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SEPTEMBER 2015


Your Guide to What's Happening in the Granite State

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Shaker Traditions: Contemporary Translations open

Canterbury Shaker Village's special exhibit, Shaker Traditions: Contemporary Translations opens at the National Historic Landmark August 15 as part of the special event Village Rising. The 2015 installation of this special exhibit features a collection of contemporary works of art inspired by Shaker traditions, values, images and artifacts by professional artists and creative citizens. The exhibit is included with the price of regular admission and will run through December 12, 2015.

"In many ways, the Shakers were the first to take their traditions and translate them for contemporary living. Over their 200 years at Canterbury Village, they adopted new technologies and through their innovations were often at the leading edge of change," noted Funi Burdick, Executive Director and Exhibit Curator.

However, new technologies were embraced with a mindfulness and intentionality that meant they simplified, rather than complicated, their lives. Interestingly, many of the modern day works featured in this year's installation of Shaker Traditions: Contemporary Translations speak to the need for simplicity and connection."

Included in this year's Shaker Traditions: Contemporary Translations is "Shaker" by Laura Swanson. This color photograph is a self-portrait from a larger collection of Swanson's work entitled "Uniforms"



(2014-2015), which is a series of drawings, photographs, and sculptures that explore the concealment of physical difference and express an aspiration for privacy and agency. "The 'Shaker' photograph

represents feelings of marginalization in a society that is becoming overwhelmingly concerned with the superficial and is indifferent to the decline of humanity. The portrait depicts me wearing the cloak in front of a barren, but beautiful, desert," described Laura Swanson, contributing artist. "I am attracted to the Shaker cloak because of its elegant, simple design and its uniform like qualities — the person wearing it represents a community rather than individuality."

Canterbury Shaker Village is open daily from 10:00-5:00 pm through October 24. The price of admission is \$17/adults, \$8/children (6-17) and free for members and children 5 and under.



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Welcome to Portsmouth, New Hampshire, a vibrant, walk-able regional capital providing residents and visitors with a unique urban experience: a historic working seaport; unique locally owned shops and restaurants; and an internationally recognized arts and cultural scene. Portsmouth is that rare city where history and present day come together beautifully and effortlessly in red-bricked buildings and sidewalks, historic attractions, farmers markets, farm-to-table restaurants and locally owned boutiques. Whether you are looking for a romantic weekend getaway, a day outing with the family, a fireside dinner or a riverside lunch, you will find this charming New England coastal city a delight.

Location, Location, Location

A quick one-hour drive from Boston, and just over the bridge from Kittery, Maine, Portsmouth is nestled along the fast-moving Piscataqua River where it meets the Atlantic. Long a desirable location, Native Americans of the Abenaki and Algonquin tribes and their ancestors inhabited the territory thousands of years before the first Europeans sailed here in the early 1600's, and settled Portsmouth. This bustling port honors its colorful maritime and mercantile past and is passionately engaged in shaping its future. It's recognized as a regional capital for the Seacoast, known for its rocky shores, ocean



views, revolutionary garrisons, hip surf shops, island cruises, and seaside trails.

Shop/Dine/Drink/Stay - Local

Portsmouth takes pride in everything local. From tax-free shopping in dozens of independently owned boutiques and art galleries, to the chef-owned restaurants to our own breweries – it is a small city with a town atmosphere, true to its historic charm with modern day amenities. Visitors and residents alike linger in Portsmouth's colorful downtown shops that stay open late on Friday Nights, May through October; 99% are locally owned and many feature the work of local artisans – truly promoting "Shop Local." The restaurant scene is vibrant, celebrating



local farm to table and sea to table menu options. very kind of cuisine imaginable is found here, from seafood fresh off the local boats to gluten-free and ethnic options. Our local bars, many overlooking the rushing Piscataqua River, serve the freshest margaritas, mojitos and rum punch – perfect for the Seacoast destination. Visit the nationally acclaimed local breweries: Portsmouth Brewery, Redhook Ale Brewery and Smuttynose Brewery. Lodging is plentiful and varied, from historic inns to modern boutique hotels to full service hotels and stunning grand resorts. Kid friendly, dog friendly, family friendly and business traveler friendly - it's all here in Portsmouth.

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Old cars, live entertainment, races and mud football come to Mt Washington Valley

From Freedom Walks to a Walk for the Mt Washington Valley is alive with exciting events in September. Home to Mud Bowl: The World Championship of Mud Football, Mt Washington Valley hosts a wide array of exciting events throughout September.

Now through October: Conway 250th Display: View the Conway 250th Historical Display at Salyards Center for the Arts presented by Conway Historical Society. Covering all aspects of Conway's history, from the Native American period to the coming of the settlers in the 18th century; plus farming and 19th century artists whose paintings served as the first postcards of the region, drawing early tourists here; early transportation, including stagecoaches and the arrival of the railroads; logging, millwork and the evolution of the town as a tourist and shopping destination, this tour includes original paintings,

maps, displays and more. Call 603-323-3359 for official hours.

September 1, October 6: LGBT Friends Gathering: A monthly event supporting equality takes place on the first Tuesday of each month from 5 - 7pm at the Cranmore Inn in North Conway, NH (80 Kearsarge Rd.). Mix, mingle, discuss new ideas, ask questions, and get to know others, relax and unwind in an accepting setting. Refreshments will be served. Event hosted in association with the Mt. Washington Valley Chamber of Commerce. Info: 603-356-5502, www.cranmoreinn.com.

September 3, 4, 5: M&D Productions presents SPAMALOT: Taking place at 7:30 pm at Your Theater in Willow Common, 1857 White Mountain Highway, North Conway, this funny show was lovingly "ripped off" from the classic film comedy MONTY PYTHON AND THE HOLY GRAIL. With Book and Lyrics by Eric

Idle, SPAMALOT retells the legend of King Arthur and his Knights of the Round Table. Tickets are \$20.00 in advance and \$25.00 at the door. To reserve seats go to www.yourtheatre.com or call (603) 733-5275.

September 4 - 7: Labor Day Sidewalk Sales at Settlers Green Outlet Village: Not quite finished with back-to-school shopping? You'll find everything you need in tax-free New Hampshire and Mt Washington Valley's outlets. Save even more on back to school and college apparel, gifts, houseware and summer clearance at Settlers' Green Outlet Village. Info: 603-356-7031.

