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APRIL 2013

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# Stonyfield5k.com



# Restaurant Week Portsmouth & The Seacoast

Portsmouth, NH

49 restaurants are participating in Restaurant Week Portsmouth & The Seacoast's Spring promotion, April 4-13th, 2013. As a result of a growing food sensitivity awareness, many of the participating restaurants will be showcasing gluten free menus and additional gluten free and vegetarian options. We are proud to include Gluten Free menus at several participating restaurants

Why Gluten Free Menus?

Chef Gerry Walsh of The River House personally experienced the importance of embracing the needs of those with food sensitivities. "I've watched my cousin struggle to figure out an acceptable diet for her daughter, who was diagnosed with gluten allergies over 20 years ago."

"I have been trying to accommodate the special dietary needs for Celiacs and all allergy related menus for my customers ever since. We are committed to serving safe quality choices to all clientele regardless of their dietary needs. Of course it makes sense to continue that commitment with our Restaurant Week Menus."

In addition to the River House, there are over a dozen restaurants also offering gluten free menus and



additional offerings. They include Moxy, Tulsi, Brazo, Common Man, Green Monkey, Martingale Wharf and Blue Moon and more.

To see all the menus offered during Restaurant Week Portsmouth & The Seacoast, please visit: <http://www.portsmouthchamber.org/restaurantweek.cfm>

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Look up the menus of these participating restaurants:

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Agave Mexican Bistro	Dolphin Striker	Portsmouth Brewery
Anneke Jans	Epoch Restaurant	Portsmouth Gas Light
BG's Boat House	Four	Radici
Black Trumpet	Great American Grille	Ri Ra
Blue Mermaid	Green Monkey	Ristorante Massimo
Blue Moon Evolution	Grill 28	River House
Bonta Restaurant	Harbor's Edge	Robert's Maine Grill
Brazo	Jumpin' Jay's Fish Cafe	Rudi's Portsmouth
Cafe Mediterraneo	Library Restaurant	Stage Neck Inn
Cafe Nostimo	Martingale Wharf	Street eat/drink 360°
Carriage House	Michelle's	Surf Restaurant
Cava	Mombo	Surf Sushi Bar
Common Man	Moxy	Three Chimneys Inn
Demeters Steakhouse	Oar House	Tulsi Indian Restaurant
Dinnerhorn	Orchard St. Chop Shop	Wellington Room

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New Hampshire  
www.nh.gov

## Bruce Hornsby at the Capitol Center for the Arts

Concord, NH: Three-time Grammy Award-winning singer, songwriter and pianist Bruce Hornsby will bring a rare, intimate, solo piano performance to Concord's Capitol Center for the Arts on Friday, April 19 at 8pm. Hornsby's work continues to display the same creative iconoclasm that's been a constant in the artist's two-and-a-half decade recording career. His commercial stock soared early on, when "The Way It Is"--the title track of Bruce Hornsby and the Range's 1986 debut album--became the most-played song on American radio in 1987, winning ASCAP's Song of the Year award. That same year, Hornsby won the Grammy Award for Best New Artist. "The Way It Is" and such subsequent hits as "Mandolin Rain" and "Every Little Kiss," established Hornsby as one of the world's most popular pop acts.



Through the years, Hornsby has shared his unique improvisational style - a combination of pop, jazz and classical bluegrass that has sometimes been referred to as the "Virginia sound" - with a plethora of performers. Always a versatile performer, Hornsby also earned Grammy Awards for Best Bluegrass Recording in 1990 and for Best Pop Instrumental 1993, and high-profile work with the likes of Don Henley, Huey Lewis, Rick Skaggs, Bela Fleck, and the Grateful Dead made him an in-demand collaborator. But for this special string of tour dates, Hornsby is collaborating with no one - just his trusty piano.

Tickets for this intimate solo piano performance by Bruce Hornsby are \$58 Gold Circle ADV / \$61 Gold Circle DOS; \$48 Orchestra/Mezzanine ADV / \$51 Orchestra/Mezzanine DOS; \$38 Balcony ADV / \$41 Balcony DOS and are available by calling 603-225-1111, online at [www.ccanh.com](http://www.ccanh.com), and at the box office, located at 44 South Main Street, Concord, NH 03301, on Monday, Tuesday, Thursday and Friday from 11 a.m. to 6 p.m., and Saturday 11 a.m. to 2 p.m. Don't miss this rare, intimate evening with one the greatest singer-songwriters of all time.

## NH Sheep & Wool Festival

Join us May 11th and 12th at the Deerfield Fairgrounds in Deerfield, NH for the 37th annual NH Sheep & Wool Festival. Over 120 vendors of yarn and other wool and fiber products,

as well as farming supplies for sheep, alpacas, llamas, goats and rabbits. Festival attendees may participate in workshops on a wide range of topics including spinning and knitting, sheep health, and raising sheep for meat and fleece. There will be sheep shows, sheep-shearing, activities for children, and dog herding demonstrations throughout the weekend and great festival food. For more information please visit [www.nhswga.org](http://www.nhswga.org).



May 11 & 12, 2013, Saturday Hours: 9:00am - 5:00pm, Sunday Hours: 9:00am-4:00pm. Deerfield Fair Grounds, 34 Stage Road, Deerfield NH. Admission: \$5.00 for adults, \$4 for seniors, children under 12 free. Free Parking.



