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September 2011

Your Guide to What's Happening in the Granite State

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Helping Animals

Concord-Merrimack County SPCA "Walk for the Animals" Fundraiser

Sunday, September 26, 2010
 Northeast Delta Dental, 1 Delta Drive in Concord
 10 am to 2 pm

Take steps to help homeless pets. The event starts with a 1 or 3-mile walk. It is a fun packed day that includes kid's activities, canine contests, coloring contest, animal demonstrations, food, music, cash and prize raffles, and free items from local pet services. Start collecting donations today by downloading your pledge form online at www.concordspca.org or call 603-753-9801. We hope to see you there!

Dewey the Dog & Friends Scavenger Hunt

Canterbury Shaker Village
 288 Shaker Road-Canterbury, NH
 Saturday, September 10, 2011,
 10 am to 5 pm.

Join the Dewey Scavenger Hunt to benefit the

Concord-Merrimack County SPCA! Dewey the Dog Day is a celebration for the whole family, including the canines. On this one day of the year, visitors may bring dogs on a leash outside at Canterbury Shaker Village. There will be demonstrations of agility training, disc dog, fly ball, K-9 Search & Rescue and therapy dogs. There will even be activities for your dog to participate in such as biscuit toss, bobbing for tennis balls, and cake walk.

Bring a photo of your favorite companion animal friend and enter the "Best Friends" photo contest. Shop the Dewey Bazaar and take home a souvenir for your companion animals. Outdoor grill lunch available.

Admission with dog: \$10 for adults, \$5 for children ages 6-17, children 5 and under are free. Admission without dog: \$17 for adults, \$8 for children ages 6-17, children 5 and under are free. \$42 family rate (includes 2 adults and 3 children). Members are FREE!

5th Annual Upper Valley Humane Society Auction

Join UVHS on Sept. 10 at 5 p.m. for this event to benefit pets of the Upper Valley and the New London/Lake Sunapee region. Live and silent auction, live entertainment, hors d'oeuvres, cash bar, and more. For more information visit www.uvhs.org. For tickets call 603-448-6888 ext. 100, Mount Sunapee Resort, 1398 Rt. 10, Newbury, NH. Event Fee: \$55.00 per person.



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The Delicious Dozen: 12 Reasons to Eat an Apple a Day

Apples routinely top grocery lists, for a variety of tasty reasons. Beyond the plethora of varieties and apple products to be enjoyed, apples pack a nutritious punch, providing a daily dose of health benefits. The U.S. Apple Association offers the following Delicious Dozen – 12 proven ways apples and apple products positively impact health, from head to toe, and from the inside out:

1. BRAIN HEALTH

Researchers from Cornell University found that apple nutrients protected brain neurons against oxidative damage. Such damage can contribute to neurodegenerative diseases, such as Alzheimer's and Parkinson's. The study highlighted the antioxidant quercetin as a principle compound responsible for the protective effect.

2. SYMPTOMS OF ALZHEIMER'S DISEASE

A University of Massachusetts-Lowell clinical trial showed that drinking apple juice significantly improved mood and

behavior among a group of patients diagnosed with moderate-to-severe Alzheimer's disease. Cornell University research also suggests that quercetin may be the compound in apples that protects brain cells against oxidative stress associated with Alzheimer's.

3. HEART HEALTH

Researchers at the University of California-Davis report that daily consumption of apples and apple juice may help reduce the damage caused by the LDL, the bad type of cholesterol, and protect against heart disease.

4. RESPIRATORY SYSTEM

A National Institutes of Health study reports that foods rich in fiber and flavonoids, found abundantly in apples, may reduce chronic productive cough and other respiratory symptoms.

5. ASTHMA

Research from the United Kingdom reports children of mothers who eat apples during pregnancy are much less likely to exhibit symptoms of asthma at age five. Apples were the only food found to have a positive association with a reduced risk of asthma among a variety of foods consumed and recorded.

6. DIGESTIVE HEALTH

University of Denmark researchers discovered apples and apple products could boost intestinal health by increasing the numbers of good gut bacteria. The friendly bacteria in the intestines feed on apple pectin, a fiber found abundantly in apples.

7. BONE HEALTH

A study published in the November 2010 online edition of the American Journal of Clinical Nutrition suggests that older women who eat plenty of fruits, including apples and apple products, along with vegetables and whole grains, may have a lower chance of bone fractures than those not getting their fill.

8. MUSCLE STRENGTH

A natural compound found in the apple's skin, called ursolic acid, may help prevent muscle wasting that can result from aging and illness.