Sept 5: Railfans' Day at Conway Scenic Railroad: Join in the fun as "trainiacs" celebrate Railfans' Day with special demos, freight cars, cabooses and other trains will be running along with a trip to the Notch and beyond. Info: 603-356-5251, www.conwayscenic.com.

September 5, 6: Craft Fair at The Gibson ▶

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Center in North Conway Village: You'll find the perfect early holiday gift for that hard-to-shop-for person on your list from non-juried artists and crafters at this fair intended to predominately showcase handmade arts and crafts. Info: 603-356-3231.

September 6, October 4: Red Jersey Summer Bike Race Series: Red Jersey Cyclery holds these races for all ages and abilities at the Trails in the Woods located near the Theater in the Wood in Intervale, on the first Sunday of the month. Prizes and after-race festivities. Registration begins at 9am on Race Day. Info: 603-356-9980.

September 7: Kids Fun Run at Story Land: You're in for a fun-filled morning and race your way around Story Land. There will be appearances from some of the Story Land Characters as well as a few other special guests. Registration is \$10/child. Registration begins at 8:00am on Race Day, 8:35am race start. All participants receive a race medal, t-shirt

and a pass to Story Land to be used that day. Info: 603-356-9980, www.believeinbooks.org

September 11, 12, 13: Mud Bowl: World Championships of Mud Football: Get ready for a weekend of good clean fun in knee deep mud. Founded in 1975, 2015 Mud Bowl, the championships of mud football, is set to return to North Conway's Hog Coliseum Friday through Sunday, Sept. 11 through 13. This year Mud Bowl will celebrate a theme of "Mud Bowl Takes a Muddy Look at Children's Books" during the Tournament of Mud Parade. The games feature two-hand touch football, played in knee-deep mud, with seven players per side. Three-day tickets are \$15; day tickets are \$6 ages 14 and up, and \$4 ages 6 to 13; family tickets (two adults, two children) are \$15 per day. Advance tickets can be purchased at the North Conway Community Center, and the Mt Washington Valley Chamber of Commerce. Three-day tickets serve as entry to two \$500 prize

drawings held Saturday and Sunday (one need not be present to win). Proceeds benefit local charities, with more than \$860,000 having been raised since the first games were played locally in 1976. Tickets are available at the Mt. Washington Valley Chamber of Commerce. Info: (603) 356-5701 or follow Mud Bowl on Facebook.

September 11: America Salutes You Freedom Walk: The America Supports You Freedom Walk is a national tradition that calls on people to reflect on the lives lost on September 11, 2001. The Jackson Area Chamber of Commerce will hold its annual freedom walk on September 11, 2015 at the Jackson Covered Bridge, gathering at 5:00 PM. The walk will commence immediately following a few words from invited guests, a moment of silence, the Pledge of Allegiance and the National Anthem song by Claire Glacken of Conway (approximately 5:20pm). Immediately following the walk the Shovel Handle ►

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September 12: The Tournament of Mud Parade: Teams competing in Mud Bowl create zany floats and skits for their adoring fans. Line up on Main Street in North Conway Village and enjoy the creativity of each team as they show off their float and driving skills. This year's parade theme is "A Muddy Look at Children's Books." The parade begins at John Fuller Elementary School at 10:00am and ends at Schouler Park. Judging will take place in the park and entertainment will follow.

September 12: Sunset Soiree: Sunset Soiree on Mount Washington Road: A fundraiser for the Mt Washington Observatory, festivities begin with a private wine tasting in the historic Douglas A. Philbrook Red Barn Museum at the base of the Mt. Washington Auto Road. Next, board a motor coach and enjoy a chauffeured drive to the summit of Mount Washington, where a sumptuous selection of desserts awaits. As twilight falls, head to the observation deck for a sunset champagne toast, then return to the base for an elegant dinner. The evening concludes with coffee, sweets, and an artfully curated silent auction featuring breathtaking photography and getaways. Tickets are \$140 per person for Observatory members, \$150 per person for non-members. Info: 603-356-2137 x 231, www.mountwashington.org

September 12, 19, 26: M&D presents Voice

of the Valley: M&D Productions will present a vocal competition, very similar in style and format to American Idol on consecutive Saturdays beginning September 12 and ending on September 26. Info: 603-733-5275, www.yourtheatre.com.

September 13: 25th Annual Mt. Washington Valley Old Car Show at Settlers Green: From 9:00am to 2:00am, rain or shine, the 25th Annual Mt. Washington Valley Car Show event will take place at Settlers' Green Outlet Village. Three trophies will be presented in each class, plus \$100 cash prize for Best in Show. There is a \$10 entree for show cars, i.e. driver and passenger. Dash plaques will be given to the first 300 cars. For spectators there is a \$3 admission for adults and children under 12 are free. This event is hosted at Settlers' Green Outlet Village, but is operated by the Mt. Washington Valley Old Car Club.

September 18 - 20: 40th Annual NH Highland Games: Don't miss the 40th New Hampshire Highland Games and Festival celebrating the heritage and culture of Scotland. The event includes competitions in Highland Dance, Piping, Drumming, Pipe Bands, Fiddle, Harp and Sheep Dogs. Music on multiple stages, seminars on genealogy and history as well as whisky and beer tastings. A Kilted Mile Race, youth program and so much more. Three days of great family fun at Loon Mountain in Lincoln, NH. Info: 800-385-7268, www.nhscot.org.

September 18: Waltzing for Dreamers FREE Music Series at Stone Mountain Arts Center: Featured Artist: The Lonely Heartstring Band, starts at 8:00pm.



Doors open at 6:00pm. The Lonely Heartstring band is a five-piece bluegrass instrumentation band from Boston that plays original acoustic music, traditional bluegrass and, as the name suggests, a swath of Beatles covers. This show is free admission only by reservation. Donations in the form of cat or dog food, bleach, detergent, and "hardwood" pellets for the Harvest Hill Animal Shelter are welcomed. This free concert series is made possible by Carol, Jeff and the Crew at SMAC in partnership with the kind sponsorship of Poland Spring Water Company.

September 18-19: Fairies and Magical Creatures: The MWV Childrens Museum will present its Fairies and Magical Creatures festival at Black Mountain. Enjoy a weekend of outdoor programs, including special dance performances, music, fairy workshops and creations, fairy house tours and much more! This Festival is a ticketed event ▶

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open to families. Info: Follow the magic on the MWV Childrens Facebook page or online at www.mwvchildrensmuseum.org.