The Seacoast Science Center's Whale of a 5k Trail Race brings runners on a scenic course of varied terrain through historic Odiorne Point State Park. All proceeds from the race and Kids' Fun Run support the Center's marine environmental education efforts.

## Whale of a 5k Trail Race & Kids' Fun Run and Earth Day Celebration

At the Seacoast Science Center, Saturday, April 20

Rye, NH: The Seacoast Science Center's fifth annual Whale of a 5k Trail Race & Kid's Fun Run, presented by Kennebunk Savings Bank, will be held on Saturday, April 20. The scenic cross-country trail will bring you through the forest, by the rocky shore, on the sandy beach and alongside historic military fortifications of Odiorne Point State Park. Competitive and non-competitive runners and walkers are welcome; the trail is not dog or stroller-friendly.

Prizes will be awarded to the overall male and female winner as well as the top two winners in different age and gender categories. The first 175 registered 5k participants receive an official race t-shirt. This race is part of the Portsmouth Community Road Race Series. To learn more about participating in this series visit [www.pcrs.org](http://www.pcrs.org).

The Kids Fun Run, for ages 12 and under, includes a 100 yard dash and/or a 1/2 mile run. All Fun Run participants will win a prize.

The race starts at 9:00 a.m.; registration is held from 7:30-8:45 a.m. The cost for the 5k is \$18 before April 15; \$23 thereafter. Families save with a special rate of \$50 before April 15; \$60 thereafter (up to 5 family members). The Kid's Fun Run is \$6 (advance or day of).

Visit [www.seacoastsciencecenter.org/events](http://www.seacoastsciencecenter.org/events), to find a schedule, to register online or to download a registration form and trail map, or contact Ashley at 603-436-8043, ext. 14 or [a.stokes@seacentr.org](mailto:a.stokes@seacentr.org).

Volunteers are needed! It takes 60-70 volunteers to help with pre-race tasks and to help run the event the day of. Please contact Laura at [l.bahl@seacentr.org](mailto:l.bahl@seacentr.org) or 603-436-8043, ext. 21 to learn how you can help.

Special thanks to the title sponsor Kennebunk Savings Bank, and to sponsors Eastern Mountain Sports, Portsmouth Regional Hospital, PromoCentric, ReVision Engery, Road ID, Runners' Alley and Z107/WERZ.

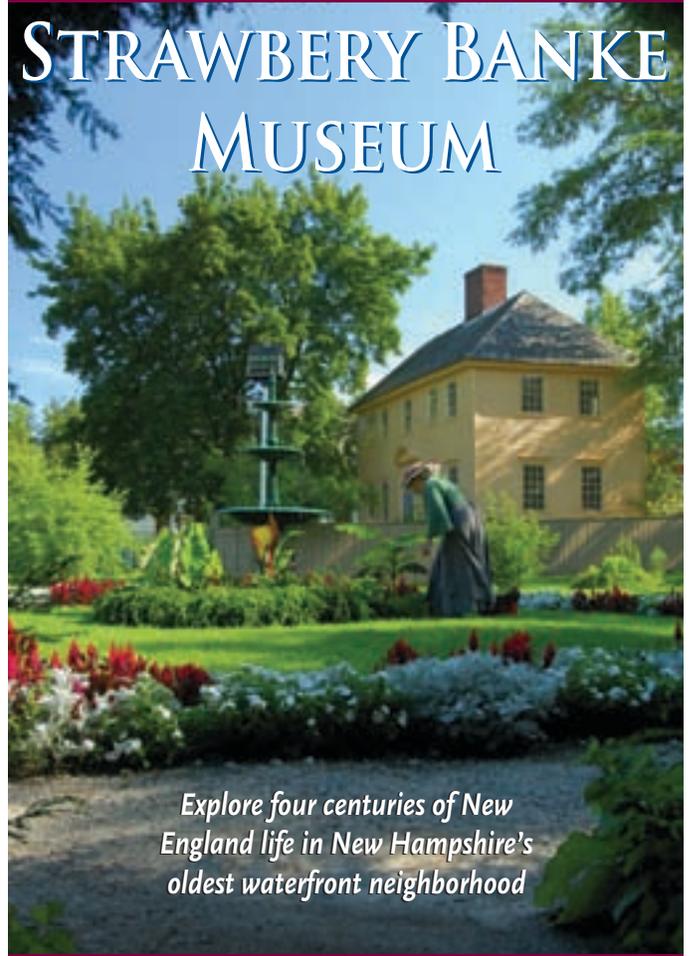
### Earth Day Celebration

Everyone is welcome to celebrate Earth Day at the Seacoast Science Center on April 20th from 10:00 a.m.-2:00 p.m., free of charge. There will be eco-friendly kid's crafts and games, special programs, and vendor stations.

At 10:00 a.m. join the Blue Ocean Society, Kohl's, GreenMaid Cleaning, Visions Kitchens and Design, Hillary Gaynor of The Bean Group and the Seacoast Science Center for a Beach clean-up. Supplies are provided and all participants will be entered to win a prize following the clean-up—you must be present to win the prize.

This is a great opportunity to get your family outside to connect with nature and learn about ways to lighten your footprint on earth, while supporting the Seacoast Science Center's environmental education efforts.