9. WEIGHT MANAGEMENT OR WEIGHT LOSS

State University of Rio de Janeiro researchers studying the impact of fruit intake on weight loss found that overweight women who ate the equivalent of three apples a day lost more





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weight on a low-calorie diet than women who didn't eat the fiber-rich fruit.

10. METABOLIC SYNDROME

Adults who consume apples, apple juice and apple sauce are likely to have lower blood pressure and trimmer waistlines, resulting in a reduced risk of metabolic syndrome, a cluster of health problems related to diabetes and heart disease.

11. IMMUNE SYSTEM

Soluble fiber, like apple pectin, may reduce the inflammation associated with obesity-related diseases and strengthen the immune system, according to a University of Illinois study.

12. CERTAIN TYPES OF CANCER, LIKE BREAST, PANCREATIC, COLON OR LIVER, PROSTATE, AND COLORECTAL

Apples are rich in antioxidants, especially quercetin, which have been identified to help inhibit cancer onset and cell proliferation. In one study, the more apples per day individuals ate, the less likely they were to develop colorectal cancer. The anti-cancer effect was seen even when an individual had a low total consumption of fruits and vegetables but consumed at least an apple a day. Apples are a delicious way to add a dose of disease prevention to your daily diet, says Allison Parker MS, RD, director of consumer health and education at the U.S. Apple Association. It is no wonder numerous health organizations, including the Surgeon General, the American Cancer Society and the American Dietetic Association, encourage greater consumption of fruits and vegetables - like apples and apple products. To read about additional studies on the health benefits of apples and apple products, visit www.USApple.org.

**Early apples:
Ginger Gold & Jersey Mac**

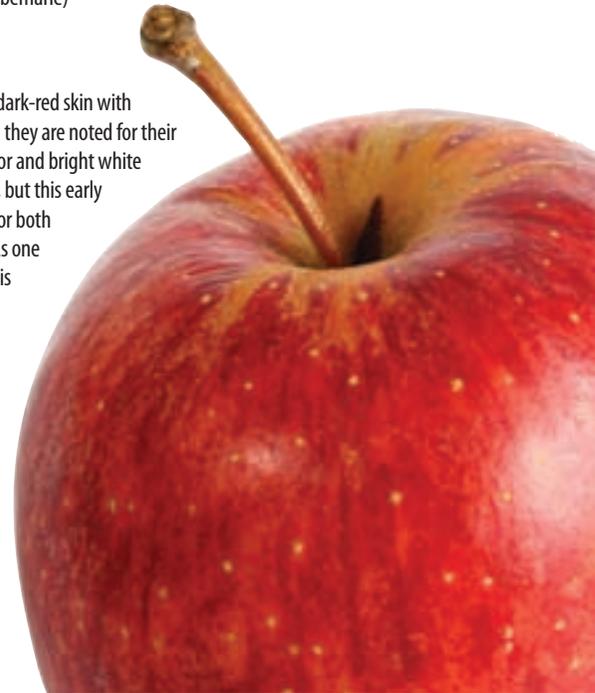
Ginger Gold

IF YOU ARE HANKERING FOR AN EARLY SEASON APPLE, your ship has come in. Two of the earliest varieties, Ginger Gold and Jersey Mac, can now be found at many orchards and farmstands. They are harbingers of the fall crop to come - and it looks like a good apple year for most of New England's orchards - best eaten fresh, offering flavors of things to come.

Ginger Gold apples are sweet, tangy, and juicy. Their shape ranges from round to conical, and they have a smooth, green-yellow skin, often with a light pink blush. Ginger Golds are a good apple for both cooking and fresh eating, and are especially enjoyed in salads, as their crisp, white flesh browns slowly when sliced. Ginger Golds are a relatively new apple, discovered in a Virginia orchard in the foothills of the Blue Ridge Mountains in the late 1960s. Their parentage is not certain, but Ginger Golds likely are a cross between Golden Delicious and Newtown (Albemarle) Pippin.

Jersey Mac

Jersey Macs have a tough, dark-red skin with green and red patches, and they are noted for their sweet, strawberry-like flavor and bright white flesh. They don't store well, but this early season apple can be used for both cooking and fresh eating. As one grower puts it, "Jersey Mac is a good choice for McIntosh lovers who are getting impatient waiting for the Macs to ripen." Jersey Macs were developed at the New Jersey Agricultural Experiment Station of Rutgers University in 1956 (hence the name), and were introduced commercially in 1971.