September 19: Double Down Downhill Mountain Bike Series at Attitash: A mountain bike series open to all visiting mountain bike guests with a different course for each race. There will be a Pro division and two Amateur divisions. Prizes for Pros will be a cash purse and Amateurs will win prizes from participating sponsors. Entry Fee: \$50 includes a Mountain Bike ticket. Registration: 10:00-12:00pm in the Dirt Trax Bike Shop. Race Start: 2:00pm.

September 19: MC Monthly Guided Tour & Hike at Wildcat: Join a naturalist from the Appalachian Mountain Club Pinkham Notch Visitor Center on a ride up the scenic gondola for an environmentally

educational summit tour and optional guided hike down Wildcat Mountain. The program is free with the purchase of a Wildcat Express Scenic Gondola ticket. Info: 603-466-3326.

September 23, 24, 25: Plein Air Painting with Aline Ordman: Ellis River Art Studios is hosting Aline Ordman, Master Pastelist with the Pastel Society of America and a Signature Member of the American Impressionist Society to present a three day workshop at 211 Main Street in Jackson Village. Enjoy painting in the beautiful White Mountains in either pastel or oil. Aline will do a demo each day and give a lot of personal attention to each student as we explore the properties of color in terms of value, intensity and technique while painting the early fall landscape. Info: 603-730-2143, www.ellisriverartstudiosllc.com.

September 26: 100 Acre Challenge, a 5K Obstacle Adventure: Competitors will run, swim, crawl and climb as this 5K challenge takes them into the mud, water, over walls, rock piles and through the wood. It's all in fun with net proceeds benefiting the Believe in Books Literacy Foundation programs. Individuals and teams of two or four are invited and for kids 12 and under there is the Mini Acre Challenge featuring mini obstacles. The kids' race starts at 9:00am followed by their awards. Starting at 10am, heats for the individual competitors and teams of two and four will depart the starting line every 15 minutes. Winners from each category are determined by best time. Following the event, food and beer will be available. Prizes for first

three places of each category. Info: 603-356-9980, www.believeinbooks.org.

September 26: Annual Walk for the Animals & Bark in the Park Pet Expo: Join the Conway Area Humane Society for their biggest event of the year and the largest pet expo in Northern New Hampshire featuring demos, carnival games, dog show games, agility fun, vendors, raffles and more. The fun begins with the Walk for the Animals. Start early collecting your pledges either as a team or individually – there are great prizes for both categories. Following the Walk for the Animals is the Bark in the Park Pet Expo. 40+ vendors and sponsors will be on hand selling pet-related services and goods. The Main Event Ring will feature interactive games for you and your dog, and the carnival games will be ongoing all day where you can win prizes. For more information, click here.

September 26: Autumn Fall Festival at Settlers' Green: Celebrate the arrival of fall with a full day of activities including pumpkins, scarecrows and so much more. Info: 603-356-7031.

September 27: RunDanforth 25K Race Series: The last in the series of 5K races at Danforth Bay Camping & RV Resort. This 5K walk /run will benefit the MDA of New Hampshire. Register at the Danforth Bay Depot. The race begins at 8:00am. Registration is \$20 and includes a t-shirt. Info: 603-539-2069, www.danforthbay.com/RunDanforth25K. For complete trip planning resources, visit www.MtWashingtonValley.org or call 1-800-DO-SEE-NH.



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Living Literacy at Cheshire Children's Museum

The benefits of Early Literacy are well documented and include expanded vocabulary and writing skills, longer attention spans, enhanced imaginative and critical thinking skills, and a sense of closeness and intimacy between parent and child. The museum is promoting literacy two ways this month. The first is a new monthly program called "Cooking the Books" which features a story about food followed by an interactive children's cooking class. The first month will feature Eric Carle's book *Pancakes, Pancakes*. Join the fun Thursday September 24th at 11:00 for "Cooking the Books" an Early Literacy program open to all ages. In addition, the museum will be hosting another Living Literacy event sponsored by Beeze Tees, which brings a story to life and allows children and their parents to walk through the book while reading it aloud. Beginning September 29th, parents are invited to read *Old MacDonald Had A Farm* to their child while walking through the story and participating in all of the things Old MacDonald has to accomplish in an average day.



Other important dates this month include Tuesday, September 1st when MoCo Arts presents MoCoMotion from 3:15 - 4:00. Miss Danielle will show us how to dance and act like a Super Hero. Plus, learn about MoCo's upcoming show, *Adventures in Alphabetland*. Don't miss MoCoMotion where children learn the magic of music and movement through puppetry, props, singing and dancing. All ages are welcome. Friday September 4th is Frugal Friday and the museum stays open late with admission half price after 4:00. Reward children's back to school success with Friday night fun at the museum. Saturday the 5th is Sensory Saturday for families of children with Autism. Be sure to visit The Keene Music Festival Monday September 7th and find Cheshire Children's Museum's craft table to make a musical instrument.

Please note Cheshire Children's Museum will be CLOSED from September 8th through the 11th for annual cleaning, maintenance and repairs. The museum will reopen Saturday September 12th and Sunday September 13th is National Grandparents Day. Why not visit the museum? Admission is FREE all day for grandparents.

Elm City Music brings their instruments September 15th at 11:00 for Instrument Petting Zoo to allow children try out a variety of musical instruments. Music has been shown to increase language development and spatial-temporal or problem solving skills in young children. Let your child delight in experimenting with sound and learn the benefits of music lessons from Elm City Music.

Thursday September 17th from 10:30 - 11:15 bring your child to Furry Friends Activity Time with the Monadnock Humane Society. Learn about the mission of the Humane Society, how to care for a pet and complete an activity that will benefit the animals at the shelter.

Why not try Wednesday Workshop this month? Each week alternates with a math or art project for your child to take home. LEGO Play is offered every Thursday all day. Come create and imagine a world of possibilities!

Please call (603) 903-1800 or visit www.cheshirechildrensmuseum.org for more information or to print a downloadable calendar with all events. Cheshire Children's Museum is a non-profit organization located in The Colony Mill Marketplace at 222 West Street Keene, New Hampshire.

River Valley Artisans Tour

Something different! So many art tours and so little time. A group of local artisans have joined with a worthy cause this Columbus Day weekend, Oct 10 and 11. Many will be centrally located in the village of Westmoreland, NH at Fellowship Hall.

Others will be working in their studios located nearby. Fine arts, quilting, wine making, treasure boxes and jewelry are some of the offerings. It will be a great chance to learn about the artistic process and get an early start on unique, thoughtful Christmas gifts.