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[www.strawberrybanke.org](http://www.strawberrybanke.org)

# Works by emerging artists presented at UNH

DURHAM, NH —Three new exhibitions featuring the work of emerging artists, will be on view at the Museum of Art, UNH beginning April 13, 2013. The 2013 Senior B.A. and B.F.A. Exhibition, the 2013 M.F.A. Thesis Exhibition I, and the 2013 M.F.A. Thesis Exhibition II, showcase the artistic talents of students graduating from the University of New Hampshire's Department of Art and Art History's studio art program. The exhibitions include a variety of creative works in drawing, ceramics, painting, photography, and printmaking. The 2013 Senior B.A. and B.F.A. Exhibition and the 2013 M.F.A. Thesis Exhibition I exhibitions open to the public with a preview reception on Friday, April 12 from 6-8 p.m. The 2013 M.F.A. Thesis Exhibition II opens to the public on Friday, May 3 from 6-8 p.m. The artists will be present at the receptions, which are open to the public free of charge.

## 2013 Senior B.A. and B.F.A. Exhibition

The 2013 Senior B.A. and B.F.A. Exhibition features works by 12 candidates for the Bachelor of Fine Arts degree who draw upon their own experiences, interests, and studies to develop a strong body of work to present in this annual exhibition. Through abstract and representational means, the students' works examine the relationship between light,



texture, shape, color, and subject. Bachelor of Fine Arts degree candidates and their area of concentration include: Sarah E. Archer, Mont Vernon, NH, ceramics; Kathleen Brewster, Portsmouth, NH, drawing and painting; Sarah Brewster, Portsmouth, NH, drawing and printmaking; Cara M. Copeland, Derry, NH, painting; Mary Alice Duke, Westmoreland, NH, ceramics; Addie Fisher, Lyme, NH, photography; Emily Holland, New Milford, CT, ceramics; Sophia Lupi, Dover, NH, photography; Loren Marple, Durham, NH, painting; Samuel Rheume; Barrington, NH, painting; Paige L. Smith; Morristown, NJ, painting; and Brenna Thompson, Westmoreland, NH, photography. The exhibition will be on view from April 13 – May 17, 2013 (closed April 29 – May 3).

Sarah E. Archer's ceramic "cosmic egg" incorpo-



rates metal and textile weaving into the vessel post firing. Kathleen Brewster's work focuses on the duality of her persona as a twin and her singular identity. Sarah Brewster combines the figure with the untamed landscapes of cemeteries and woodlands in her prints and drawings to present narratives of disconnection. Cara M. Copeland's paintings explore the technical aspects of color and form, and how the compositional position of the ellipse denotes specific points of view. The tactile nature inherent in Mary Alice Duke's ceramics is motivated by the variations apparent in hand-made objects. Addie Fisher creates photographs that combine the human form with the natural world in an atmosphere of struggle and growth. Emily Holland's abstract ceramics are physically expressive representations. Sophia Lupi transforms portraiture

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through the use of pattern, color, and flowers in her collaged digital prints. Loren Marple's paintings examine the emotional space between two figures, using the formal elements of composition and color to emphasize their separation. The exploration of light and visual information in space, transformed into varying degrees of transparency and texture is the focus of Samuel Rheaume's paintings. Paige L. Smith's still lifes represent personal objects and the artist's relationship with her mother. Found objects are abstracted in collages that highlight the formal relationships between form and shape, and light and dark created by layering images in Brenna Thompson's photography.

Graduating B.F.A. students and participants in the Undergraduate Research Conference, Sarah E. Archer, Cara M. Copeland, Addie Fisher, and Loren Marple discuss their subjects, techniques, and stylistic choices during an ArtBreak gallery talk in the Museum of Art, Paul Creative Arts Center on Thursday, April 24, 2013 at 12 p.m. Graduating B.F.A. students Kathleen Brewster, Sarah Brewster, Mary Alice Duke, and Emily



Holland will be on hand to discuss their works during an ArtBreak gallery talk on Thursday, April 25, 2013 at 12:45 p.m. On Wednesday, May 8, 2013 at 12 p.m., graduating B.F.A. students Sophia Lupi, Samuel Rheaume, Paige L. Smith, and Brenna Thompson will round out the gallery talks with presentations on their works on view.

The Museum of Art is open during the academic year: Monday-Wednesday, 10 a.m.-4 p.m.; Thursday, 10 a.m.-8 p.m.; and Saturday and Sunday, 1-5 p.m.; closed Fridays, University holidays, and on April 29 - May 3, 2013. Special hours on Friday, May 17, 2013 are from 10 a.m.-2 p.m. Guided group tours for schools and other organizations are available with advance reservation by contacting Catherine A. Mazur, education and publicity coordinator, at catherine.mazur@unh.edu or 603-862-3713.

For more information, contact the Museum of Art at 603-862-3712, museum.of.art@unh.edu, or visit [www.unh.edu/moa](http://www.unh.edu/moa).

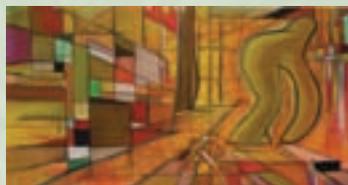
## The Magickal Marketplace & Psychic Faire

4/13/2013 (12:00PM) Event Fee: \$4 Admission, or \$2 with the donation of a nonperishable item.

