

IN **New Hampshire**

OCTOBER 2014

Your Guide to What's Happening in the Granite State



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|--|---|---|

Meet Your Local Businesses at the Southern NH Expo

Saturday, October 18, 10 AM- 5 PM, at the Hampshire Dome in Milford

Milford – The Southern New Hampshire Expo takes place on Saturday, October 18 from 10 AM-5 PM in the Hampshire Dome in Milford, New Hampshire. The largest business expo in New Hampshire with over 200 booths and an anticipated audience of 3000-6000 attendees, the Southern NH Expo showcases the best of the region's businesses and services. From restaurants and food producers sampling their signature dishes and products to products and services for both home and business. Come to the Expo to meet the businesses that you support face to face, from your home heating suppliers to your insurance agent and favorite place for dinner!

This year's Expo is shaping up to be a terrific event with new events to go along with the new day on Saturday, such as a Kidz Zone area with bounce houses, face painting and a "Mad Scientist" to keep the kiddos entertained while Mom & Dad visit with exhibitors.

Stage entertainment will be new and varied too – great music and dance and a show featuring Mad Science of Southern NH! Performances include West Street Beat, Rhythmic Revolutions, the Riverbend Youth Theater and Vouli Dance of Amherst will preview The Nutcracker. Attendees



can enter to win a Season's Pass for a Family of 5 to Crotoned Mountain Ski Resort - a \$1500 value! You won't want to miss this!

The Southern NH Expo is sponsored by Bank of New Hampshire, The Cabinet Press, Charles Schwab, Crotoned Mountain Ski Resort and Triangle Credit Union. The Expo is coordinated annually by the Souhegan Valley Chamber of Commerce, promoting economic development and business opportunities in the 11 towns of the Souhegan Valley. For more information, contact 603-673-4360 or www.southernnhexpo.com.



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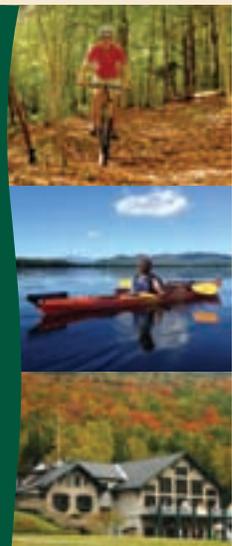
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'Meet' Isabella Stewart Gardner at Nashua Library

If you've read the 2014 Nashua Reads book, "The Art Forger," you know what a fascinating woman Bostonian Isabella Stewart Gardner was. Now you can "meet" the woman known as Belle when actress Jess Piaia portrays her at the Nashua Public Library on Sunday, October 5, at 2 p.m.

"A Visit with Isabella Stewart Gardner: America's First Patroness of the Arts" is set in 1910, seven years after the opening of Fenway Court, the house-museum which Mrs. Gardner designed and built for her extensive art collection and willed to the City of Boston. Mrs. Gardner will tell stories about her luminous circle of family and friends, relive journeys to exotic lands, and share other potentially scandalous encounters.

Registration for this free event is required; go to www.tinyurl.com/nashuareads.

About Jess Piaia
Jess Piaia uses drama to reveal the accomplishments, struggles, and contributions of women to American history. Clad in period attire, she is acclaimed for "recreating history in the fullest sense," and for using "solid research and compelling writing" in her artistry. She has performed at educational institutions, museums, libraries, and social and cultural organizations throughout New England since 1985.

Piaia studied performance at London's Oval House



Theatre and graduated from the University of Massachusetts in Boston.

Getting there

The library is located at 2 Court Street, Nashua. For directions and parking information go to www.nashualibrary.org/directions.htm. For other information contact Carol at carol.eyman@nashualibrary.org or (603) 589-4610.

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The Addams Family: A New Musical Comedy at ROH October 16

Come meet the ghoulish and weird, but enchanting and charming Addams Family, when Rochester Opera House Productions presents the magnificently macabre new Broadway musical comedy *The Addams Family*. With music and lyrics by Andrew Lippa and a book by Marshall Brickman and Rick Elice, the devilishly delightful family comes to life from October 16 to November 2 with evening and matinee performances. Award-winning director Kelli Leigh-Ann Connors, masterful music director Kathy Fink and set designer Jerard-James Craven team up to present this Broadway Theatre Series production, which features live music in the orchestra pit.