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Apple Crisp

A FRESH APPLE PIE IS A THING OF BEAUTY, delicious, substantial and versatile—elegant enough for a dinner party, familiar enough for breakfast the next morning. When you don't have time to roll out a flaky crust to encircle your gently spiced apple filling, though, apple crisp is the next best thing. (Follow a perfect pie crust for tips when you do have time to make that pie.) Apple crisp has



all the good apple stuff that goes into a pie, with a rich, crunchy topping. There are many variations, such as adding other fruits like cranberries, raisins or pears, or in the topping (one person recently told us she uses graham crackers for her crisp, and we can't wait to try it). If you have a good apple crisp recipe, we'd love you to send it along. Here is one of our favorites, passed down through the generations from Lois Castell Browns. We've added whole wheat flour to make it healthier than the original. Mix and match apples for maximum flavor. We recently used seven varieties in this recipe: Duchess of Oldenburg, Ginger Gold, Honeycrisp, PaulaRed, Rambo, Red Gravenstein, and Zestar. It was so good it exposed apple crisp's one, great weakness: it doesn't last.



APPLE CRISP – SERVES 6

6 New England apples, like Northern Spy, McIntosh, or Macoun
 1 T lemon juice
 1 t cinnamon
 1/4 t nutmeg
 1/2 t salt
 Topping:
 3/4 c whole wheat flour
 1/4 c old-fashioned oats
 1/4 c brown sugar or 1/3 c maple syrup
 5 T butter
 Preheat oven to 350°. Core and slice apples into a buttered 8" square pan. Sprinkle lemon juice and spices over the apples.
 Combine topping ingredients to cover the apples.
 Bake for 45 minutes or until apples have softened.

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Gardening

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■ Sunday, September 11, 2011, 11 a.m.-3 p.m., Ferns et al. of Quincy Bog, Rumney, NH. Visit a bio-diverse bog, associated wetlands, and a pond in the Quincy Bog Natural Area, located near I93 in central New Hampshire. Instructors Don Lubin, Ray Abair, and Alice Schori expect to find about two and a half dozen pteridophyte taxa in this area which supports a rich variety of plant and animal life. Plan to go off-trail for part of the walk, so wear long pants and sturdy shoes. Fee: \$36 (Member) / \$44 (Nonmember). Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

■ Saturday, September 17, 2011, 10 a.m.-3 p.m., Club-Mosses and Horsetails Workshop, Lyman, NH. The Hobbs Fern Sanctuary, a New England Wild Flower Society property in northern New Hampshire, is home to a surprising diversity of club-mosses and horsetails, in addition to the nearly 50 kinds of ferns which flourish there. These groups of spore-bearing plants are related to extinct plants that dominated the landscape during the Dinosaur Age. Instructor: Don Lubin and Ray Abair cover identification features used to distinguish most of the spe-

cies. After inside discussion of photographs, drawings, and specimens, we will hike around the Sanctuary to see them in situ. The evergreen species will stand out well against the background so late in the season. Fee: \$60 (Member) / \$72 (Nonmember). Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

■ Wednesday, September 21, 2011, 10 a.m.-12 noon, Landscape History at Strawberry Banke, Portsmouth, NH. Take a special Curator's tour through New England landscape history as we explore gardens ranging from native landscapes and 17th century raised-bed kitchen gardens to High Victorian gardens, immigrant gardens, a 100 year-old Colonial Revival garden, and a Victory Garden from World War II. Curator John Forti focuses on the evolution of a neighborhood and its gardens and landscapes from native presence to the present. Participants have access to heirloom seeds from the gardens as we progress through the historic and cultural landscapes. Tour does not include admission to the museum, but participants are encouraged to stay for lunch and an afternoon visit to the site. Fee: \$22 (Member) / \$25 (Nonmember). Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

■ Saturday, September 24, 2011, 10 a.m.-2 p.m., Forest Ecology at Thompson Farm, Thompson Farm, Durham, NH. Explore University of New Hampshire's 204-acre Thompson Farm to learn how physical factors (soil texture, nutrients, water drainage, and topography) affect forest composition and practice your tree ID skills along the way. Instructor Gabriel Roxby visits three main forest communities: an upland site with shagbark hickory,



pignut hickory and eastern red cedar among others; a site with more nutrient-rich soils containing sugar maple, American basswood and white ash; and a lowland site with seasonally-flooded marine-sediment soils supporting red maple and a particularly impressive swamp oak. With the use of a soil auger, get the feel for different soil textures and soil parent elements. Fee: \$36 (Member) / \$44 (Nonmember). Pre-registration is necessary, contact the registrar at 508-877-7630, ext. 3303.