NASHUA: Join us for a full day of family fun with New England's best live entertainment, psychic readers, magickal merchants, and much more! Live performances by Featherscale (Celtic rock), Jenna Greene (the Greene Lady of Goddess music), Owl and Eagle Brothers (Native flute & drum), Windborne Duo (World folk), and Christopher LaFond (Celtic harp); Plus storyteller Kate Holly-Clark and children's author Jennifer Carson, the Dragon Charmer. Get a reading from one of our talented psychics- Not just tarot and palm readings, but such diverse forms as runes, guardian angels, bone casting, tea leaves, and shamanic counseling. With nearly twenty psychics using over a dozen methods, You're sure to find just the right match. Shop dozens of merchants for everything from bath & beauty products to original artwork, unique handmade clothing and jewelry, herbal and apothecary products, books and CDs, musical instruments, crystals, ceremonial tools, incense, candles, and tons of other amazing wares. But that's not all- Attend a class on astrology, fairy magic, or Qigong healing. Get a temporary henna tattoo, Reiki healing, or massage. Held at the Radisson Hotel in Nashua NH. Radisson Hotel, 11 Tara Blvd, Nashua, NH. Phone: 603-986-9200 Email: [admin@themagickalmarketplace.com](mailto:admin@themagickalmarketplace.com) Website: <http://www.themagickalmarketplace.com>

## SEE IT AT THE THORNE

### Emerging Art The Annual Keene State College Art Students Exhibition



**APRIL 20-MAY 11, 2013**

The Keene State College Art Department presents works in a variety of media — showcasing work by senior studio art majors.

**Public reception April 19, 5:30 p.m.-7:30 p.m.**

Visitors are invited to vote for a People's Choice Commendation to be announced May 7.



Thorne-Sagendorph Art Gallery

Keene State College | Keene, NH | [www.keene.edu/tsag](http://www.keene.edu/tsag) | 603-358-2720

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# It's Not About the Hike presentation at Jaffrey Civic Center

The Jaffrey Civic Center is pleased to host the presentation "It's Not About the Hike," conducted by Nancy Sporborg and Pat Piper. This will be open to the public on Thursday, April 11 at 7 pm in the 1st floor Auditorium-Gallery.

We all have our own mountains to climb. Your mountain may be a 4,000-footer in the White Mountains. But it could also be going to college, getting a job, bringing up children, caring for aging parents or dealing with an illness. Maybe your mountain is reorganizing a business, tackling a difficult project, losing weight or starting an exercise program. It's your own personal mountain and it is hard.



It's Not About the Hike is a presentation that will bring you into your heart, lift your spirits, and inspire you to climb that next mountain in your life. It is not a presentation of "look at these two women...see what they did." It is a presentation of "look inside you...you can do it too." You will want to go back and hear it again and again, bringing friends and family to share the experience.

This hour-long program highlights the journey of two 50 plus year old non-hikers who one day decided to climb the 67 mountains in New England over 4,000 feet. Nancy Sporborg and Pat Piper are two ordinary women who went on an extraordinary journey over the mountain summits and into their hearts. This is the story of what they found inside themselves as they hiked over 1,600 miles to the tops of over 244 mountains through all four seasons.

This presentation is for everyone -- hikers and non-hikers, people who are sedentary or active, outdoor enthusiasts and indoor homebodies, 10 year olds and

90 year olds and everyone in between. The presentation is NOT about the hike; it is an inspirational and motivational program about pushing ourselves outside of our comfort zones, overcoming our fears, finding our passions and living our lives to the fullest. This talk is a multi-media presentation including movies, music and photographs. The Jaffrey Civic Center is located at 40 Main Street, Jaffrey, New Hampshire (next to Library, parking in rear.) For more information call the Center (603) 532-6527, e-mail at [jaffreycntr@aol.com](mailto:jaffreycntr@aol.com), website, [www.jaffreyciviccenter.com](http://www.jaffreyciviccenter.com).

## Mt. Kearsarge Indian Museum opening & new exhibit

Mt. Kearsarge Indian Museum opens May 1 with a new exhibit about "Containers". Bark, marsh-plant fiber, ash splint, gourd, cattails – these are some of the materials that have been skillfully and artfully twined, woven, carved, folded, or sewn into the containers in the 2013 season's first exhibit "Containers" in the Contemporary Art Gallery May 1 through July 14. "Containers" will focus on connecting the works of art, such as Judy Dow's "Gourd Basket Full of Dreams" and Vera Longtoe Sheehan's "Five-color Twined Bag," to the plants from which they have been made. Artists Jeanne Kent, Liz Charlebois, Lina Longtoe, Jennifer Lee, and Julia Marden will be featured as well. 18 Highlawn Rd, Warner, NH 03278, Admission to the art gallery is free. For more information: 603-456-2600, [info@indianmuseum.org](mailto:info@indianmuseum.org), [www.IndianMuseum.org](http://www.IndianMuseum.org)

Mt. Kearsarge Indian Museum season opening reception featuring the exhibit "Containers", Sunday May 5, Noon - 4 pm, meet the artists, hands-on activities, refreshments. 18 Highlawn Rd, Warner, NH 03278, Admission to the art gallery is free, admission to the museum is only \$5 that day. For more information: 603-456-2600, [info@indianmuseum.org](mailto:info@indianmuseum.org), [www.IndianMuseum.org](http://www.IndianMuseum.org)