Inside their creepy mansion in Central Park, elegantly gaunt Morticia (Seraphina Caligiure) and her ever-devoted husband Gomez (Robb Ross) are in a state of turmoil. Their daughter, Wednesday (Christina Kelly), the ultimate princess of darkness, has fallen in love with a "normal" young man, Lucas Beineke (Christian Arnold).



When the eerily endearing Addams family hosts a get-acquainted dinner for the nicely normal Beineke family, the recipe includes a copious

amount of comedy mixed with a dash of chaos. Additional cast includes; Todd Fernald (Fester), Joseph Dalfonso (Lurch), Tim Allen (Grandma), Shay Willard (Mal) and Danica Carlson (Alice).

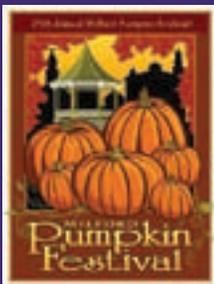
Purchase tickets online at RochesterOperaHouse.com or call/stop by the box office at (603) 335-1992 on M/W/F from 10-5 or two hours before the show. Cash Bar. Patrons under the age of eighteen must be accompanied by an adult. This show is sponsored by TD Bank, Foster's Daily Democrat, Eastern Propane & Oil, Shaheen & Gordon, P.A., Norm Vetter, Inc., Cocheco Times and Federal Savings Bank. Rochester Opera House is located in City Hall, 31 Wakefield Street, Rochester NH. The season continues with *The Machine Performs Pink Floyd 11/7* and *Vocal Trash 11/8*.

Tickets: \$24 (Adult) and \$14 (12/under)

Photo: Rob Ross (Gomez) and Seraphina Caligiure (Morticia)

25TH Annual MILFORD PUMPKIN FESTIVAL

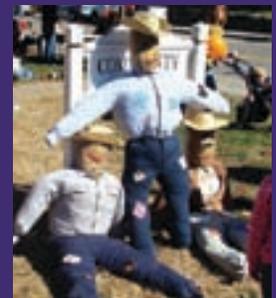
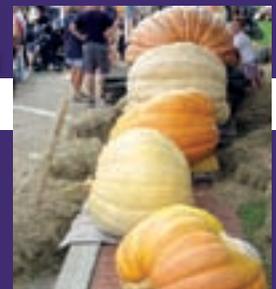
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Powerhouse rock and roll band Red Sky Mary to perform

Check out powerhouse rock and roll band Red Sky Mary at the Rochester Opera House on Friday, October 3 at 8:00 PM (Doors 7:00). With a sludgy grunge influence the band produces fire-driven rock with an early 70s high-voltage swagger. A heavy gigging schedule coupled with radio performances, Spotlight awards for Best New Act, Best Rock Act and People's Choice have propelled Red Sky Mary into one of the Seacoast's most exciting new groups. In the last year the group performed throughout New England, Boston, New York City, Seattle and Los Angeles and recently opened for Buckcherry at the Hampton Beach Casino. Red Sky Mary has supported big names, such as Lynyrd Skynyrd, Bad Company, Queensryche, Leogun, Eve to Adam and Paranoid Social Club.

Boston-based classic rock band Watts gets the party started. "After years away, Watts returns to the music scene "re-configured, re-vamped and re-amped". ~ Jonathan Perry, Boston Globe.

Purchase tickets online at RochesterOperaHouse.com or call/stop by the box office at (603) 335-1992 on M/W/F from 10-5 or two hours before the show. Cash Bar. Patrons under the age of eighteen must be accompanied by an adult. Flat floor with handicap seating available in balcony only.



This Dance Party Series show is sponsored by TD Bank, Foster's Daily Democrat and Dos Amigos Burritos. Rochester Opera House is located in

City Hall, 31 Wakefield Street, Rochester NH. The season continues with The Addams Family New Musical Comedy 10/16 to 11/1. Tickets: \$12

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Ginger Apple Stir Fry

Ingredients:

- 1 lb. boneless skinless chicken breast, cut into strips
- 2 medium apples, cored and sliced
- 2 tsp. sesame oil
- 4 green onions, sliced
- 1/3 lb. pea pods
- 1 small sweet red pepper, cut into strips
- 2 garlic cloves, minced
- 2 Tbsp. ginger, minced
- 10 shitake and/or white mushrooms, sliced
- 1/4 tsp. pepper
- 1/3 cup applesauce, unsweetened
- 1/3 cup chicken broth or water
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. soy sauce
- 1 Tbsp. cornstarch

Directions:

Heat sesame oil in nonstick skillet or wok. Add garlic and ginger, and stir for approximately 30 seconds. Add chicken and cook in hot oil. Remove chicken from skillet.