What makes this tour different? This year many of the artisans will be donating select work toward a

benefit raffle by the Winchester Wildlife Rehabilitation Center. Come to the event, view the offerings and take a chance on bringing home a work of art knowing that 100% of the proceeds go to such a worthwhile non-profit organization. For more information see Winchester Wildlife Rehabilitation Center on Face Book.

Support the local economy by patronizing local artists and also support local wildlife with your participation in their raffle. Mark Oct 10 and 11 on your calendar to visit the River Valley Artisans tour while enjoying our fabulous foliage. For more information go to www.rivervalleyartisans.com.



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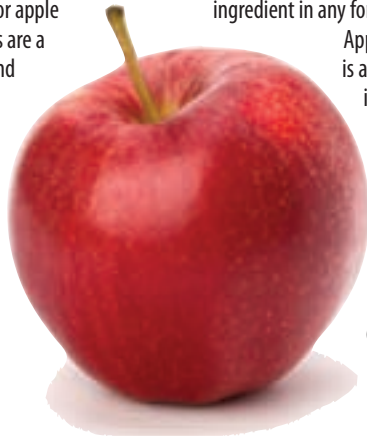
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Apples: a slice of life, just juice it

You know it will happen. It's hot out, you are thirsty, and you enter a store in search of a cold beverage. Surveying endless coolers packed with sugary sodas, expensive coffee confections, and energy drinks, you feel a little overwhelmed. All that sugar! Make the smart choice, and opt for apple juice. For juice enthusiasts, apples are a go-to ingredient, in both juices and smoothies. The peels are packed with antioxidants, and the fruit adds a pinch of sweetness when you are juicing with veggies. Green juices are tastier with an apple to balance out the mineral flavors of leafy greens. Apples are perfect for smoothies, offering additional health benefits; with pectin and both soluble and



insoluble fiber to keep you full all morning, apples help sweep cholesterol from the body. They are also versatile; whether taking a lead role in an apple-cinnamon smoothie, or subtly adding flavor in the background of a cocoa or nut butter blend, apples are a multipurpose ingredient in any form.

Apple juice, with its tangy-sweet taste, is a satisfying thirst quencher all on its own or in the mix. One of our favorite ways to enjoy apple juice in the summertime is to freeze it in ice cube trays. Then, just pop the ice cubes into iced tea or a wine cooler for an apple infusion. The bonus is that you can savor the cubes like mini popsicles once the drink is gone. Apple juice mixed with wine, or as a mixer in your favorite cocktail, adds some

familiar apple virtue and vitamin C. Keep some apple juice on hand for the kitchen. Your farmers market finds will taste much more interesting when poached in apple juice. Try carrots, beets, or even broccoli, cooked in apple juice with a pinch of salt or herbs. If you are making cold salads for a picnic, try cooking grains like wheat berries or brown rice in a mix of apple juice and water for a lightly sweet taste. Then add vegetables, nuts, and chopped apples, and dress with apple juice vinaigrette.

In the mood for a summery, green salad? Break out of your bottled dressing habit, and whisk up a dressing from 1 part apple juice, 1 part vinegar, and 2 parts oil. For an Asian drizzle, whisk apple juice, sesame oil, soy sauce and ginger for a refreshingly sweet, flavorful topper.

Firing up the grill? Apple juice is a perfect addition to your marinades. It adds a touch of sweet, without the sugars that burn quickly on the grill. Apple juice is a classic partner to chicken and pork, with the added

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benefit of keeping the meat moist. Put your pork or chicken in a zip-top bag with apple juice, chopped apples, fresh herbs and a little salt and olive oil overnight. Boil the leftover marinade to use as a sauce on top of your apple-infused grilled meat.

Once you have apples in the fridge and apple juice in the pantry, you are ready for summer fun. Use delicious apples, to stay refreshed and beat the heat all summer long. See more at: www.usappleblog.org

Apple, Green Bean and Bell Pepper Salad

Ingredients:

- 3/4 cup toasted walnut pieces
- 4 tbsp. honey, divided
- pinch + 1/4 tsp. salt
- 1/4 cup apple cider vinegar
- 1/3 cup light olive oil
- 1/8 tsp. ground black pepper
- 1 red bell pepper, cut into matchsticks
- 4 ounces thin green beans, ends trimmed, or regular green beans, ends trimmed and cut into

half lengthwise

2 Rome or Red Delicious apples, unpeeled, cut into matchsticks

2 heads Belgian endive, cut into matchsticks

Directions:

Preheat oven to 400 degrees. In a small bowl, mix together walnuts, 2 tablespoons honey and pinch of salt. Spread the walnut mixture on a greased baking sheet and bake for 5 minutes. Remove and set aside.

Parboil green beans for 5 minutes; drain and run under cold water to stop cooking; drain again. In a food processor or blender, combine the vinegar, oil and remaining 2 tablespoons of honey, 1/4 teaspoon salt and pepper. Process until mixture is creamy and well blended. In a large bowl, toss the bell pepper, green beans, apples and Belgian endive with dressing. Sprinkle each serving with honey-roasted walnuts.

Fresh Apple Slices

Fresh-cut or pre-cut apple slices are a perfect snack to take on the go. This nutritious, delicious superfood is fully portable – toss in your lunch bag, backpack or briefcase for a crisp pick-me-up. Apple slices also can

serve as the base to some of our favorite appetizers and snacks. Dip into peanut butter, drizzle with caramel or pair with your favorite cheeses for a fun, or even sophisticated, treat.

Tip: To prevent browning, cut and coat apple slices and dices in vitamin C-fortified 100% apple juice. A mixture of one part lemon juice to three parts water, or commercial, anti-browning products work as well. Eat within two hours, or refrigerate immediately until use.

Apple Cider (Sweet)

Falling leaves, a chill in the air... It just would not be fall without apple cider!

Apple cider is the original American beverage. Early U.S. settlers drank apple cider morning, noon and night as their primary beverage, unsure of the safety of the drinking water. Until Prohibition, "cider" meant hard cider, an alcoholic beverage made by fermenting sweet cider. Cider makers carefully guard their secret cider recipes, some of which have been passed down from generation to generation.

Originally found only at local orchards, roadside stands or farmer's markets, the apple cider market ▶

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has now expanded into a year-round business. So you can now enjoy apple cider all year long. (It is great over crushed ice on a hot summer day.)

Sweet cider is made by crushing a blend of apple varieties into a pomace, then pressing the juice from the pomace. Tiny apple solids floating in the juice turn color when exposed to air, giving cider that gorgeous caramel color and opaque look.