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# Local Farms & Farmers Markets

## Apple Pruning & Grafting with Michael Phillips

4/6/2013 (10:00AM) Event Fee: \$75.00

CONCORD: This workshop is for current and aspiring orchardists. Grafting – 10:00am – 12:00pm Grafting fruit trees involves a sharp knife and the mindset of a surgeon—but don't let that intimidate you! Michael will guide participants in bench grafting, using the whip-and-tongue union to place a chosen variety on provided rootstock. And you get to make your own graft and take that baby tree home! We will also head outside to topwork an existing tree using the bark inlay graft. Understanding this technique allows you to create a tree bearing multiple varieties. The practical insights shared in this workshop will launch many fruit adventures ahead. Pruning – 1:00pm – 3:00pm Early spring is an ideal time to

prune fruit trees. Michael will discuss specific horticultural goals to keep in mind when deciding which limbs and shoots to remove. The theory of pruning may sound daunting . . . which is why this workshop takes place at an actual orchard with trees needing attention. You'll make some pruning decisions of your own under the watchful eye of an experienced fruit grower. By all means, bring your sharpened pruning tools if you have them! Attend either the Pruning or Grafting portion of the workshop or both! If you are a part of the NOFA NH Beginner Farmer program, scholarships are available. This workshop is limited to 50 participants. Registrations will be on a first-come, first-served basis, so register now before space runs out. Sponsored by NOFA-NH and St. Paul's School, 325 Pleasant Street, Concord, NH. Phone: 603-224-5022 Email: jamastriani@yahoo.com Website: nofanh.org/education-events/calendar/

## Spring Family Farm Day

4/22/2013 (9:00AM) Event Fee: \$25.00 age 16-adult; \$15.00 per child age 2-15.

Bring your family to the farm for a day of fun for everyone! Join us for a day of fun activities that include cow milking, making butter, egg collecting, pony rides, hay jumping in the hay loft, sheep shearing, arts and crafts and more!

Don't forget to bring your bathing suit and towels for swimming in the indoor pool. The row-boats and paddleboats, swings and sandbox, tennis, shuffleboard and volleyball courts will be available for use all day! Rates includes all activities, lunch, tax and gratuity.

460 Monadnock Street, Troy, NH 03465  
Phone: 603-242-6495 Email: info@east-hill-farm.com Website: www.east-hill-farm.com

## Spring Family Farm Day

9:00-3:00 Monday, April 22



Cow milking Egg collecting Visit the animals  
Pat the bunnies Pony rides Pony Rides  
Arts-n-crafts Cheese making Swimming

Rates include all the activities, lunch, tax & tip!  
\$25.00 per adult; \$15.00 per child  
Reservations are required. All children must be supervised.  
*Check out our website for the schedule of events!*



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For more information visit [NHSWGA.ORG](http://NHSWGA.ORG) or [NEAOBA.ORG](http://NEAOBA.ORG)

## Tapping Portsmouth: How the brewing industry shaped the city

Recognized as a “foodie” destination, with more restaurant seats than residents, Portsmouth has loved its “public houses” from the start. Strawberry Banke Museum’s featured 2013 exhibit, “Tapping Portsmouth: How the Brewing Industry Shaped the City” explores 300 years of that brewing history, literally from the ground up, thanks to the hops grown in the Aldrich House garden.

The new 2013 exhibit offers a pub crawl through history as brewers and tavern keepers kept “something brewing” in Portsmouth, then and now. Brewing helped shape Portsmouth’s history from the beginning, when beer and hard cider were the healthier alternative to water and European settlers frequented four taverns in nearby New Castle and three more in Portsmouth. During the American Revolution, Pitt and Stoodley’s taverns (both now part of Strawberry Banke) rang with the impassioned voices of loyalists and patriots, including Paul Revere. In the 19th century, thanks to entrepreneur Frank Jones, Portsmouth became synonymous with beer, delivering the nation’s largest output of beer (100,000 gallons per year) across the country. The Frank Jones empire helped shape the seacoast’s hospitality by drawing guests to Wentworth By the Sea and The Rockingham hotels; while other brewers followed suit.

Today, with two major breweries and brewpubs helping to put Portsmouth on New Hampshire’s Beer

Tour map, the city is a favorite stop for thirsty travelers and both micro brewmasters and home brewers. The gardens of Strawberry Banke provide constant inspiration and ingredients for the mash. Smuttynose Brewing Co., Red Hook Brewery, The Portsmouth Brewery, Earth Eagle Brewings and A&G Homebrew Supply, along with Kennebunk Savings Bank are funding the new Tapping exhibit and related programs.

The brewers will host collaborative beer tastings in Pitt Tavern and another event is planned right before the annual PASSPORT NH’s Craft Beer & Culinary World Tour that benefits Strawberry Banke and NH Public Television. Talks and demonstrations will discuss beer and brewing techniques in the 17th, 18th, 19th and 20th centuries.

“Tapping Portsmouth” looks at Portsmouth from the perspective of a still popular local product that made the city and its brewers famous,” said Lawrence J. Yerdon, President and CEO of Strawberry Banke Museum. “By examining tavern life, the breweries and their marketing then and now we put Portsmouth’s contemporary brewpub landscape into its historically authentic context – and give visitors an added dimension for enjoying the experience.”