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Golf

Solving Golf Problems

Identify the (slicing, hooking, lack of distance, etc.)



problem. Verify the problem by videotaping yourself or asking a knowledgeable golfer to watch you hit a few balls. Find the cause of the problem. Start

by reviewing your fundamentals of grip, stance, balance, alignment, etc.

Do some diagnostic drills to help you pinpoint the cause. Plan your course of action. Commit to implementing your plan. Repetition will help build confidence. Give it time to work, but, if it is not going well, seek additional help.



PURPOSE

To have a reliable system to identify your golfing problems. The first step, no matter what the problem, is always to REVIEW YOUR FUNDAMENTALS (Grip, Stance, Alignment, Swing Path, etc.) Also, the diagnostic drills can help you pinpoint your problems. You must know the problem and its cause to effectively correct it. Use a video tape recorder or a knowledgeable practice partner to help you correctly diagnose the problem.

To provide the means to restore your confidence. Many problems will stem from loss of confidence. Doing repetitions of the drills will give you the needed confidence

in your swing to overcome your problems. Solving problems and developing confidence takes time. Do not expect instantaneous results. After you identify the problem, find the cause and learn the cure, you will still need time and practice to integrate your new skills into your "old game".

DO'S AND DONT'S

If you cannot identify and solve your own problems to your satisfaction, seek help from your local PGA professional. They are trained to recognize and solve golfing problems.

Chipping Stroke

The chipping motion is similar to the putting stroke. Keep weight left, wrists firm and in front of clubhead. The goal is to get the ball on the green as soon as possible, rolling toward the hole.

With the ball back in your stance take a short backswing with no wrist movement. Make a descending blow and brush the ball from the turf. Maintain flex in your knees at all times.

The follow through should always be longer than the backswing. The stroke is dominated by the left arm. The right hand/forearm does not cross or roll over the left.

PURPOSE

To understand the mechanics of the chip shot. Chipping requires a slow tempo and a crisp swing. Stand close to the ball for a more direct swing path. Keep your weight

left, body leaning slightly left, with hands ahead of the ball. Chipping is mostly an arm movement. You are trying to brush or sweep the grass, hitting through the ball. Your left arm will dominate the shot. Your arms and wrists work as one unit. Keep your lower body action to a minimum. Grip down slightly for the short chips will give you more feel (control) because your hands are closer to the ball.

To understand the limited role of the lower body in executing chip shots. Lower body movement is extremely limited in the chip shot. However, there is movement. Chipping is all upper body, right up to the point of impact, then the right knee leans in, bending and moving forward down the target line. Do not force this movement. It is natural and barely noticeable. Your hands are still ahead of the ball at impact and the left arm leads the way.

DO'S AND DONT'S

Always chip to a target (landing spot). It is your intermediate target where the ball flight ends and the roll begins.

Weight Shift Two Step



To hit the long ball you have to shift your weight properly. Improper weight shift is the major cause of lack of distance. Assume a narrow stance using a mid-iron. Take several practice swings. Begin your backswing by lifting your left foot slightly off the ground.

As you initiate your downswing replace your left foot and then lift your

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Golf

right foot as you follow-through. Trouble with this drill may indicate a weight transfer problem. You will know immediately if you are not shifting your weight back and then forward properly.

PURPOSE

To detect an incorrect weight shift. If you are struggling through a round hitting fat shots (hitting under the ball) and/or topped shots (hitting near the top of the ball) your problem may be an incorrect weight shift. It's an easy habit to get into and just as easy to break - if you recognize the symptoms right away.

This drill provides you with a simple "on course" detection method. If you have trouble doing this drill you have found your problem. Concentration and correct repetition of this drill will solve your weight shift problems.

To improve your footwork and gain distance. Proper weight shift is necessary to hit the long ball. Learning a proper weight shift will add 10 yards or more to your shots.

This drill will also help you stay balanced and light on your feet throughout the swing. If your weight is back on your heels, this drill will help you get your weight more centered.

To build tempo. Tempo means a backswing and downswing with the same smooth rhythm. It should be a balanced one - two type of action. This drill and the



Weight Shift See-Saw drill help to slow down people who have gotten into the bad habit of a fast backswing.

DO'S AND DON'T'S

Remember this drill can be used as an "on course" diagnosis of weight shifting problems.

