20 ladies  
from Fields of Ambrosia

\$5 Suggested Donation  
to benefit a local Not for Profit



Presenting Sponsor:  
House  
to  
Home  
By Chick  
Lambert

## 9th Annual Honey Do Auction Saturday April 25, 2015 5pm to 8:30pm

Do you have a list of projects that you just can't seem to get done?

Come to the Honey Do Auction and bid on a full day's service by a qualified Honey. We'll have more than 20 Honeys to bid on! Including Carpenters, Plumbers, Electricians, Painters, and more...

We also have an 'A Team' Raffle for a Spring Clean Up worth \$1000 the winner gets 7 Honeys for 3 hours.

Join us at Red Jacket Mountain View, enjoy a buffet dinner, and help us raise money for MWV Habitat for Humanity, local scholarships for the trades, and other educational programs!

Admission & Dinner: \$30 'A Team' Raffle: \$10 or 3/\$25

For information or to purchase tickets call Gordon at 603-367-8272 or visit us on the web at [www.WhiteMountainHomeBuilders.com](http://www.WhiteMountainHomeBuilders.com)

## Be an agent for change

- Are you
- self-motivated
  - resilient
  - persistent
  - positive
  - someone who consistently overdelivers?

We're looking for two  
great agents who know  
the sky's the limit

Are you ready for  
a change?



Route 16 at the Scenic Vista  
3641 White Mountain Hwy  
North Conway, NH 03860-5199 • 603.356.7200 ext 111  
[www.JtRealty.com](http://www.JtRealty.com) • email: [Joy@JtRealty.com](mailto:Joy@JtRealty.com)



## Advertising Opportunities



### Valley Women Magazine

May/June Advertising

Deadline April 15



Effingham  
Freedom  
Medford  
Ossipee  
Tamworth  
Barnstable

Your Gateway To Paradise in New Hampshire

Advertise in the GOACC 2015-16 Guidebook!

You do NOT have to be a member Deadline April 25  
10,000 printed Distributed to NH Visitor Centers + locally

Chocorua Camping Village

Vacation Times Newsletter



20,000 Distribution Over 10,000 KOA Guests  
Over 15,000 website views  
Deadline May 12

Contact: Daphne.LeMay@yahoo.com

[ValleyWomennh@gmail.com](mailto:ValleyWomennh@gmail.com)

[Lisa.valleywomen@gmail.com](mailto:Lisa.valleywomen@gmail.com)



## GOING PLACES

### HONEYMOON TRENDS FOR TODAY'S WORLD

*“Our honeymoon will shine our life long: its beams will only fade over your grave or mine.”*

*Charlotte Bronte, Jane Eyre*

By: Maura Ammendolia

Despite Ms. Bronte's ebullient philosophy, the fictional Jane Eyre's “honeymoon” had its ups and downs. While today's couples hope for a longer lifespan and fewer tumultuous events than in Bronte's era, they also don't expect that their honeymoons will necessarily last “until death do us part.”

Although there are several theories about the origin of the word “honeymoon”, most concur that it originally held a negative meaning, referring to the period of time after a wedding when idealistic views of partner and marriage prevail, ending when married life becomes mundane and couples reveal their flaws. For hundreds of years, however, a “honeymoon” has been a vacation newly married couples take alone together immediately after the wedding, by train, ship, car or airplane, and has become an essential part of wedding planning. Driving honeymoons to Cape Cod, the Poconos, Niagara Falls, and New York City were common in the second quarter of this century through the 1950's and 1960s.

As plane travel became more accessible to ordinary people in the 1970's, seven to fourteen day trips to Florida, Bermuda, the Caribbean, Hawaii, and Europe became popular, especially as couples married later and women worked until or even after the birth of children..

Unlike today, however, almost all couples in past years lived separately before marriage, many going directly from the parental home to living with a mate who was a virtual stranger. A honeymoon was a necessary transition for couples to bond both physically and emotionally before beginning their lives together and starting a family.