Add vegetables and cook while stirring until tender crisp, sprinkle with pepper. Combine applesauce, soy sauce, vinegar, cornstarch and chicken broth or water. Add chicken to vegetables, add sauce mixture and cook until sauce is thickened and clear. Add apples during last five minutes of preparation. Serve over steamed brown rice.

Servings: 4

Prep and cook time: 40 minutes



Content From New England Apple Association
And Us Apple Association

Braeburn

DESCRIPTION

The Braeburn has a very thin, easily eaten skin with a crisp yellow flesh. This apple is harvested in October and November and will keep well in storage.



HISTORY

Started as a chance seedling in New Zealand in 1952, the Braeburn has gained popularity in the United States.

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Crunchy Apple Salsa with Grilled Chicken

Ingredients:

Salsa:

- 2 cups apples, halved, cored, and chopped
- 3/4 cup (1 large) Anaheim chili pepper, seeded and chopped
- 1/2 cup chopped onion
- 1/4 cup lime juice
- Salt and pepper to taste

Marinade:

- 1/4 cup dry white wine
- 1/4 cup apple juice
- 1/2 teaspoon grated lime peel
- 1/2 teaspoon salt
- Dash pepper

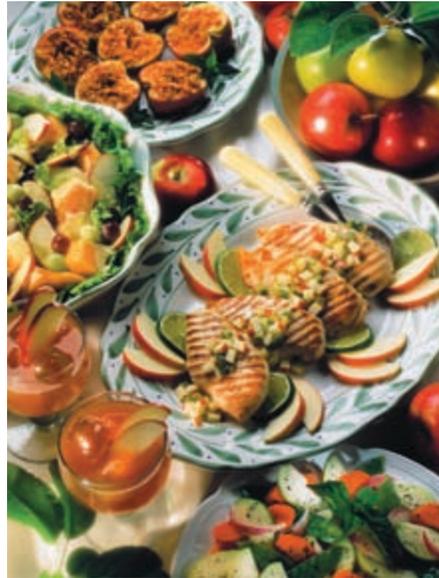
- 4 medium boneless, skinless chicken breasts

Directions:

1. Combine salsa ingredients and mix well; allow flavors to blend about 1/2 hour. Serve over or alongside

grilled chicken. Makes 3 cups salsa.

2. For grilled chicken, combine marinade ingredients and pour over chicken breasts. Marinate for 20 to 30



minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done.

Servings: 4

Red Delicious

DESCRIPTION

Red Delicious is an excellent keeper known for the consistency of its texture, bright red color, and conical shape. It is a sweet apple, lightly aromatic with a firm, cream-colored flesh. The Red Delicious grown in New England is a little smaller and has a more knobby end than its western cousin.



Generally it is a little juicier and sweeter ripening under New England's long summer days and crisp fall nights. It is best eaten fresh, in salads, and in fruit compotes. Picking begins in early October.

HISTORY

Developed in the 1870s, Red Delicious was initially called Hawkeye. The apple was renamed in 1893 after C. M. Stark bit into one and said, "My that's delicious-and that's the name for it!"

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Apple Cheddar Pizza with Toasted Pecans

This recipe is perfect for an easy dessert or great snack.

Ingredients:

- 1 (12 oz. can) refrigerated, ready-made pizza dough
- Vegetable oil cooking spray
- 3 large apples, thinly sliced
- 1 cup apple juice
- 1 Tbsp. cornstarch
- 1/2 tsp. ground cinnamon
- 2 Tbsp. honey
- 1/4 cup chopped toasted pecans
- 1 cup grated white cheddar cheese

Directions:

Pre-heat oven to 425 degrees. Lightly coat 14-inch pizza pan with cooking spray. Press dough into pizza pan. Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve cornstarch in apple juice, cinnamon, and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle

pecans on top. Top with cheese. Bake in a 425 degree oven for 15-20 minutes.