Written by Joe Davidson, www.SimpleGolf.com

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Buzzards Bay Park • Main Street

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Exhibits



Carol Santora, Belgian Horse Power, pastel

'Artful Equine Exhibit'

September 9th-October 23

Opening Reception: Friday, September 9th 5-8 pm

Back in the Saddle Equine Therapy Center- Fund Raiser: Tues, Sept 13, 5-7:30

Providing support for individuals with disabilities

www.bitsetc.us <<http://www.bitsetc.us>>

Artists: Barbara Filleul, Liz Fletcher, Mary Iselin, Wendy Klemperer, Heidi Lorenz, Carol Lake, Kathy Marx, Victoria Mauldin, Melissa Miller, Annette Mitchell, Morris Norvin, Fleur Palau, Carol Santora, and Bob Shannahan

Mill Brook Gallery & Sculpture Garden is pleased to present this outstanding exhibit of Artful Equines. The bond between horses and their humans, in art and in life, is deep and resonant. The horse's part in history - from plowing the fields to aiding mankind in transportation and warfare, to modern day racing, showing and therapeutic work - is unique. Horses have been recognized for valor, elegance and companionship, on the battlefield, in the show ring, and in the back yard. The exhibit aims to honor horses for their their natural

IN New Hampshire

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On the cover:

Photo provided

by Deborah Belanger

Exhibits



Mary Iselin, Little But Tough, oil

beauty and their collective contribution to civilization.

Barbara Filleul and Bob Shannahan are inspired by the prehistoric horse: Filleul creates mono-prints inspired by ancient cave paintings while Shannahan fashions textural sculptures from natural found objects. Morris Norvin and Wendy Klemperer weld steel into sculptural depictions of pure horse power. Heidi Lorenz, Mary Iselin, Victoria Mauldin, and Melissa Miller paint realistic horses in everyday settings. Fleur Palau chisels away at marble, manifesting a beautiful sculpture of horse and rider.



Wendy Klemperer, Red Horse Rearing

Back in the Saddle Equine Therapy Center is a nonprofit association located in Hopkinton, New Hampshire. BITS is dedicated to providing quality time with a horses for people. They provided certified instructors and therapists to provide safe and effective

treatment for people living with disabilities. Therapeutic riding can improve physical strength, balance and a confidence builder by using the horse as a co-therapist. www.bitsetc.us <<http://www.bitsetc.us>> Donation \$20 for the Tuesday, September 13th event.



Melissa Miller, Snow Field, oil



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Opening Ceremonies: 11:30 AM



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Awards Ceremony for Lumberjack Competition approximately 5:00 PM

Horse Drawn Covered Wagon Rides: 10:00 AM - 4:00 PM

Women's & Girls' Fry Pan Toss

Men's & Boys' Log Toss: 11:00 AM - 3:30 PM

Children's Metal Fishing Derby: 1:00 PM

Children's Log Rolling (Burling) Practice: 2:00 PM

Burling Competition begins at 2:45 PM



Children's Activities & Games: 11:00 AM - 4:00 PM

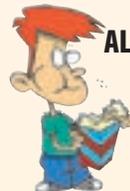
Discounted Heritage Riverboat Tours: Ongoing throughout Festival

Demonstrations, Displays & Presentations: Approx. 10:00 AM - 4:00 PM

Fry Pan Toss & Log Throw Awards presented at 3:45 PM

ENDEARING ANIMALS: Come & see Llamas, Goats and Miss Essa the miniature horse!

Truly beautiful animals lovingly cared for & presented by the Roy Family Farm in Milan, NH



ALL DAY FOOD FAIR begins at 11:30AM

BBQ Hamburgers & Hot Dogs, French Fries,

Pop Corn, Fried Dough, Ice Cream,

Home Made Chili, Chowda'

& Absolutely Irresistible Bean Hole Beans



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Exhibits

Thorne Art Exhibit Explores America's Self Image

America's shared culture is explored in *Infinite Mirror: Images of American Identity*, an art exhibition on view Friday, September 2 to Sunday, December 4, at the Thorne-Sagendorph Art Gallery at Keene State College. *Infinite Mirror* explores America's self image through paintings, prints, photographs, and video by 42 artists whose insightful works reveal the triumphs, tragedies, relationships, and traditions that inform our notions of nationhood.

Keene State English Professor Michael Antonucci presents a guided walk through the exhibit at 6:30 p.m. Friday, September 9, during a reception hosted by the Friends of the Thorne from 5:30 to 7:30 p.m. at the Gallery.

This exhibit is part of Keene State's Biennial Symposium "What Sustains Us," Wednesday to Friday, November 2 to 4, during which time the Thorne hosts a panel discussion to include one of the curators of *Infinite Mirror*.