The exhibit, “Tapping Portsmouth” opens May 1st and is open daily, seven days a week, 10 am to 5 pm through October 31st.

## Chinese Tea Ceremony in Manchester, NH on April 3

The Confucius Institute at UNH (CI-UNH) is hosting a Traditional Chinese Tea Ceremony on Wednesday, April 3, 2:30-4:50 p.m. in the third floor auditorium lobby at UNH Manchester, 400 Commercial Street. Professor Yang Bei and Yuexing Xi, co-Director of UNH’s Confucius Institute will prepare a variety of teas and desserts from China and students in UNH Manchester’s Chinese language class will teach people to play Mahjong, a traditional Chinese game.

Tea samples will include Da Hong Pao; Tie Guanyin, a variation within the Ulong family, known for its unique flavor; Jasmine Tea from Chengdu Chengdu; Maofeng, picked in April from Mount Emei in Sichuan; and Raw Pu’er, which has undergone 10 years of microbial fermentation in bamboo barrel.

More information about this event can be found on the UNH Manchester public program calendar.

CI-UNH is a partnership between the University of New Hampshire and Chengdu University in China that engages the life of the University with the larger community, both locally and globally. The institute offers a full curriculum in Chinese language and culture. CI-UNH also provides opportunities for cultural learning and exchange for regional schools—primary through post-secondary. For more information, contact Professor Yang bei, bei.yang@unh.edu, or Mr Xu Yuexing, co-director of CI-UNH, greenland7@163.com.

# The New Hampshire Maple Experience

*is a hands-on learning adventure. Visitors not only see how syrup is made, but also learn about the history, basic tree identification techniques, and the economic importance of natural maple products. Visitors help tap our maple trees so that they can enjoy and understand this rural aspect of New England.*

**March 16, 23, 24, 30, 31 and April 6**

- Chef Demo’s
- Sap Relay
- Demonstrating techniques used by Native Americans & early settlers and the modern day sugar maker.
- Continual Tours & Horse Drawn Rides throughout each day. Enjoy Maple Syrup and Donuts!
- Learn how to drill and tap a Maple tree.
- Visit the Maple Museum that houses artifacts from 200-300 years ago.
- Everyone welcome! Or Maple Vacation packages available! Call for special weekend vacation package deals with area hotels and inns.

Reservations advised, program space limited. Contact The Rocks or [info@therocks.org](mailto:info@therocks.org). Motor coach tours, school groups & private tours welcome!

## The Rocks Estate

4 Christmas Lane, Bethlehem, NH  
Please call 603-444-6228  
[www.therocks.org](http://www.therocks.org)

**Everyone welcome!**

# New Hampshire Maple Syrup

## How long have Americans been using maple sugar to sweeten their meals?

For at least a few hundred years. The first European settlers to New England learned from the Native Americans here how to collect the sap of sugar maple trees and boil it down to syrup and sugar, which the earliest Yankees relied on as a cooking staple.

The history of maple sugaring is one of the many fun tidbits included in the New Hampshire Maple Experience maple tours at The Rocks Estate. There are as many ways to enjoy maple syrup and sugar as there are creative cooks. As part of the Maple Experience will feature live maple cooking demonstrations.

Join chefs from the renowned kitchens of the Sunset Hill House and the Sugar Hill Inn along with Rocks Estate manager and happy home cook Nigel Manley, as they cook up maple delights - from Maple Teriyaki Marinade to Maple Balsamic Vinaigrette.

Here are some other highlights of the NH Maple Experience, which runs weekends through April 6:

Hands-on maple sugaring workshops from tree ID to tapping a sugar maple and boiling the sap into syrup.

A trip to The Rocks Estate's very own sugar house, where you'll meet and learn

from 4th-generation sugar maker Brad Presby, who is sure to entertain.

Live cooking demos with local chefs, who will show you how to use maple in delicious and creative recipes, complete with samples for tasting.

Horse-drawn wagon rides through the picturesque estate, with mountain views, historic buildings, and a few tidbits about the local natural history along the way. Free syrup tasting, complete with a freshly made donut and the traditional sour pickle pairing.

For more information about the New Hampshire Maple Experience at The Rocks Estate, visit [NHMapleExperience.com](http://NHMapleExperience.com). To find out how to turn your maple tour into a complete weekend of fun, adventure, and relaxation, take a look at our Maple Vacation Packages.

## 5K "Sap Run" at Stonewall Farm

4/27/2013 (9:00AM)

Event Fee: \$25 before March 27, \$30 before April, \$35 before April 26, \$38 day of KEENE: Join us for a "Sap Run" This is a 5K Trail run through the beautiful trails at Stonewall Farm. A pancake breakfast to follow the run! Interested parties can register at: <http://www.90percentmental.net/>. The race starts at 9:00am. Stonewall Farm, 242 Chesterfield Road, Keene, NH. Phone: 603-357-7278 Email: [sloomis@stonewallfarm.org](mailto:sloomis@stonewallfarm.org). Website: <http://www.90percentmental.net>

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## Calendar of Events

### Dancing of the Ladies

4/19/2013 (8:00AM) Event Fee: FREE!