Apple cider — 100% juice, not watered down, naturally sweetened by the fruit itself, with no sugar added — is a great way to drink your apples.

Each 4-ounce glass of cider counts as a serving towards the USDA Dietary Guidelines recommended



five to thirteen servings of fruits and vegetables per day, for optimal health.

What a delicious way to get on your way to the best possible you.

Sweet cider is a highly perishable product. Treat it the same way you would treat milk; keep it refrigerated at all times, and enjoy it by the date on the label or within 7–10 days. Most cider has been treated for safety; untreated cider must carry a warning label.

Apple-Cheddar Panini

If you don't have a panini press, just use a non-stick skillet to make these tasty sandwiches. Just about any cheese can be substituted for Cheddar.

Ingredients:

- 8 slices whole-grain bread
- 1/4 cup low-fat honey mustard
- 2 crisp apples, thinly sliced
- 8 ounces low-fat Cheddar cheese, thinly sliced
- Cooking Spray

Directions:

Preheat panini press on medium heat. Lightly spread honey mustard evenly over each slice of bread. Layer apple slices and cheese over 4 slices of bread, using about 1/2 apple and 2 ounces of cheese for each sandwich. Top each with remaining bread slices. Lightly coat panini press with cooking spray. Grill each sandwich for 3 to 5 minutes or until cheese has melted and bread has toasted. Remove from pan and allow to cool slightly before serving.

Applesauce Ambrosia

Ingredients:

- 1 can (16 oz.) applesauce
- 2 bananas, sliced
- 1 can (11 oz.) mandarin oranges
- 1/2c toasted slivered almonds
- 1/2c flaked coconut
- 32 oz. low-fat vanilla yogurt

Directions:

Whip yogurt with a wire whisk. Add applesauce. Gently fold in remaining ingredients. Chill and serve. ▶

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Apple Halibut Kabobs

Apple Skewers Servings: 4

Ingredients:

- 1/2 cup dry white wine (chicken broth can be substituted)
- 4 teaspoons olive oil
- 2 tablespoons lime juice
- 2 tablespoons finely chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme, crushed
- 1/4 teaspoon pepper
- 1 baking apple, cored and cut in 1 inch cubes
- 1 medium green or sweet red pepper, cut in 1 inch squares and separated
- 1 small onion, cut in 1 inch squares and separated
- 1 pound halibut, cut in 1 to 1 1/2 inch cubes

Directions:

Combine wine, oil, lime juice, chopped onion, salt, thyme and pepper; mix well. Marinate remaining ingredients in mixture 1 to 2 hours. Thread apple, pepper, onion and halibut on four 12" or longer metal or bamboo skewers. Broil or grill 4 to 5 inches from heat 6 to 8 minutes or until fish flakes when tested with

fork. Serve warm or cold. See more at: <http://www.usappleblog.org>

Recipe: Slow Cooker Vanilla Applesauce + Applesauce Toppings Bar

USApple_ApplesauceBar-Granite Yield: 3 3/4 cups

Applesauce Ingredients:

- 3 pounds apple, peeled and cut in chunks
- 1/2 cup sugar, optional
- 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla
- 1 pinch salt

Toppings Bar Ingredients:

- chia, flax seeds, hemp seeds, toasted walnuts, sesame seeds, raisins, dried cranberries, dried cherries, fresh berries, cinnamon, pie spice, honey, maple syrup

Directions:

1. Place the peeled apple chunks in the slow cooker and sprinkle with sugar, lemon, vanilla and salt, then stir to mix. Cover the cooker and cook on low for 4 hours.

2. Uncover the cooker and use a potato masher to coarsely mash the apples, or if you want a really smooth sauce, you can puree in a food processor or blender. (Be careful when handling the hot apples and juice, cover the lid of the processor or blender with a folded towel and hold it closed as you turn on the machine.)

3. Transfer the applesauce to sterilized jars and let cool, then cover and refrigerate for up to two weeks.

For Applesauce Toppings Bar:

Serve applesauce alongside little bowls of your favorite toppings. Try a half-cup serving of applesauce with a sprinkling of:

- Chia + Cinnamon
- Blueberries + Honey
- Walnuts + Raspberries
- Flax Seeds + Maple Syrup
- Your own creation!

See more at: <http://www.usappleblog.org/recipe-applesauce-toppings-bar/#sthash.eecpUeVE.dpuf>



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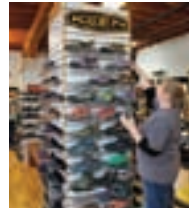



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Harvest Moon & Naturefest set for Oct. 4

A celebration of the season presented by Mt. Kearsarge Indian Museum (MKIM) and The Little Nature Museum (LNM). Native plant use walk in the Medicine Woods, Audubon raptors, Wildlife Encounters, storytelling, hands-on cooking demonstrations, Native living history demonstration, Native craft demonstrations, games, kids crafts and more. The only museum in New Hampshire whose sole focus is on Native American culture joins forces with its sister museum, whose sole focus is on natural history, to present a fun-packed and educational day the whole family will love, 10:00 a.m.-4 p.m.

Mt. Kearsarge Indian Museum, 18 Highlawn Rd, Warner, NH. Members of either MKIM or the LNM Free. Non-members \$8.50 adults, \$6.50 children ages 6-12, \$26 family maximum.



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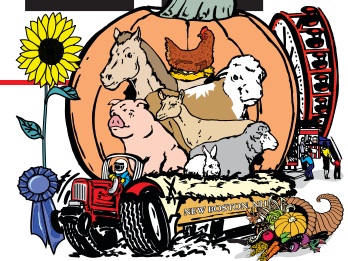
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Shaker Village Farm-to-Table benefit dinner set

Tickets Now on Sale for September 13 Shaker Village Farm-to-Table Benefit Dinner. Celebrity Chefs team up for an afternoon of Shaker recipes and local ingredients in support of Canterbury Shaker Village

CANTERBURY, NH: Tickets are now on sale for a Shaker Village Farm-to-Table Benefit Dinner on Sunday, September 13, 2015 at 3:00 pm. Canterbury Shaker Village's strategic partners, the Concord Food Co-op and the Lakes Region Community College, will join forces with chefs from O Steaks in Concord and Cotton in Manchester to prepare a five-course meal featuring Shaker recipes prepared with locally sourced ingredients, including those from the Shaker Organic Gardens. The afternoon will also feature craft beer, wine, music, a complimentary signature drink during reception hour and a VIP package.