Today's couples, however, live in a radically different world. They are much more likely to live together before marrying. Many already have children living with them from current or former relationships. In addition, a sizeable percentage of couples marrying today have been married before. Moreover, work schedules and economic struggles have become harder to manage. Spending money on an extended honeymoon immediately after an expensive wedding is out of the question for many. A traditional honeymoon almost seems anachronistic and unnecessary.

However, as I discussed in my “great getaways” article in the November/December issue of Valley Women, enjoying memorable experiences with loved ones brings greater happiness than acquiring more “stuff” (University of Colorado at Boulder, Cornell, and San Diego State (2004-2014). While acquiring “stuff” to make a new life as a couple is certainly important, getting away alone together after the wedding is even more important, if only for a few days.

In response to the need for shorter honeymoons, the travel industry has launched the concept of “mini-moons”. Booking a package for four or five days instead of a week or longer can minimize costs and work better for those with tight work schedules or child care issues. Local travel agents are also quite willing to work with couples on a limited budget and often have access to discounted hotel rooms, airfares, and short cruises.

Couples who are web savvy can book their own honeymoons online, taking care to book with a legitimate agency, of course. Choosing to travel midweek or in the “shoulder season”—the two or three weeks before or after the high season—can also save quite a bit.





*The Darby Field Inn*



*Snowvillage Inn*



*The Christmas Farm Inn*



*The Inn at Thorn Hill*

Doing research on your chosen destinations is also important. For example, Florida, Bermuda, and the Bahamas are sub-tropical, not tropical destinations, and are prone to bouts of chilly weather from December through February. The best chance to catch a deal on many warm weather destinations is October, November, the first two weeks of December, or April and May. Research hotels to make sure they have amenities that are important to you, such as flat screen TVs or cell service.

In summary, here are some ideas for mini-moons that won't break the bank:

1. Go for a shorter stay in a sunny place. A four or five day stay is plenty in a place like Bermuda, Florida, or the Bahamas, all of which can be reached with a two to three hour flight. Short cruises from 3-5 days to the Bahamas or the Yucatan coast of Mexico leave from several Florida ports.

2. Go local. The New England States and Eastern Canada have many wonderful resorts within a day's drive. With the recent drop in gas prices, you can splurge on the best room you can afford with the savings.

3. Go even more local. The Mount Washington Valley is a vacation destination for people from all over the world. Enjoy it from their point of view—go places in your own area that you haven't been. How about a cozy inn, a fabulous dinner, a hike or a snowshoe on a new trail, an afternoon at a day spa or a couples massage? A midweek bed and breakfast package can be surprisingly reasonable. Choose a place where you can enjoy all or most of the above without leaving the premises. Two or three days rejuvenating at The Snowvillage Inn, The Darby Field Inn, The Notchland Inn, The Christmas Farm Inn, the Inn at Thorn Hill, the Wentworth, or the venerable Mount Washington Hotel could make your everyday relationship feel brand new. There are also many other inns and bed and breakfasts in the Valley that may suit your needs. Book by phone, and tell them it's your honeymoon—inn owners may throw in an extra perk or special touch to make your honeymoon memories last a long, long time.

Whatever you decide to do, relax your expectations and remember that honeymoons today are all about decompressing and enjoying time alone with your new spouse. Make it fun!

In 2011, Maura retired from thirty-six years as a K-12 teacher, school administrator, and adjunct college professor and moved to the Valley full time. Although she loved her former career, Maura has wanted to be a writer since she was ten. A charter member of the Conway Library's White Mountain Writers Group, she recently published two travel articles about the Florida Keys in *The Literary Tourist*, the WMWG's first anthology, available at local bookstores.



Maura writes press releases and articles for area organizations, as well as web content, and is writing an historical novel about her husband's Italian ancestors, who came to America a century ago. For more information about Maura's freelance writing services, contact her at [mammendolia@roadrunner.com](mailto:mammendolia@roadrunner.com).