KEENE: Our "Ladies" (dairy cows) leave the barn for the first time since last fall. Get up early to see very happy cows go to pasture. PLEASE NOTE: The actual April date is determined by farmer Glenn & Mother Nature, and will be posted online. Please check our website before coming. Stonewall Farm, 242 Chesterfield Road, Keene, NH. Phone: 603-357-7278  
Email: hgringeri@stonewallfarm.org  
Website: <http://www.stonewallfarm.org/>

### Earth Week Family Programs

4/22/2013 (10:00AM) Event Fee: \$5 adult, \$3 child ages 4-17yrs

MILTON: Bring the kids to celebrate the Earth and make an Earth friendly paper pot and plant a seed to take home. You can help us plant seeds in our children's garden, make seed tapes to use at home, meet our composting worms, listen to an Earth Day story and try the Big Yellow Barn Hunt and of course visit with our farm animals. April 22nd & 24th & 26th Earth Week Family Programs 10 am- 1 pm. On April 26th try the Earth Week Hike w/ Moose Mtn. Regional Greenways 11 am hike starts at the Farm Museum Open to all – prepare for a 2 mile hike through the

woods of Branch Hill Farm conservation land. Hike is Free

1305 Route 125./ White Mountain Highway, Milton, NH. Phone: 603-652-7840

Email: [info@farmmuseum.org](mailto:info@farmmuseum.org)

Website: [info@farmmuseum.org](http://info@farmmuseum.org)

### NE Firehouse Chili Challenge

4/20/2013 (11:00AM) Event Fee: \$5 Donation

TILTON: Get those taste buds ready as this Chili Challenge will be the driver of your senses. Join us on Saturday, April 20th at 11:00am for the New England Firehouse Chili Challenge at Tanger Tilton! For more information, please call Shopper Services at (603) 286-7880. Advance ticket sales are available at Shopper Services or may be purchased at the door. We hope to see you all there! 120 Laconia Road, Tilton, NH. Phone: 603-286-7880. Email: [enproulx@tangeroutlet.com](mailto:enproulx@tangeroutlet.com)

Website: [www.tangeroutlet.com/tilton/events](http://www.tangeroutlet.com/tilton/events)

### Books Alive! Visit from Corduroy

4/13/2013 (10:00AM) Event Fee: \$9 children & adults, \$8 seniors, free for children under 1 year old

DOVER: The Books Alive! literacy program brings favorite children's book characters into the Children's Museum of NH. On Saturday, April 13 from 10 am - 2 pm, children will get to meet Corduroy, the lovable bear from the Corduroy series. Museum staff will be reading Corduroy stories aloud in the museum's Deep Sea Classroom, and children can enjoy other hands-on

learning activities. Costumed character Corduroy will make frequent appearances for hugs and hi-fives with young visitors so be sure and bring your camera! All festivities are included with paid admission and free for members. Children's Museum of NH, 6 Washington Street, Dover, NH. Phone: 603-742-2002

Email: [questions@childrens-museum.org](mailto:questions@childrens-museum.org)

Website: [www.childrens-museum.org](http://www.childrens-museum.org)

### Sheep and Wool Day

4/27/2013 (10:00AM) Event Fee: \$5 adults, \$3 children (4-17). Museum members free.

MILTON: Join us to celebrate the shearing of our heritage breed sheep! There will be sheep herding and traditional shearing demonstrations, wool activities, spinning demonstrations and more! 1305 White Mountain Highway/ Rt. 125, Milton, NH. Phone: 603-652-7840. Email: [info@farmmuseum.org](mailto:info@farmmuseum.org)  
Website: [www.farmmuseum.org](http://www.farmmuseum.org)

### Machine Quilters Exposition

4/11/2013 (10:00AM) Event Fee: \$12

MANCHESTER: Over 100 quilting related classes, quilt competition, special exhibits and evening events.

The Center of NH, Radisson Hotel, 700 Elm Street, Manchester, NH. Phone: 603-778-6994

Email: [MQXShow@comcast.net](mailto:MQXShow@comcast.net)

Website: [www.MQXShow.com](http://www.MQXShow.com)

### Made In NH Try It & Buy It Expo '13

4/5/2013 (10:00AM) Event Fee: \$8 Adults; \$7 Seniors; \$3 Kids 2-12 years and strollers;

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**Saturday, April 13 • 2013**



**Henniker  
Fire Station**

**2:00 - 4:00 PM**

**\$12 first two pets;  
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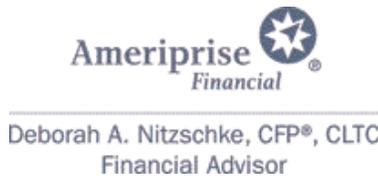
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# Calendar of Events

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**MANCHESTER:** With more than 150 exhibitors, the 2013 Made In NH Expo is sure to have something for everyone. Businesses of all sizes from across NH will be sampling and selling their wares to thousands of consumers and retail/wholesale buyers. **ALERT\*\*** Hours: Fri 1p-8p Sat 10a-8p Sun 10a-4p Radisson Center of NH Expo Hall, 700 Elm Street Manchester, NH. Phone: 603-626-6354 Email: eventsNH@millyardcommunications.com Website: www.millyardcommunications.com