Highlights from the five-course menu include traditional pickled vegetables served with three Shaker breads and an assortment of locally made cheese, and Shaker apple cake served with whipped mascarpone and drizzled with simple goat milk caramel sauce. Music will be performed by Dr. Dann and the Off Mission Blues Band. For more information, including the full menu, or to purchase tickets, please visit www.shakers.org. "Before the modern day concept of farm-to-table became familiar to us all, the Shakers were cultivating this land in order to provide fresh ingredients for themselves and their neighbors," noted Funi Burdick, Executive Director of Canterbury Shaker Village. "We are excited to be hosting this first-ever Shaker Village Farm-to-Table Benefit Dinner in sight of the Shaker Organic Gardens where many of the ingredients are being sourced and to be honoring the Shaker's legacy of simple living."

Individual tickets are \$125 per person, which includes admission to the event and a signature cocktail. A VIP package is available for tables of eight or 10 at \$175 per person. The VIP package includes a private reception for your entire party with exquisite appetizers, a complimentary cocktail, a private guided tour of Canterbury Shaker Village, preferential view seating, commemorative glassware and two bottles of wine.

Beer and wine will be available for purchase throughout the event. Seating is limited and proceeds will benefit Canterbury Shaker Village.

"The Concord Food Cooperative, O Steaks, Cotton, and the Lakes Region Community College Culinary Arts Program (which operates The Shaker Table) have worked closely with the Village to create what promises to be a distinctive and memorable event in support of this beautiful National Historic Landmark," explained Greg Lessard, Director of Development for The Concord Food Co-op. "These top chefs are lending their considerable talents to transform fresh local ingredients into Shaker-inspired food that is not to be missed."

Canterbury Shaker Village is located at 288 Shaker Road in Canterbury, New Hampshire. To purchase tickets, please visit www.shakers.org.

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GOLF

40th World Long Drive Championship Airing Live, in Primetime Oct. 20-21

From WinStar World Casino and Resort
By Golf Channel Public Relations

New Match-Play Format for Men's Open Championship Division to Feature a \$250,000 Purse.

Golf Channel and the Long Drivers of America (LDA) announced today that live coverage of the 2015 World Long Drive Championship – celebrating its 40th anniversary – will expand to two nights, airing the semifinals on Tuesday, Oct. 20 and the championship finals on Wednesday, Oct. 21, both in primetime.

The 2015 World Long Drive Championship will take place Wednesday, Oct. 14–Wednesday, Oct. 21 at WinStar World Casino and Resort, located north of Dallas in Thackerville, Okla. Since 1975, the World Long Drive Championship has been held each year to crown the longest golfer on earth. The 2015 Championship also will introduce a new match-play format, with the men's open championship division competing for the coveted World Long Drive Championship belt and a \$250,000 purse.

"The mesmerizing drives these athletes hit make for incredible television. We look forward

to showcasing one of the most exciting aspects of the game and telling the stories of these big hitters at the World Long Drive Championship in October," said Tom Knapp, Golf Channel senior vice president of programming.

"Having the world's largest casino host the longest hitters from across the globe will prove to be a fantastic partnership," said Art Sellinger, LDA owner and chief executive officer. "I'm thrilled that the team at WinStar is taking so much pride in producing a world-class grid for our competitors as they will be featured two consecutive nights in primetime on Golf Channel."

"Hosting this championship event is a natural way to expand the existing relationship between WinStar World Casino and Resort and LDA," said Wayne McCormick, casino general manager. "This is the perfect opportunity to showcase WinStar's golf facilities as well as our total entertainment experience to a high-caliber, national audience."

Golf Channel's expanded coverage of the World Long Drive Championship also will include news and highlights of the qualifying rounds, Oct. 14-19, leading up to the live coverage under

the lights on Oct. 20 and 21 on the specially designed 475-yard long drive championship grid at WinStar Golf Course.

The World Long Drive Championship offers sports fans a chance to witness competitors who generate mammoth swing speeds of 150 mph and ball speeds of 220 mph. In comparison, the highest average swing speed on the PGA TOUR in 2014 was 123 mph, generated by Bubba Watson. Long Drive athletes train and prepare year-round for the chance to take a swing at becoming the World Long Drive Champion, through specialized training to generate maximum ball and swing speeds, and focusing solely on maximizing distance during competition. Tim Burke (Orlando, Fla.), 2013 World Long Drive Champion, holds the record for the longest drive in championship history with a drive of 427 yards.

Jeff Flagg (Pelham, Ala.), a former first baseman with the New York Mets minor league organization who played collegiate baseball at Mississippi State University, captured the 2014 World Long Drive Championship title and the coveted championship belt by a mere 13 inches over professional golfer Jeff Crittenden (43, Greensboro, N.C.). When both competitors hit drives that measured 365 yards, Flagg's 13 extra inches proved to be the shortest margin of victory in the history of the World Long Drive Championship.

Seven champions will be crowned at the 2015 World Long Drive Championship: open men and women's, senior men's (45+), super senior men's (50+), grand champions men's (55+), legends men's (60+) and masters men's (65+). The match-play format for the open division will run from the second round of qualifying (round of 64) through the championship final on Wednesday, Oct. 21. Registration opens Monday, Aug. 17 at www.LongDrivers.com.

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Concord Multicultural Festival is celebrating 10 years

Ten years ago the Concord Area Task Force Against Racism and Intolerance held the first Concord Multicultural Festival on the State House Plaza. It was the fruition of years of discussion that finally came together thanks to a group of volunteers to create an opportunity for Concord residents to welcome their newest neighbors - the refugees and immigrants who were making Concord their new home. Each year, the festival grew in numbers of countries represented, in wonderful food from those countries available for purchase, and in the music and dancing, for children and adults, to tunes from all over the world. This year we are looking forward to the tenth annual Concord Multicultural Festival, which promises to be the best ever. The 10th Annual Concord Multicultural Festival will take place on Saturday, September 26th from 2:00 pm - 6:00 pm at the State House in Downtown Concord.

The Concord community is home to many different cultures and heritages and what better way to celebrate than with a festival of food, music and fun that brings the whole community together! Festival participants represent many native countries of current Concord community members. Presenters will celebrate their cultures through music, dance, food, crafts, storytelling and other engaging educational experiences.