Servings: 8

Prep and cook time: 40 minutes



Fuji

DESCRIPTION

With the sweet flavor of its Red Delicious parent, Fuji is a medium to large apple, with orange-red skin. Its flesh is firm, crisp and quite juicy. Author Frank Browning includes Fuji in his list of 20 Prize Apples in his book Apples. Fuji is an excellent eating apple, and it is good dried in slices. It's also a great keeper, maintaining its quality for up to one year refrigerated or several weeks left in a fruit bowl. Fuji ripens in late October.



HISTORY

Fuji has its origins in Japan, where it was developed in 1939. It received its name in 1962, after Japan's tallest and most sacred mountain. Fuji is grown in great quantities in China and Japan, but discerning fruit lovers can find fresh Fujis here in New England. Fuji is a cross between Ralls Janet, an heirloom variety from Virginia, and Eastern Red Delicious.

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National Apple Month

October is National Apple Month! National Apple Month is the only national, generic apple promotion in the United States. Originally founded in 1904 as National Apple Week, it was expanded to the entire month of October. National Apple Month's mission is to increase apple industry sales, and to enhance consumer awareness and usage of apples and apple products. Its goal is to increase apple industry sales through a fall retail display contest, foodservice promotional contest, to recognize outstanding retailers for their apple merchandising, and to develop strong relations with retail, foodservice and apple industry members.

Apples, Apple Products and Your Health

Apples not only taste great but they also provide essential vitamins, minerals and fiber that help to protect from chronic diseases. Ilo, Hercules and Dionysus.

The Dietary Guidelines for Americans recommend

that we eat more fruits and veggies than any other food group — for adults, that's 3½ to 6½ cups (7 to 13 servings) daily for better health. At least 2 of those 3½ to 6½ cups of fruits and veggies should be fruit. So what equals one cup of apples?

- 1 small apple
- ½ large apple
- 1 cup sliced, raw or cooked apples
- ½ cup of dried apples
- 1 cup of 100% apple juice or cider
- 1 cup of applesauce

So consider packing apples — or delicious apple products like juice and applesauce — for your family during:

- Car trips
- Beach/pool trips
- Picnics
- Summer camp lunches
- Plane trips

Healthy and flavorful, apples maintain their freshness and crispness well. Keep a few at home in your family's

refrigerator, in your child's lunch bag or picnic basket to make sure you always have a supply on hand.

Honeycrisp

DESCRIPTION

Exceptionally juicy with a crunch beyond compare, Honeycrisp has a bright red skin with pale green highlights. Its flesh is cream-colored, crisp, and very juicy.

The Honeycrisp has a sweet yet slightly tart flavor. It is excellent for salads or for fresh-eating. Some warn its high water content makes it much better

suited for eating than for baking. Honeycrisp can be picked as early as late August.



HISTORY

Honeycrisp was developed from a 1960 cross of Keepsake (MN447 x Northern Spy) x unknown, as part of the University of Minnesota apple breeding program to develop winter hardy cultivars with high fruit quality. The original seedling was planted in 1962, and it was introduced commercially in 1991.

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NH Marine Mammal Rescue Team's first rescued seal released

(Rye, NH) Belmont, a harbor seal pup rescued off the beach in Hampton Harbor this spring, is NH Marine Mammal Rescue Team's (MMRT) first rescued animal to be released back into the wild. After four months of rehabilitation the healthy juvenile seal swam off to a crowd of cheers at the Scusset Beach State Reservation in Sandwich, MA Tuesday evening, September 2nd.

According to MMRT Coordinator Ashley Stokes, "This marks a great day for our Team and for marine mammal rescue in New Hampshire. It reassures us that the hard work we are doing is making a difference! It is very exciting to see one of 'our animals' being released."

"We first received a call to our hotline about the pup the morning of April 29," said Stokes. "The caller stated that a gentleman was petting the seal and his dog was at the site as well. Sure enough, when we arrived, there were human and large dog prints surrounding the pup."

Many people do not realize that seals are only semi-aquatic and come on the beach to rest, nurse, and soak up the sun. A mother seal will not come back to retrieve her pup if there is a threat, and people and animals pose a threat. It is also dangerous and illegal to approach a seal; they are wild animals and could bite if provoked.

