

IN New Hampshire

JULY 2019

Your Guide to What's Happening in the Granite State



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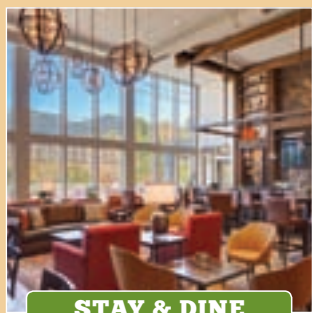
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Dinosaurs and Donuts July 1st at Squam Lakes Natural Science Center

The biggest new exhibit for 2019 is Dinosaurs Alive! It features five gigantic animatronic dinosaurs that look, move, and sound like the real thing – and one even spits! You can see Dinosaurs Alive! from July 1 through September 30 along the live animal exhibit

trail - it's included in regular trail admission and free for members. But you can see them first!

Dinosaurs and Donuts, Monday, July 1, rain or shine, 8:30 to 9:30 a.m.

We'll have donuts, coffee, and juice for you and

other Science Center supporters to enjoy.

Park at Kirkwood Gardens on Route 3. Enter through Gate 3 behind the Holderness Inn on Route 3.

RSVP by June 21 to Amanda Gillen at 603-968-7194 x 34 or amanda.gillen@nhnature.org

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GOLF

2nd Annual Red White and Blue Golf Tournament slated for July 13, 2019

The 2nd Annual Red White And Blue Golf Tournament will be held July 13, 2019, starting at 8:00am at Duston Country Club in honor of fallen Afghanistan Veteran, Marine Cpl. Philip G.E. Charle.

We appreciate your sponsorship of the Red White and Blue tournament and are grateful to Duston Country Club in Hopkinton who has generously offered to host the event this year. Your donation will support our program for Veterans and Uniformed Professionals. We invite area business owners to sponsor a hole (\$100) or golf cart (\$250) by sending your tax-deductible gift to the above address by July 1, 2019. Sign up a foursome (\$100.00 per person) and receive a complimentary hole sponsorship in your name, or business! Your gift ensures continued support of our veterans, police, fire, EMTs and is an excellent way to advertise your business to the community.

This rescheduled 18-hole Shotgun tournament starts at 8 am, and is bigger and better than ever! Complete the morning with a complimentary Country Cook Out. For questions or more information, please contact BITS ETC at 603-746-5681.



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 in next month's issue:**
 Call Deborah at 800-281-2859

Castle in the Clouds hosts 2019 Castle Car Show on Saturday, July 6th

Each year, on the Saturday after the Fourth of July, Castle in the Clouds hosts its Castle Car Show - an event for all ages. Featuring automobiles from across generations, the show has become one of the Castle's biggest events of the season. Each year, there are cars as touched by time as the Castle itself, with past shows including models made as early as 1915. "This year", says Programs and Volunteer Coordinator Stephanie Poole, "the oldest vehicles currently expected to attend are a 1933 Ford Model 40 Deluxe Coupe and a 1933 MG J2. Last year's Castle Car Show included over 250 vehicles and more than 1,200 spectators. Attendees may vote for their favorite exhibitions, and first, second and third-place prizes will be awarded for 1940s vehicles (this year's featured category) and non-1940s vehicles. Lunch will be available for purchase in the field from Cones in the Clouds, which serves wraps, flatbreads, Kellerhaus ice cream, and more, and at local food trucks.

The event will take place in the field by Shannon Pond, with free spectator parking and a \$5 cash admission fee. Vehicle registration for the show costs \$25 per vehicle, and includes one driver and one passenger admission to the car show, and one free admission and one discounted admission to tour the Castle on the day of the event. Registration is offered both online on the Castle in the Clouds website, over the phone at 603-476-5410, and on site the day of the event. Registered autos may enter the grounds as early as 8am through either the front gate entrance or the 586 Ossipee Park Road entrance.



The first 100 people to register their vehicle will receive a commemorative dash plaque and a goody bag.

Spectators receive a \$5 discount on regular Castle tour admission and likewise, car show admission is included in the price of regular Castle admission. Spectators may enter the grounds via the 586 Ossipee Park Road entrance if they wish to attend only the car show with the option of paying for a Castle tour after arrival, or the front gate entrance

if they would like to both tour the Castle and attend the event. Castle tours will be offered as normal throughout the day and the Carriage House Restaurant will be open for lunch from 11:30am-3:30pm. This year's Castle Car Show is made possible by presenting sponsors: Ballentine Partners, Pella Windows & Doors, and TMS Architects, and supporting sponsors: Pickering House Inn and Christopher P. Williams Architects. Visit www.castleintheclouds.org.

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People of the Dawnland

The new interactive exhibit in the Jones House Family Discovery Center invites visitors, especially families, to learn more about the Abenaki/Wabanaki peoples of Northern New England, southern Quebec, and the Canadian Maritime Provinces, past and present.

Explore Abenaki culture, arts, foodways and storytelling traditions.



14 Hancock Street
Portsmouth NH
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603.433.1107




Busy July for Merrimack Valley Region on NH Heritage Museum Trail

In July, the NH Heritage Museum Trail will feature numerous family-friendly events in its Merrimack Valley branch. On Saturday, July 20, from 5 p.m. to 9 p.m., the Currier Museum of Art in Manchester will hold Twilight at the Currier 3rd annual summer block party. The entire museum will be open at no charge.