Infinite Mirror centers on the U.S. founding principal of *E Pluribus Unum* - out of many, one - a concept that acknowledges the country's diversity and expresses its unity around shared values. American artists of African,



Arab, European, Asian, Latino, and Native American descent examine patriotism, communication, the struggle for acceptance, and what it truly means to be an American in the 21st century. Humor, heartache, anger, apprehension - all emotions are evoked by these works, raising questions about race, class, gender and age.

Four main themes run through the exhibit: Self-Selection, Pride, Assimilation, and Protest, providing audiences with the opportunity to re-examine both the story and storytellers of the quintessential "American dream." In analyzing the diversities in the American population, *Infinite Mirror* speaks to myriad experiences and the ways we form and connect to an American identity.

Infinite Mirror is developed by Artrain, Inc. and Brandywine Workshop, Philadelphia, Pa., and is toured by International Arts & Artists, Washington, D.C. Presented with support from the Institute of Museum & Library Services and the National Endowment for the Arts.

Also on exhibit is *Figuratively Speaking*, open Friday, September 2 to Sunday, October 2. Stephen J. Lucey, assistant professor of art at Keene State, curated this exhibit of portraits from the Thorne's Permanent Collection. A portion of this exhibit will remain on display for the Friends of the Thorne's education program for area schoolchildren October 14 to November 3.

The exhibits, reception, and educational program are free and open to the public. Gallery hours are Sunday to Wednesday, noon to 5 p.m.; Thursday and Friday, noon to 7 p.m.; and Saturday, noon to 8 p.m. The gallery is closed September 5 for Labor Day, November 11 for Veterans Day, and November 23-27 for Thanksgiving break.

The gallery, located on Wyman Way on the Keene State campus, is accessible to people with disabilities. To request accommodations for a disability, please call the gallery at least two weeks before your visit. For information, call 603-358-2720 or visit www.keene.edu/tsag.

Monadnock Art / Friends of the Dublin Art Colony presents the

16th Annual Open Studio Art Tour

October 8 & 9, 2011

Visit open studios in Dublin, Hancock, Harrisville, Jaffrey, Marlborough, and Peterborough. Follow the black Art Tour signs.

See the *Art Tour Preview Exhibition* at the Jaffrey Civic Center October 3 - 9. Opening Reception: October 3, from 5-7 pm.

See an Online Gallery and Tour Map at www.MonadnockArt.org

Exhibits



Photo by Cameron Stratos

Visit N.H. Fish and Game at the Fair! Exhibits at Hopkinton and Lancaster

CONCORD, N.H. -- While you're having fun at the Hopkinton and Lancaster Fairs this Labor Day weekend, stop in and enjoy the New Hampshire Fish and Game Department exhibits -- a great way to explore hunting, fishing and wildlife watching opportunities in our state.

The Hopkinton State Fair (September 1-5, <http://www.hsfair.org>) once again features a special "Discover Wild New Hampshire Building" presented by N.H. Fish and Game where you can see wildlife mounts, live falcons, hawks, fish and more. Meet wildlife biologists, fisheries experts and Conservation Officers. You'll have a chance to buy hunting and fishing licenses, 2012 New Hampshire Fish & Wildlife Calendars and official Fish and Game merchandise. Pick up fish and wildlife publications. The Fish and Game building will be open from 9:00 a.m. to 8:00 p.m. Thursday, September 1, through Sunday, September 4; and from 9:00 a.m. to 5:00 p.m. on Monday, September 5, 2011.