Belmont was estimated to be only 24-36 hours



old when the Team first responded. The premature male pup had a full lanugo coat, which is the white coat that is normally shed before birth, and his umbilical cord.

"After observing the pup 24 hours to see if the mother would return for her pup, we decided to transport the now weak and dehydrated animal to the National Marine Life Center in Buzzards Bay, MA for rehabilitation. Our goal is always to give an animal the opportunity to return to its natural habitat on its own, and in this case, to reunite with its mother

during the early and critical bonding period," said Stokes, "but this animal had no chance of survival without intervention." When the pup first arrived at the National Marine Life Center he was only 72cm in length and weighed 8.2kg. During this critical time he was tube fed a milk, fish oil and vitamin formula five times a day. After a few weeks he was transitioned from the formula to a ground fish formula and then introduced to whole fish. Once he figured out how to eat whole fish on his own he was weaned off of tube feedings all together. ▶

River Valley Artisan Tour



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The next feat in rehab is for the seal to show he can track, catch, and eat fish on his own. This is typically done using small fish like minnows. Once a seal is healthy, off of any antibiotics, hunts and eats fish on his own, and has reached a weight of at least 23kg (50lbs), approval for release is applied for through NOAA.

Stokes and MMRT assistant Sarah Toupin were present for the release. While Belmont was somewhat reluctant to dive into his vast new world, he eventually made his way down the beach and swam off.

The Marine Mammal Rescue Team has responded to over 40 animals this year. The team conducts health assessments, collects data on live and deceased animals, collects photographs, provides data to a national database that helps to advance marine mammal biology and ecology, and protects the health of stranded animals by preventing harmful human



interactions.

Federal funding for marine mammal rescue operations has been vastly reduced. That means the



Center relies heavily on contributions from its coastal communities. To help keep the Team ready to respond please consider making a tax-deductible donation at www.seacoastsciencecenter.org/mmrt. If you contribute today, your gift will be doubled thanks to long time donors Cyrus and Bobbie Sweet. To inspire others to help, they have issued a challenge: they will match every dollar that is donated to the rescue fund this year—up to \$20,000.

If you spot a seal or any other marine mammal on a New Hampshire beach call the Seacoast Science Center's Marine Mammal Rescue Hotline at 603-997-9448 and provide as much information about its location and the situation as possible.

To learn more about the Seacoast Science Center and its Marine Mammal Rescue effort visit www.seacoastsciencecenter.org, keep up-to-date at facebook.com/nhmarinemammalrescue, or call 603-436-8043.

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Wilton Fall Antiques Market returns October 26

Rhinebeck, NY; The Wilton Historical Society and Barn Star Productions are proud to announce the second annual Wilton Fall Antiques Market scheduled to take place on Sunday, October 26, 2014.

The event which benefits the Wilton Historical Society re-launched last October after a three year hiatus, premiered to rave reviews and a crowd of collectors numbering over 900 attendees for the one day event.

Comments show manager Frank Gaglio, "When we announced the new Wilton Fall Antiques Show, word spread quickly among the antiques dealer community that Wilton was back and requests for exhibitor space was very encouraging. Once the advertising campaign started, collectors from New England, New York, New Jersey and Pennsylvania were thrilled at the announcement and started making plans to join us. The first year was a re-launch . . . this year will re-establish Wilton as one of the most important shows for Americana and decorative arts in the country". Over eighty exhibitors from across the U.S. and Canada will fill the Wilton High School Field House where spacious booths and wide aisles make visiting the show a pleasure.

What you will find at this year's show includes early Americana, English and French antiques plus decorative arts, fine ceramics, trade signs, early stoneware pottery and redware, needlework samplers, quilts, garden decorations, cupboards, miniature portraits, jewelry, Nautical



antiques, Windsor chairs, tavern tables, woodenware, blanket chests and candle stands, carved and painted water fowl decoys, game boards, early lighting, Historical Staffordshire, fine art including paintings, prints and posters, early toys and banks, weathervanes, Oriental and hooked rugs, mid century plus so much more.

One hour from NYC, Wilton is easily accessible from

Route 84 and Route 7. The field house is located at 395 Danbury Road (route 7 south) in Wilton, Connecticut. For more information and a list of exhibiting dealers please visit www.barnstar.com or www.wiltonhistorical.org

For a show card, email us at barnstar1@aol.com. The Wilton Fall Antiques Show . . . a breath of fresh air among the world of collecting.