## KSC's An Evening of Dance

4/11/2013 (7:30PM) Event Fee: \$10 & \$8  
**KEENE:** An Evening of Dance, directed by Marcia Murdock, continues a 37-year tradition of ending the season with a dance celebration of choreography and performance. This modern dance event presents an exciting collection of faculty, student, and guest artist choreography to inspire, enliven, and enrich its audiences. Keene State College, 90 Wyman Way, Keene, NH. Phone: 603-358-2168. Email: boxoffice@keene.edu  
 Website: www.keene.edu/racbp

## Loon Magic: Sights and Sounds

4/13/2013 (1:30PM) Event Fee: free; donations welcome. **CONTOOCOOK:** The Little Nature Museum presents its final program of its Winter/Spring Program series, "Loon Magic: Sights and Sounds." Candace Morrison, experienced educator, who has presented a variety of programs for the US Forest Service, will present an illustrated and very interactive program geared for all ages. It will include factual information about all aspects of loon life. Learn what the vocalizations of the loon mean, how the bird has been considered supernatural, a weather barometer, even buried with the dead! You'll have fun learning about loons while trying to imitate the loon body movements. This program is sponsored by The Little Nature Museum. Call 746-6121 for weather-related cancellations. Library directions: www.hopkintontownlibrary.org. Museum information: www.littlenaturemuseum.org. Community Room, Hopkinton Town Library, 61

Houston Drive, Contoocook, NH. Phone: 603-746-6121  
 Email: info@littlenaturemuseum.org  
 Website: www.littlenaturemuseum.org

## Northern Lights Guild Quilt Show

4/20/2013 (10:00AM) Event Fee: Adults \$6, Seniors and Children \$5  
**HANOVER:** Quilting is not what it used to be. Join us to see not only beautiful traditional works of art but to see how quilting has progressed through the years with our many interpretations of quilting today. We will have over 200 quilts on display for viewing. Silent Auctions, Demonstrations, Vendors, Raffle Quilt, and Refreshments. All proceeds support our Guild and our community quilt projects. Richmond Middle School 63 Lyme Road, Hanover, NH. Phone: 603-865-5033 Email: joannelendaro@yahoo.com Website: www.nlqg.org

## 22nd Annual Intragalactic Cardboard Sled Race

4/7/2013 (9:00AM) Event Fee: Contact for details.  
**NEWBURY:** The most intricate and professionally designed sleds you will ever see vie for bragging rights in one of Mount Sunapee's premier events. Join us for the best racing west of Loudon. 1398 Route 103, Newbury, NH. Phone: 603-763-3500  
 Website: www.mountsunapee.com

## 15th Annual Slush Cup

4/7/2013 (9:00AM) Event Fee: Contact for details.  
**It's Wet & Wild!** Join in the fun as participants ski and snowboard across a 90 foot man-made pond. Tons of prizes and entertainment. 1398 Route 103, Newbury, NH. Phone: 603-763-3500  
 Website: www.mountsunapee.com

## Erth's Dinosaur Petting Zoo

4/14/2013 (1:00PM) Event Fee: \$20 Individual; \$16.25 when you purchase four or more tickets, just use promo code '4fun'  
**CONCORD:** Dinosaur Petting Zoo™ allows heaps of interaction for kids and adults while they travel with Erth's multi-faceted performers on a journey through prehistoric ages. Experience an amazing selection of dinosaurs and creatures that inhabited the Earth millions of years ago. Audiences will have the opportunity to feed, water and care for these prehistoric marvels via simple lessons in animal husbandry. The

Meganuera, Dwarf Allosaur and Leallynasauro can't wait to be petted and fed. Dare you get too close? 44 South Main St., Concord, NH. Phone: 603-225-1111  
 Email: Friends@cconh.com. Website: http://www.cconh.com/event/erth-s-dinosaur-petting-zoo

## Earth Day Celebration

4/22/2013 (12:00PM) Event Fee: \$9/\$8/kids under 1 Free  
**DOVER:** Families are invited to celebrate Earth Day at the Children's Museum of NH! Enjoy a day of education and fun with many different hands-on activities related to caring for our planet Earth. Kids can plant flowers, learn about composting with worms, discover how roots work, make a solar oven, find out how to grow veggies, and more. See how the Children's Museum of NH uses sustainable practices every day. Children's Museum of NH, 6 Washington Street, Dover, NH. Phone: 603-742-2002

## Apple Hill String Quartet

4/3/2013 (7:30PM) Event Fee: \$20-\$15  
**KEENE:** The New Hampshire string quartet returns to the Redfern for an evening of classical works and new music by Boston composer Christine Southworth. The Apple Hill String Quartet has earned accolades from around the world for their interpretive mastery of classical repertoire and Southworth is renowned for creating music inspired by intersections of technology and art, nature and machines, and music from cultures around the world. Keene State College, 90 Wyman Way  
 Keene, NH. Phone: 603-358-2168  
 Email: boxoffice@keene.edu  
 Website: www.keene.edu/racbp

## Birds of the White Mountains

Join University of New Hampshire researcher Stephen Hale for a multimedia slideshow about bird life in the White Mountains at the Nashua Public Library. The event will take place on Wednesday, April 17, at 7 p.m. It is jointly sponsored by the Nashaway Chapter of the New Hampshire Audubon Society, the UNH Speakers Bureau, and the Nashua Public Library. The library is located at 2 Court Street. For directions and information on parking go to www.nashualibrary.org/directions.htm. For other information, contact Carol at (603) 589-4610 or carol.eyman@nashualibrary.org.

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