Bridal Gowns  
Bridesmaids  
Tuxedo Rentals  
Proms  
Mothers  
&  
Flower girls

**Betty Dee  
Fashions**

MF 10-5 & Sat. 10-4  
[www.bettydeefashions.com](http://www.bettydeefashions.com)  
87 Main St. Berlin NH 03570  
603-752-5141

# WHITE MOUNTAIN Galleria

**GERRIE BECK**

603-733-6463  
Gerriebeck1948@gmail.com

Bartlett, Conway, North Conway, Berlin

**CERTIFIED:**  
ZUMBA I, II  
ZUMBA TONING  
AQUA ZUMBA



**Joseph's  
SPAGHETTI  
SHED**  
Est. 1984

*Celebrating our 30th year!*

357 Rt. 302, Glen, NH 03838

**603-383-6680**

josephsspaghettished.blogspot.com  
Like us on Facebook!

**Gift Certificates Available**



**GIVE THE GIFT OF WELLNESS**

**THE  
WELLNESS  
ZONE**  
FITNESS CENTER

**TECHNOGYM EQUIPMENT  
INFRARED SAUNA  
HEATED THERAPY POOL**  
at the Snowflake Inn, Jackson  
603-383-8259  
www.thesnowflakeinn.com

**A Touch Of Balance Massage**

Elena Mosston  
LMT, Reiki Master  
AMTA, NCBTMB  
License # 2792M

**603-383-5328**  
3358 White Mountain Highway  
North Conway, NH 03860



**Kate Soule**

*Licensed Massage Therapist*  
Personal Trainer • Private Yoga & Pilates

**603.986.5587**



**THE CHILD & FAMILY  
CENTER FOR WELLNESS**

*Serving children & families in Northern New Hampshire and beyond.....*

**170 Kearsarge Rd., North Conway 603.356.4114**

**WEDDING  
DAZE**

*Affordable Wedding Coordination...Start To Finish*



Sandy Louis

weddingdaze@yahoo.com

www.weddingdazenh.com

603-662-7347



**Pollock**  
photo  
affordable photography

Family • Professional • Personal Portraiture  
Fun Family and Friends Photo Shoots  
Video Production for Websites / Facebook

pollockphoto.com





Michael A. Galante  
827 US Route 302  
Bartlett, NH 03838  
603.374.6660

galanteauto.com

info@galanteauto.com



## Lisa DuFault Photographer

PO Box 44  
Bartlett NH 03812  
Phone: 603 374-6241

email: lisadphoto@hotmail.com  
http://lisadefaultphoto.webs.com

Specializing in elopements & other intimate gatherings

## JEN BELLA, LICSW Psychotherapy

Private Practice  
603-662-4216

2757 White Mountain Highway  
2nd Floor  
North Conway, NH 03860

torherooth@msa.com  
jenbellatherapy.com



Open 7:00am-5:00pm

64 Kearsarge Road

North Conway

603.986.1036

Sweets@McKaellassweetshop.com



Justice of the Peace

Kimberly S. Steward

Jackson NH

603-387-9496

kimthejp@gmail.com

kimthejp.com



Nancy's Alterations and Yarn Shop

QUALITY AND SERVICE IS #1  
YARN SUPPLIES AND CLASSES

Nancy Stellakis

ALTERATIONS OF ALL KINDS  
STEAMING OF BRIDAL DRESSES  
TUXEDO RENTALS

603-356-7344

603-986-1900

16 Norcross Circle

North Conway, New Hampshire

M-F 8-4:30 SAT 9-4 SUN 10-2



## Simply Elopements

Everything you need  
for the  
perfect elopement



Amy Smullen -  
Justice of the Peace

(603) 662-5822

Christina Howe -  
Coordinator

(603) 733-7666

Lisa DuFault -  
Photographer

(603) 374-6241

## the design bungalow

custom window treatments  
upholstery  
Shabby Chalk Paints

25 Seavy St. North Conway NH  
603.356.5800 designbungalow@gmail.com



# NON-PROFIT GALERIA



For more information contact us at:  
carrollcountyalttrusa@yahoo.com  
carrollcountyalttrusa.blogspot.com

## Altrusa of Carroll County

Altrusa members volunteer and donate to make Carroll County a better place through leadership & service. New volunteer opportunities and members are always welcome.