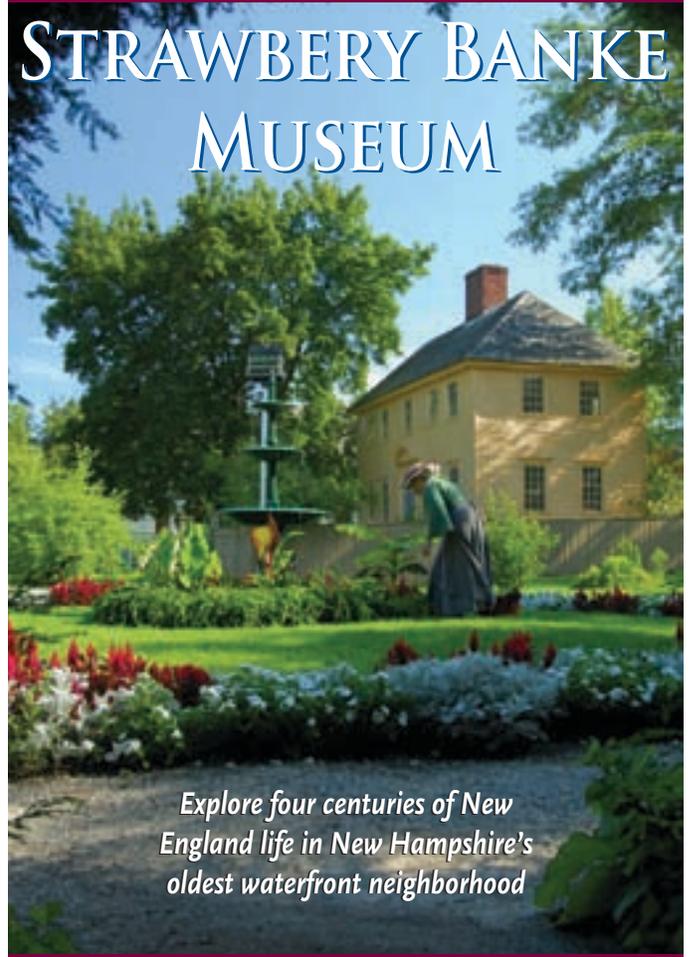
When you stop by the Fish and Game building at the Hopkinton Fair, check the schedule for special wildlife features daily. WTPL Radio will live broadcast its New Hampshire Wake Up show with Peter St. James from 6:00 to 10:00 a.m. on Thursday (Sept. 1). On Friday and Saturday (Sept. 2-3) from 11:00 a.m. to 2:00 p.m., enjoy live animal presentations by the Squam Lakes Natural Science Center. See live hawks and falcons from Saturday through Monday (September 3-5) from 9 a.m. to 5 p.m. Find Fish and Game fast by parking at the Blue Gate (look for Building #2 on the Hopkinton Fair map).

In northern New Hampshire, Fish and Game continues its long-standing tradition of presenting an exhibit at the Lancaster Fair (August 31-September 5, 2011). Housed in the 4-H Building, this year's Fish and Game exhibit explores ongoing brook trout studies, human-bear conflict abatement, and law enforcement related to the upcoming hunting and trapping seasons. Conservation Officers and Fish and Game biologists will be on hand to talk about fishing, hunting, wildlife watching and much more. Pick up N.H. Fish and Game publications like the new 2011-2012 NH Hunting and Trapping Digest. Find out more about the Lancaster Fair at <http://www.lancasterfair.com>.

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit <http://www.wildnh.com>.

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Festivals & Fairs

Annual Labor Day Weekend Craft Fair at the Bay

Indoor and Outdoor Arts and Craft Festival on Sept. 3rd at 10 a.m. along the shores of the big Lake Winnepesaukee Featuring 100 Booths of American made arts, crafts, food and live music. Fair is free admission, free parking, rain or shine, ADA Compliant, friendly pets are welcome on leash. Directions: From 95 take Spaulding Turnpike to Exit 15 to the Lakes Region For more details visit www.castleberryfairs.com. Event Fee: Free. Alton Bay Waterfront, Route 11, Alton, NH. Phone: 603-332-2616.

Lancaster Fair slated for September 1st

Looking for the largest fun filled family event in the Great North Woods? Look no further!! The undisputed king is the Lancaster Fair at 10 a.m. that has been open for 140 years in succession. The Labor Day weekend extravaganza spotlights agriculture activities, a large midway, 4 H exhibits, diverse musical entertainment and motorized competitions (pulling events and the ever popular demolition derby). Wide clean midways and free parking.

Route 3, Lancaster, NH. Phone: 603-788-4531.



2011 Hampton Beach Seafood Festival

Starting on Sept. 9. Hours: Friday 4 to 9 pm, Saturday 10 am to 9 pm, Sunday 10 am to 6 pm. 60 Food booths serving up a variety of seafood and more. Continuous

entertainment featuring 15 Bands and Orchestras; Pat Whitley Culinary Chef Demonstrations; Kiddie Land featuring the best in Children's entertainment; a Spectacular fireworks display on Saturday; also on Saturday the Second Annual Lobster Roll Eating Contest. Don't miss the thrilling Skydiving demonstration on Sunday; the festival will feature unique spectacular events for the entire family Be

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Fiber Artists,
See the Animals
Fiber comes from
and Shop for
Christmas!*



**October 2011
8TH, 9TH & 10TH**

**FREE
ADMISSION!**



www.WoolArtsTourNH.com

Festivals & Fairs

sure to mark your calendars now and make sure that you'll be at New Hampshire's grandest event of 2011. Event Fee: \$5. Children under 12 free. Ocean Boulevard, Hampton Beach, NH. Phone: 603-926-8718.

