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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Old Sturbridge Village Is A Dose Of Yankee Hospitality**

**By Cliff Calderwood**

Old Sturbridge Village has both feet planted firmly in 19th century New England. You'll experience

the dawn of prosperity and modern commerce and what life was like in a typical New England village of the time. Role playing staff in period costumes recreate authentic discussions, and demonstrations of thoughts and skills, found during this exciting era in American history.

Once described in a 1950 article as "The Town That Wants to Be Out of Date," Old Sturbridge Village in Sturbridge, Massachusetts is a lovingly recreated village of early 19th century New England. The Village opened to the public in 1946 and received 5,000 visitors in its first year of operation. Today nearly half a million visitors a year experience the authentic buildings and wonderful collections of artifacts on display.

OSV has been a survivor. New England weather and accidents can be destructive to outdoor museums and Old Sturbridge Village has seen blizzards, hurricanes, flooding, and the occasional fire. Look for the high water mark notched on Gristmill on the millpond from Hurricane Diane.

Located 60 miles west of Boston off exit 9 on Route 90, Sturbridge Village is set among 200 acres of rural Central Massachusetts. Many of the structures are original and moved here from villages in Vermont, Connecticut, and Massachusetts. Reconstructed and restored with painstaking care they tingle your senses with their rustic charm, and simple Yankee designs.

Unpaved country roads lead you around the common and to outlying areas of inviting barns and craftsmen establishments, such as the shoe and tin shops. Here you'll see and talk to role-playing 19th century craftsmen. Marvel as they skillfully produce goods using only the tools and resources available in the 1830s. Take the opportunity to discuss with them their skill and work and what they think about life – just remember their response will be from a 19th century viewpoint.

Both a museum and educational resource, Old Sturbridge Village is primarily a place to explore for all ages. The centerpiece is the recreated New England town and outlying areas containing more than 40 buildings to visit, experience, and enjoy.

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Sturbridge Village contains residential homes, a printing office, a bank, and stores and shops. You'll learn why banks didn't do personal loans in those days – but who did. And why the buildings called Meetinghouses, weren't called churches – even though each Sunday most villagers spent four hours worshipping in them.

Stop by the Salem household in their handsome Towne House, and then visit and have tea at the Parsonage before calling on the Fenno and Fitch dwellings. These residential homes on the common in Sturbridge Village are full of surprises and homely comforts. And they're always open and welcoming to you.

And if you need to stop for refreshment, Sturbridge Village has plenty of picnic areas if you've brought your own food, or you can purchase hot and cold fare at Bullard Tavern, or treats at Little Cakes. Options to eat change with the seasons so be sure to check the guide the day you visit.

The vision of the original founders of Old Sturbridge Village was for a place to learn by doing and direct experience – an active outdoors museum. I've always found Sturbridge Village a welcome change of pace and reminder that quality of life has nothing to do with the latest wide screen TV or iPod.

Plan to spend at least 3–4 enjoyable hours at Old Sturbridge Village. Remember a ticket to Sturbridge Village is good for two days within a 10–day period.

Old Sturbridge Village is one of my favorite three living museums in New England. The other two are Plimoth Plantation in Plymouth, eastern Massachusetts, and Mystic Seaport in Mystic, Connecticut. All three for different reasons are marvelous experiences of New England's contribution to American history. To discover more about each visit my web site at

[www.new-england-vacations-guide.com/](http://www.new-england-vacations-guide.com/)

For more details on these and other attractions on Massachusetts vacations and to pick up your free vacation reports go to Cliff Calderwood's online New England Vacations site at:

<http://www.new-england-vacations-guide.com/>

### **Tickle Your Senses With Yankee Candles!**

**By Wendy Yeager**

How many of us remember as kids creating our own candles from our broken crayons? We'd have mom or dad help us melt down the crayons on the stove, throwing in every color of the rainbow. Then we'd carefully pour the melted wax into old cardboard milk cartons. But, how many of us were able to turn the fun of creating candles at home into a profitable money-making business? Well, Mike Kittredge, founder of Yankee Candles did just that! In 1969, when he was 16 years old, Mike melted down his old crayons to make his mom a candle for Christmas. His neighbor liked it so well, that she bought it from him. He then had enough money to buy wax to make both a candle for his mom and

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one to sell. This was the beginning of a bright future for Yankee Candles.

Today, Yankee Candles are the #1 selling brand in the United States. The "Housewarmers" are Yankee Candles most popular candle. They vary in size from votives at 3.7 oz. to 14.5 oz. and 22 oz. candles in jars with a lid. These Yankee Candles burn anywhere from 25–150 hours—depending on the size of candle. Yankee Candles are not only available as votives and in jars, they also are available as tarts, tea lights, pillars, tapers, and floating candles.

If you'd like to add a little accent to your Yankee Candles, then try one of their many colorful accessories, such as: jar toppers, pillar and jar bases, jar shades, chandeliers, or holders for your tea light, votive, or floating candles. They have some very beautiful items to choose from.

The most exciting aspect of Yankee Candles are their fragrances. Yankee Candles come in every scent under the sun! Make your kitchen feel warm and homey by savoring the delicious aromas of Fresh Peach, Apple Cider, or French Vanilla. Arouse your senses with the delicious home-baked aroma of Banana Nut Bread, Blueberry Muffin or mouth watering Chocolate Chip Cookie. You can almost taste the Chocolate Chip Cookie melting in your mouth!

You can enjoy other scintillating Yankee Candles in the rest of your home. Soothe your senses with the heavenly scents of Lilac Blossoms, Fresh Cut Roses, Clean Cotton, Green Grass, or Hydrangea.

So, whether you want to arouse or soothe your senses, you can make your entire home inviting with the tantalizing fragrances of Yankee Candles.

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