## Valley Promotions

Promoting Events for the Mount Washington Valley's Non-Profit Organizations

**Lisa Saunders-DuFault**

ValleyPromotions@gmail.com

603.374.6241

www.valleypromotions.net

Always wanted to play a musical instrument  
or learn to sing? You can!



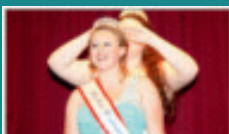
## Mountain Top Music Center

Affordable Fun Lessons from the  
Very Best Teachers in the Valley

Mountain Top Music Welcomes  
Adults and Kids of All Ages and Abilities

Call Mountain Top Registrar  
Belle Stafford for Details  
603-447-4737

Or Visit [www.MountainTopMusic.org](http://www.MountainTopMusic.org)



*Miss Mount Washington  
Valley Teen 2015*

*will be crowned on Sunday, April 26th*

*at the Attitash Grand Summit Hotel in Bartlett*

*Program begins at 7pm*

*2 for \$20 entrée special at Elvations from 5-6:30pm  
More than \$2,000 in scholarships will be awarded!*



## R & R Woodworkers

Our "handcrafted Cedar" furniture

Personalization for WEDDINGS and  
other Special Occasions.  
We offer woodburned initials and date for weddings  
and other special days, 2 initials and a date for \$ 50  
including a simple design.  
Our furniture has also been used  
as functional guest books!  
What a great way to memorialize your special day!

Personalized chairsets (initials, date,  
and design included): \$ 480  
Any of our furniture can be personalized for the  
additional \$ 50-  
Please check our website: [RandRWoodworkers.com](http://RandRWoodworkers.com) for  
pricing and more information.

(603) 383-0890 Jackson, NH

[RandRWoodworkers@earthlink.net](mailto:RandRWoodworkers@earthlink.net)



Leadership for Women · May 7, 2015 · North Conway, NH  
Leadership for Women · May 11, 2015 · Boston, MA

This one-day seminar helps you sharpen your skills and  
learn to maneuver in today's competitive environment.

We will touch on skills such as effective delegation,  
implementing difficult tasks, gender communication and much more. You  
will receive a 1-day course certification in Gender Management.

\$ 399

Intro to Executive Coaching · May 12-13, 2015 · Boston, Portsmouth

Experience what it's like to be an executive coach and begin  
to understand the power and success of coaching. This two-  
day program will introduce you to the principles and practice  
of coaching. You will receive ICF credits that can help you to  
start your coaching career. Good for HR, managers and those  
seeking to start coaching careers.

\$ 999



Systemic Team Coaching Certificate · May 14 - 16, 2015 · Boston, Portsmouth

The Systemic Team Coaching Program (STC) is for experienced coaches,  
managers, HR as well as consultants, who have coaching/  
management skills, who are seeking to develop and expand  
their team coaching competence and practice and gain a  
recognized professional qualification. You will receive an ICF  
Certification upon completion. \$ 1,499



For more information, please contact:

[kimberli.lewis@aoc.com](mailto:kimberli.lewis@aoc.com)  
[kimberli@ponytaletalk.com](mailto:kimberli@ponytaletalk.com)

+1 617 982 2555

[www.aocboston.com](http://www.aocboston.com)  
[www.ponytaletalk.com](http://www.ponytaletalk.com)

Member of:





# Wedding Local

## LOCAL WEDDING DIRECTORY

### ACCOMODATIONS

The Snowflake Inn  
World Class Relaxation & Romance  
Jackson 603.383.8259

### ALTERATIONS

Nancy's Alterations and Yarn Shop  
Quality and Service is #1  
North Conway 603.356.7344