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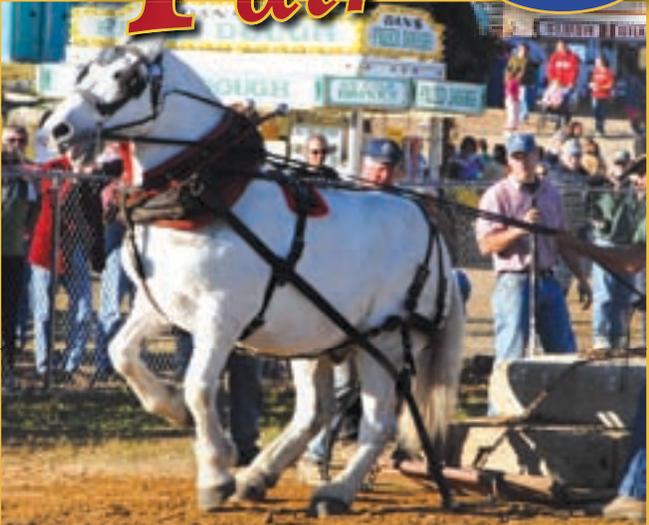
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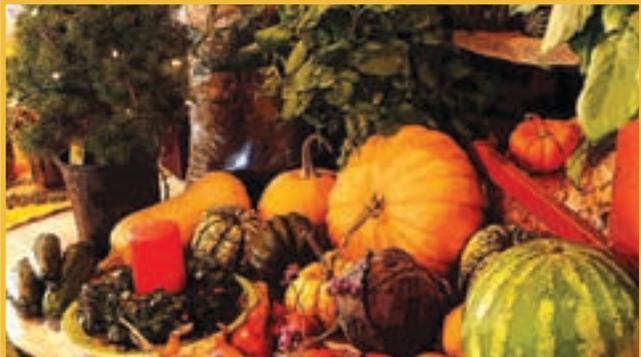
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Breathtaking In Northern NH

Northern New Hampshire's natural beauty shines in beautiful hues of yellows, reds, and oranges in late September and early October when the Granite State's fall foliage season welcomes visitors from around the world. Northern New Hampshire is one of the first places in New England to experience the annual foliage display. New Hampshire Grand, the official visitor information source for Coos County, offers enticing fall foliage itineraries that promise breathtaking views, colorful cuisine, and family fun along the way. Grab your camera, pack a weekend bag with a pair of walking or hiking shoes, and set your GPS to northern NH for a colorful trip, guaranteed.

Around the Connecticut Lakes

The reflection of the foliage and the blue sky on the water is breathtaking in Pittsburg, the northernmost town in New Hampshire. On this journey, you will begin in Pittsburg village by heading north on Route 3, which will take you past Lake Francis and the three Connecticut Lakes. Heavily forested, the bright red and orange maple trees contrast beautifully with the towering evergreens. There are picnic tables at First and Second Lakes. The end of the road comes when you reach the Canadian border. Consider spending the night in Pittsburg and dining at the Rainbow Grille or Buck Rub Pub and catching some shut-eye at Tall Timber Lodge. You won't leave hungry or sleep deprived and you will be ready for your journey south.

The Foliage

This is an ambitious road trip starting from Groveton, up to Milan in the White Mountain National Forest, down to Colebrook and then back to Groveton. Begin your excursion on Route 110, which will take you east to the next town you come to is Stark. Stop at the Upper Ammonoosuc River. Your camera ready to take a scenic drive, a clapboard church and the old mill.

From Stark, the road winds through the countryside and into the city of Stark. Hungry, make a stop at the Stark Inn and Dairy Bar, a local favorite. Stark is where you will connect with the scenic views to the north. Route 16 hugs the Androscoggin River, the meandering highway through the hills, Mile Woods and the tiny but beautiful village of Milan. When you reach Errol, take a scenic drive through the starkly beautiful landscape, rocky ramparts that reach into the sky.

Continue on Route 26, winding through rolling farmland, and into Coombsville and bustling northern communities. Scenic and inviting shops, including a bakery, as a freshly made pastry or coffee. Stop at Muck Coffee House. For the scenic views, head south on US Route 3, through the beautiful Connecticut River valley where you started in Groveton.