Portsmouth Maritime Folk Festival

Since the autumn of 2000, the Portsmouth Maritime Folk Festival has been held annually in Portsmouth, New Hampshire. We celebrate our local and national heritage of seafaring and maritime trades by taking nautical songs and music to the pubs, cafés, churches and streets of this seacoast town. The festival is held on the last weekend in September starting at 12 noon, with free music in the streets all afternoon Sunday. The eleventh annual festival was very well-received and highly successful, for which we thank all our friends, fans and supporters.

2011 World's Championship Chili Cookoff

The 2011 World's Championship Chili Cookoff is a national event that brings together the best amateur chili cooks in the country.

Cooks must win a regional or state final to earn a spot



at the World Championship and a chance at winning the \$25,000 Grand Prize. In addition to tasting the World's Best Chili, visitors can enjoy the live entertainment, fun activities and vendors that will be on site.

This is a family-friendly event with a festival atmosphere. This is the second year in a row the World's Chili

Championship has been held in Manchester, NH. Event hours: Friday, 9/30 - Noon- 6pm Saturday, 10/1 - 11am-6pm Sunday, 10/2 - 11am-4pm. Event Fee: \$5 per person, includes entrance into event and 5 tastings tickets to sample the World's Best Chili. Veteran's Park, 737 Elm St., Manchester, NH. Phone: 603-624-6505.

Lake Winnepesaukee is Beautiful in September



Scenic & Fall Foliage Cruises

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Relax in inside lounges or on outside decks.

Breakfast, lunch and cocktails available on board.

From Weirs Beach daily at 10 AM & 12:30 PM

From Wolfeboro: Wed., Fri. & Sat. 11 AM

From Alton Bay: Sunday 11:15 AM

Complete schedule on line: www.cruiseNH.com



Sunday Champagne Brunch

From Weirs Beach 10 & 12:30 • Alton Bay 11:15

Dinner Dance Cruises

Enjoy a sunset cruise with dancing to live music and a delicious buffet dinner.

Friday: 7-10 pm

Saturday: 6-9 pm

Sunday: 5- 7:30 pm

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Festivals & Fairs

Seacoast Irish Festival Tickets on Sale Now

Tickets to the September 10th return of the Seacoast Irish Festival, underwritten by Centrix Bank, are now available online at www.seacoastirishfestival.org and can also be purchased in person at the Dover Chamber Visitor Center, located at 550 Central Avenue in Dover.

The tickets are \$15 in advance, and will be \$20 at the gate on September 10th. The Festival will feature over a dozen performers over the course of the afternoon during a rain or shine celebration of Dover's Irish Heritage.

The Greater Dover Chamber of Commerce has teamed up with Dover Main Street to produce the event again this year, after working together to resurrect it in 2010 following a 5-year hiatus. The event was formerly put on by the Dover Police Charities from 2001 to 2005 before being shelved for a variety of logistical reasons.

"Many people have expressed how pleased they are to have the Festival back," said Chamber Executive Director Molly Hodgson Smith, "There's been a great outpouring of support from businesses and individuals alike, and Centrix Bank has led the way in assuming the role of event underwriter for the second consecutive year. Their generosity and level of community involvement cannot be overstated."

The 2011 edition of the Seacoast Irish Festival will



Centrix.and.Performers.jpg - Tickets are available for the 2011 Seacoast Irish Festival, which is scheduled for Saturday, September 10th in downtown Dover. The musical entertainment lineup includes Bradigan, Patsy Whelan, Kevin Byrne, Schooner Fare and Sunday's Well, pictured here performing at the Festival in 2010.

once again be held in the highly visible, downtown location at the Rotary Arts Pavilion in Henry Law Park. Confirmed performers include Bradigan, Sundays Well, Patsy Whelan, the McTeggarts, Schooner Fare, Kevin Byrne and many other special guests.

The event will culminate with a rousing musical tribute to the late Eugene Byrne, performed by many of the Festival performers and some very special guests. Byrne, a long-time Dover resident, was one of the Festival's original "Founding Fathers," and was instrumental in bringing the Festival back in 2010, assembling the entertainment

lineup and also performing on stage himself throughout the day. "We've really missed working with Eugene this year," noted Dover Main Street Executive Director Carrie Eisner, adding, "He was loved so much, and by so many people. This tribute is special to everyone on the Festival Committee, and really to everyone who knew Eugene. He was such a visible and enthusiastic contributor to Dover's rich Irish heritage, and he loved nothing more than to perform and make people happy. This is a celebration of that giving spirit."

Kelley's Row headlines a host of food and beverage



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