### ART & GIFTS

Cassidy Gallery  
Fine Art & Unique Creations  
Jackson 603.662.2074

R & R Woodworkers  
Our Handcrafted Cedar Furniture  
Jackson 603.383.0890

### GOWNS, DRESSES & ATTIRE

Betty Dee Fashions  
Bridal Party-Tuxedo Rentals-Proms  
87 Main St., Berlin 603.752.5141

### CATERING

Steffani Adaska  
A Boutique Caterer Serving the  
White Mountains 603.662.9989

### FINANCIAL SERVICES

Investors Capital  
Deni DuFault  
Glen 603.383.9400

### FITNESS

Gerrie Beck  
PT,ZUMBA 603.733.6493

The Wellness Zone Fitness Center  
at the Snowflake Inn  
Jackson 603.383.8259

### JEWELRY

Laura Guptill Jewelry  
Custom Wedding Bands  
Center Conway 603.447.3719

North Country Fair Jewelers  
Unique, Personal, Custom Designs  
North Conway 603.356.5819

### OFFICIANTS

Kim the JP  
Justice of the Peace  
Jackson 603.387.9496

Simply Elopements  
Justice of the Peace-Coordinator-  
Photographer  
Bartlett 603.374.6241

### MASSAGE

Kate Soule  
Licensed Massage Therapist-Personal Trainer  
-Pilates 603.986.5587

### PHOTOGRAPHY

Lisa DuFault Photography  
Specializing in Elopements  
Bartlett 603.374.6241

### REALTOR

JT Realty  
Rt. 16 at the Scenic Vista  
JtRealty.com 603.356.7200

### RECEPTION & CATERING

Black Mountain  
Perfect Setting with Picturesque Views  
Jackson 603.383.4490

Joseph's Spaghetti Shed  
Celebrating our 30th year  
RT. 302, Glen 603.383.6680

### SHOPPING

The Design Bungalow  
Shabby Chalk Paints  
North Conway 603.356.5800

Fields of Ambrosia  
All Natural Skin Care  
North Conway 603.356.3532

Settlers Green Outlet Village  
Happy Shopping  
North Conway 888-667-9636

### SKIN CARE

Advanced Skin Care and Spa  
Advanced Skin Care meets Day Spa  
North Conway 603.356.7070

### STYLISTS

CKing's Hair Salon  
Making the World Beautiful One Person at  
a Time  
Glen 603.383.6006

### UNIQUE SERVICES

Pony Tale Talk  
Executive Coaching for Women  
Kimberli@ponytalktalk.com

### WEDDING CAKES

The Sugarmaker Bakery  
Yummy Baked Goods Made to Order  
Glen 603.383.9545

### WEDDING PLANNING

Creative Event Planning  
A Full Service Event Planning Group  
Aimeejanowicz@yahoo.com

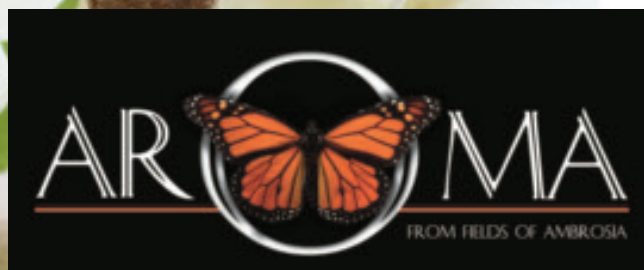
Wedding Daze  
Affordable Wedding Coordination  
Sandy Louis 603.662.7347



*Let us help you to create*  
***A Day to Remember!***

*Weddings.....are about making beautiful memories, and no sense is more linked to our memories than our sense of smell. Imagine a signature fragrance for your wedding day that recreates that special time whenever you wear it. When you are walking down the aisle wrapped in your unique scent, the element of fragrance will make a perfect day even more special.*

**Schedule a  
custom perfume session  
with us to create a scent  
as unique as you  
for your special day!**



**AT FIELDS OF AMBROSIA**

**Main Street - North Conway Village - 603-356-3532**