In the Shadow of



g fall foliage

Age Loop
 trip, which will take you
 and Errol, across Dixville
 back through Stratford to
 sion in Groveton on Route
 east from the village. The
 stark. You'll want to have
 the picture of the white
 covered bridge over the

nds through the colorful
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 Northland Restaurant
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 through the beautiful 13
 at picturesque town of
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 ul Dixville Notch, with its
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which passes through
 Colebrook. This is a lively
 munity, with restaurants
 grabbing a snack such
 sandwich at the Moose
 last leg of the journey,
 which follows the
 and brings you back to
 eton.

f the Presidents

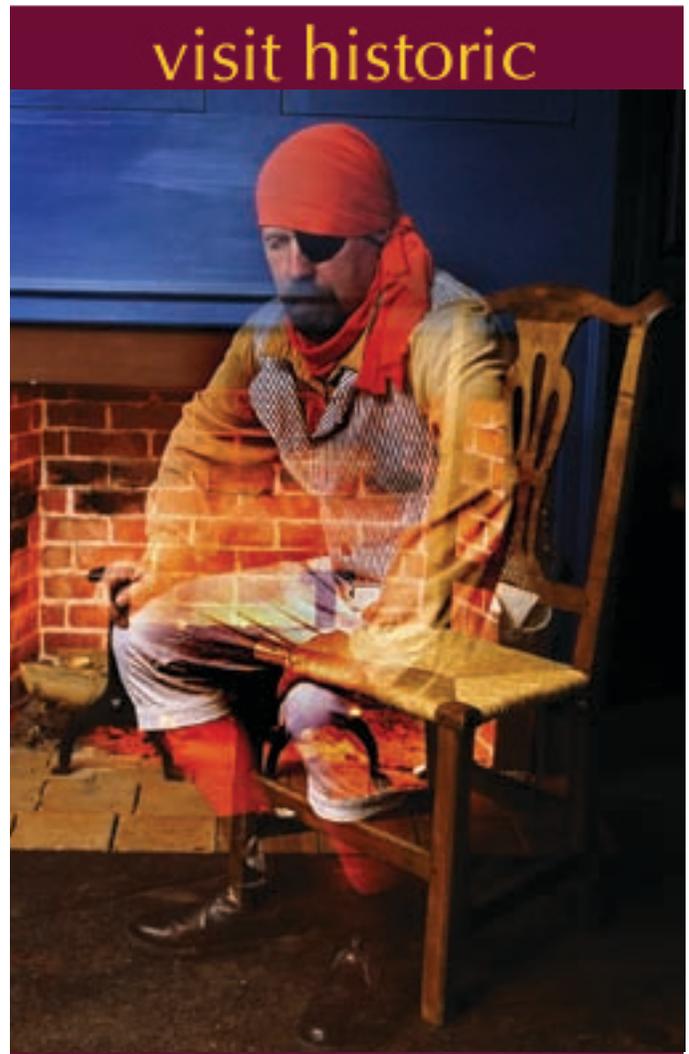
Perhaps there is no more breathtaking sight than majestic mountains towering over an autumn landscape. This journey takes you from Lancaster to Gorham, along Route 2. Both towns have delightful Main Streets dotted with interesting shops. A few shops we suggest stopping at in Lancaster include: Fuller's Sugarhouse, where you can stock up on local-made syrup; Potato Barn Antiques; and Simon the Tanner, which offers clothing for the entire family. From Lancaster, head east on Route 2. It winds through some of the most beautiful scenery, with sweeping vistas of the Presidential Range of the White Mountains.

The first mountains you see are just a few miles out of downtown Lancaster, where the Kilkenny range reaches out from the rich farmland of Lancaster and Jefferson.

The road continues east into Jefferson with several areas where you can pull off and take in the views, the sunshine and the gorgeous colors. If you have time, visit with Santa and his friends at Santa's Village in Jefferson. In July, contributors to TripAdvisor, gave Santa's Village an approval rating of over 96 percent, earning it a Travelers' Choice award as one of the top 25 amusement parks in the United States.

When you reach Gorham, you can elect to take a side trip to the top of Mount Washington, which, at 6,288 feet, is the highest mountain peak in the entire northeast.

For more information, visit www.nhgrand.com.



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