This year, the festival committee is partnering



with NH Food Bank's Recipe for Success Program. Chef Jayson McCarter and Chef Paul Morrison bring a wealth of knowledge and expertise to the food service portion of the festival, enhancing the experience for the New American food vendors by not only providing assistance, but education as well. Lincoln Financial Group will be hosting an array of activities this year to engage kids and families, including sand art and necklace beading. Thanks to



the support of the NH State Council on the Arts, the festival will feature artisan demonstrations and other community engagement activities. The committee has also commissioned local Iraqi artist, Saad Hindal to create one of his famous Concord paintings to commemorate the festival's 10th Anniversary. The painting will be reproduced as 12x18 archival prints and sold as a fundraiser for future festivals.

The exceptional diversity of performances, food, and exhibitors are testimony to a new infusion of energy that's transforming the Concord Multicultural Festival into a must-see (and taste, and hear) event. Organizers are continuing to schedule even more activities and entertainment, so be sure to check the event website and Facebook page frequently.

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light refreshments.

Featuring:

**Jules Olitski: Lakes,
Mountains, Seas**
Sept. 4 – Dec. 6

**Angus McCullough:
Float**
Sept. 19 – Dec. 6

**ReTooled:
Highlights from the Hechinger Collection**
Sept. 19 – Oct. 21



Jules Olitski, *Bear Island Spirit*, 1998, water-based acrylic on canvas; courtesy Olitski Family Estate

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Calendar of Events

1970s Dance Fever Dinner Cruise aboard the M/S Mount Washington

September 4, 2015 6:00 PM
adults: \$52, over 60: \$42, child: \$42
211 Lakeside Ave, Weirs Beach, Laconia
Phone: 603-366-5531

1970s Dance Fever Aboard the M/S Mount Washington, Enjoy a cruise and dinner on Lake Winnepesaukee and dance to disco music and other popular tunes of the 1970s aboard the M/S Mount Washington. Buffet dinner is included. Adult 60 and over get \$10 discount Friday nights in September. From Weirs Beach 6--9 PM. More information and tickets at: <http://www.cruiseNH.com/schedule.php>

Labor Day Sidewalk Sale at Settlers' Green

September 4, 2015 9:00 AM Free
2 Common Court, Unit C13
North Conway, NH 03860
Phone: 603-356-7031

Save even more on back to school and college apparel, gifts, housewares and

summer clearance!

Attitash Mountainside Music Series

September 5, 2015 3:00 PM Free
775 Route 302, Bartlett, NH 03812
Phone: 800-223-7669

Join us once again as we're now in our third season of the Attitash Mountainside Music Series. We'll be hosting live music on Saturdays from 3-6 p.m. starting with an early show on June 27, throughout the months of July and August and on Labor Day weekend. Admission is free to all dates in the Mountainside Music Series. Bands are scheduled to perform from 3:00 p.m. to 6:00 p.m. In case of inclement weather, Attitash Mountain Resort will make the judgment call on the day of the event if it will be held outdoors on the stage or upstairs in the Attitash Main Base Lodge inside Ptarmigan's Pub. We plan to never cancel entertainment. Stay tuned to our website, facebook and twitter pages for event details, or give us a call at 1-800-223-7669

to find out what's going on. Show Dates: Shark Martin – June 27 The Revtones – July 4 The Grumps – July 11 Ross Livermore Band – July 18 The Gravel Project – July 25 Dean Machine @ BLUEBERRYfest – August 1 Livin' The Dream – August 8 Hills & Valleys Roots Reggae – August 15 Pat Foley Bad – August 22 Ben Hammond Band – August 29 The Jonathan Sarty Band – September 5 (2:30 – 5:30 p.m.) Shark Martin – Sunday, September 6

Just Ducky" End of Summer Bash

September 6, 2015 8:00 PM Free
Village Road, Waterville Valley, NH
Phone: 603-236-8175
Waterville Valley sends summer out with a bang and rings in its colorful fall season. Featuring free outdoor concerts, kids' games, plus the annual charity Duck Race on Snow's Brook with cash prizes!

Angling in the Smile of the Great Spirit

September 9, 2015 7:00 PM FREE
Lyman Town Hall, 65 Parker Hill Rd.
Lyman, NH Phone: 603-838-2451
Anyone who ever posted a Gone Fishin'

sign on the door during business hours will appreciate this native fisherman's glimpse in to the habits, rituals, and lore of some of the more colorful members of the not-so-exclusive "Liars' Club." Hal Lyon shares tales, secrets, folklore, and history of fishing in New Hampshire's big lakes -- especially Lake Winnepesaukee which translates into "Smile of the Great Spirit." This event is free and open to the public through a grant from the New Hampshire Humanities Council.

Muster in the Mountains

September 11, 2015 8:00 AM Free
1 Mt. Washington Auto Rd
Rt 16, Pinkham Notch
Gorham, NH. Phone: 603-466-3988
This weekend long event is a colonial encampment of re-enactors representing various individuals of the French and Indian War, Revolutionary War, and Mountain Man periods from 1750 through 1840. This gathering will take place in the Fields of the Mount Washington Auto Road in beautiful Pinkham Notch of the White Mountains of New Hampshire. Participants will demonstrate the use of appropriate tools, clothing, and ► firearms for



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Calendar of Events

their respective time periods. This event is free and open to the general public with the hope that the education they receive here may spur them on to consider becoming a future participant. Activates will include. . . 1800 Firearms & Cannon Display & Competition, Woods Walk Competition, Tomahawk and knife throwing, Cooking and Competition.

44th Annual Dublin Gas Engine Meet

September 11, 2015 7:30 AM
Admission is \$5 per person (Children 16yrs. And Under Are Free)
Located at the Cricket Hill Property Rt. 101, 1/2 mile east of Carr's Store Dublin, NH. Phone: 603-563-8067
The Legendary Dublin Gas Engine Meet! Take a trip into past mechanical ages at the Dublin Old Engine Meet. Held 1/2 mile east of Rte 101 – Rte 137 intersection on Rte 101 in Dublin, NH, this show includes an array of antique one-lunger engines, antique tractors, steam engines, and many

other items of similar vintage. This is the Dublin Gas Engine Meet's 44th Year! This event will host exhibits, parades and various items for sale. Refreshments will be available on the grounds.

2015 Hampton Beach Seafood Festival

September 11, 2015 4:00 PM \$5.00 entrance fee. Ocean Boulevard Hampton Beach, NH 03842
Phone: 603-926-8718
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! Two stages of 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 Third 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 sure to mark your calendars now and make sure that you'll be at New Hampshire's grandest event of 2014.

Wolfeboro Vintage Race Boat Regatta

September 17, 2015 8:30 AM Free
Wolfeboro Town Docks on Lake Winnepesaukee, Wolfeboro, NH 03894
Phone: 603-569-4554
9am – 4pm. Join us on the Wolfeboro Town Docks for our premiere event of the season. Approximately 60 vintage boats representing several classes including small outboards, Grand Prix hydroplanes, Jersey Skiffs, and Gold Cup racing boats will run group heats on a one-mile oval-shaped course throughout the day. Visit our web at www.nhbm.org for the schedule of daytime and evening events, to sign up to watch the heats from the Winni-Belle, or to take your own ride in a vintage race boat! The Regatta is free. Evening events, race boat rides & the Winni-Belle cruises are ticketed.

40th New Hampshire Highland Games & Festival

September 18, 2015 8:30 AM \$20-\$35
60 Loon Mountain Road, Lincoln, NH
Phone: 800-358-7268

The New Hampshire Highland Games & Festival celebrates 40 years! Scotland so near! Come and visit the largest Scottish Festival in the Northeast. Multiple music venues, over 30 vendors with goods from "across the pond", food, seminars and youth program. Competitions in Highland Dance, Piping, Drumming, Pipe Bands, Fiddle and Harp as well as Heavy Athletics and Sheep Dogs.

Revolutionary War Encampment

September 19, 2015 10:00 AM
Adult-\$10 Youths 13 to 17 - \$8
Children 5 to 12 - \$6 Children under 5-\$0 Senior 55 and up-\$8
267 Springfield Road, RT 11 Charlestown, NH 03603
Phone: 603-862-5700
Revolutionary War Encampment Watch mock battles. Tour the fortified village. Watch demonstrations of 18th century skills. Play 18th century styled games. Visit our sutlers for the latest in 18th century goods. ▶

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Calendar of Events

The Great New Hampshire Pie Festival

September 20, 2015 12:00 AM
 \$10 adults, \$5 kids (4-17), Museum members \$6, \$3. 1305 White Mountain Highway/ Rt. 125 Milton, NH. Phone: 603-652-7840
 The Great NH Pie Festival Sunday 12 noon- 4 pm If you like pie, this one's for you! Taste pie of all sorts from New Hampshire's best bakers and bakeries.

You can enter your pie in our famous pie contest and win a great prize, enjoy a horse drawn ride around the farm, visit with the farm animals, take a farmhouse tour, explore the exhibits in our barn and learn to make your own pies at our pie making demonstrations. Kids will love the apple pie eating contest and everyone will enjoy traditional American folk music. Event admission: \$10 adult, \$5



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child,/ Museum members \$6/\$3 or bring a pie for the contest and get in free. Prize Sponsors: King Arthur Flour of Norwich, Vermont.

Olate Dogs

September 25, 2015 7:00 PM
 Tix start @ \$19. 39 South Main St. Plymouth, NH. Phone: 603-536-2551
 The Flying Monkey is going to the dogs! The Olate Dogs are the Season 7 winners of America's Got Talent, scooping up the \$1,000,000 prize and headlining The Palazzo in Las Vegas. Led by Richard Olate and his son Nicholas Olate, the Olate Dogs are a high-energy, fast-paced canine theatrical act filled with amazing dog tricks, human acrobatics and humor. Fun for the whole family!

The Connecticut: New England's Great River

September 26, 2015 7:00 PM FREE
 Bath Village School, 61 Lisbon Rd. Bath, NH. Phone: 603-747-3372
 The largest river in New England rises in a small beaver pond near the Canadian border and flows over 400 miles through four states, falling 2,670 feet to the sea through America's

only watershed-based national fish and wildlife refuge. Adair Mulligan leads an armchair tour of this great river in New Hampshire and Vermont, exploring its history and natural beauty through the seasons and among the communities that have sprung up along its banks. Next, the discussion will shift to how the river has influenced the lives of those who live there. This presentation explores the issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future. This event is free and open to the public.

Art & Soul Art Show at the Farm

September 27, 2015 10:00 AM Free
 267 South Road, Kensington, NH
 Phone: 603-347-1909
 The Art and Soul Art Show will be at the Farm at Eastman's Corner this year! Everything from photography, to glass blowing, to jewelry will be featured and available for purchase from the artists themselves. Admission and parking are free, food will be available for purchase.

River Valley Artisan Tour



October 10 & 11, 2015
Columbus Day Weekend - 10-4 p.m.

Enjoy a scenic ride in the beautiful Connecticut River Valley through the towns of Chesterfield, Spofford & Westmoreland, visiting over 15 artists & crafters along with locally made wine.

Pick up the "leaf-peepers guide" & map to the hidden world of artists at local businesses, at our viewing reception or on our website.

Viewing Reception - Friday, Oct. 9th - 6:30 - 8:00
 Westmoreland Town Hall, Rt 63, Westmoreland, NH

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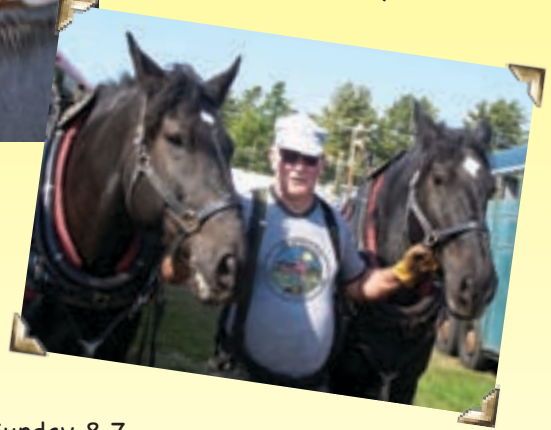
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Little Miss Deerfield Fair Pageant
Horse Pulling Competition
The Flying Wallendas Family Circus



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Ride Bracelet Days: Friday 9-5 & Sunday 9-5

Strolling Performers!
Robert Clark/Lucky Bob,
Clowning For Kids,
The Suspenders, I'm Not A Clown,
Dick Kaplan's Jazz Band,
Buddy The Clown

In-Door Activities!
4-H Barn, Animal Barns,
Craft Barns, Made In NH Building,
Arts & Crafts, Sheep Show, Alpaca Show



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Adults: \$10/ea • Children 12 & Under: FREE
Seniors: Oct 1 & 2, \$7/ea • Military: FREE w/ID • Parking is Free

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