The free, family-friendly event, open to all ages, will include both indoor and outdoor activities related to the exhibition, Medieval to Metal: The Art and Evolution of the Guitar. There will be a community art project based on guitars, face-painting, an LED hoop performer, many food trucks, and a beer and wine tent. Music will be provided by Way Up South, whose sound weaves together southern, blues, country, jazz, and Americana rock. "Block parties are a great excuse for neighbors to get together and have some fun," said Alan Chong, director, Currier Museum of Art. "We invite all of our neighbors – from across the whole state – to stop by to see our art and our exhibitions, listen to some great music, and get their families involved in some creative activities."

On Tuesday, July 23, Canterbury Shaker Village in Canterbury will kick off its Arts Week, which will conclude on Saturday, August 3. During the two-week-long event, visitors may experience everything from art workshops to dance, music performances, and more. "Creativity thrives here," said Canterbury Shaker Village Interim Executive Director Maggie Stier. "Innovation was so important to the Shakers, and the setting seems to encourage that today, too – whether it's observing, interacting, or making something yourself."

For more information on the many activities offered during Arts Week visit shakers.org. On Saturday, July 27 in Manchester, Millyard Museum will offer an educational tour of Manchester Hebrew Cemetery. Through an in-depth tour presented by local historians Richard Duckoff and Matt Labbe, visitors will learn about Jewish history and Manchester heritage. In speaking on these and various other events in the Merrimack Valley portion of The Trail in July, President Jeff Barraclough said they combine the "perfect amount of education and fun."

"Visitors will gain historical knowledge without even feeling like they are learning," he said. "These experiences are fun and educational for the whole family."

Comprised of 17 museums, the NH Heritage Museum Trail is divided into the Seacoast, Merrimack Valley and Lakes Regions with stops in Canterbury, Concord, Dover, Exeter, Laconia, Manchester, Moultonborough, Plymouth, Portsmouth, Tamworth, and Wolfeboro. For more information visit, nhmuseumtrail.org





Haunted Lighthouse Tours

Friends of Portsmouth Harbor Lighthouses have scheduled three nights of Haunted Lighthouse and Fort Tours! Join author and radio personality Ron Kolek of the New England Ghost Project, along with author and lighthouse historian Jeremy D'Entremont, for a rare nighttime tour of Fort Constitution and Portsmouth Harbor Lighthouse. You'll hear about the paranormal investigations at the fort and lighthouse that have indicated the presence of a number of otherworldly residents.

Sunset Lighthouse Cruises

Our annual sunset lighthouse cruises are among our most popular events. They usually sell out, so don't wait to reserve your space on board! The cruises on June 21 and 28 will start at 7:00 p.m. and will return

about 9:30 p.m. They will be aboard the M/V Granite State, departing from Rye Harbor on Route 1A in Rye, NH. The trips include expert narration and lots of raffle prizes. The cruises will pass close to Portsmouth Harbor Lighthouse, Whaleback Lighthouse, and White Island Lighthouse in the Isles of Shoals.

Special photography cruise & workshop

We are offering a very special two-part event on Saturday, August 17, 2019. We will have an evening sunset lighthouse cruise with a special guest, photographer Michael Leonard. The cruise will be preceded by a digital photography workshop at the Rye Congregational Church.

"Light Hearted" podcast - Bob Trapani interview

The U.S. Lighthouse Society's new podcast, "Light Hearted," is hosted by the Friends of Portsmouth Harbor Lighthouse's own chairman, Jeremy D'Entremont. The latest episode of the podcast features an interview with Bob Trapani, Jr., executive director of our parent organization, the American Lighthouse Foundation. And the co-host of this episode is Friends of Portsmouth Harbor Lighthouse Operations Manager Cindy Johnson!

■ ■ *Friends of Portsmouth Harbor Lighthouses is a chapter of the American Lighthouse Foundation, Portsmouth, NH call them at (603) 534-0537.*



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Strawbery Banke Museum presents new exhibit: "People of the Dawnland"

From the time that the French established a fort at Port Royal in what is now Nova Scotia, Canada in 1607, and the English settled Plymouth in what is now Massachusetts in 1620 and Portsmouth (New Castle) in 1623, their national rivalries and imperial intentions played out against the "First Nations" people who had inhabited the northeast North American coast for 12,000 years. After the decimating epidemic of 1616-19 and war with the Iroquois, the First Nations of the four Maine coastal alliances and families had formed a confederacy of the Wabanaki, the "people of the dawnland." This confederacy also included the Abenaki peoples in the region that the English colonists called "New Hampshire."

A new "People of the Dawnland" interactive exhibit in the Jones House Family Discovery Center at Strawbery Banke Museum invites visitors, especially families, to learn more about the Abenaki/Wabanaki peoples of Northern New England, southern Quebec, and the Canadian Maritime Provinces, past and present, by exploring their culture, arts, foodways and storytelling traditions. The exhibit is open 7 days, 10 am to 5 pm through October 31, 2019 and is included in regular admission.

As a family focused educational area, the "People of the Dawnland" incorporates hands-on activities, examples of traditional Abenaki games,

and traditional arts supplied to the exhibit by Abenaki artisans. Visitors can also meet Anne Jennison, a Strawbery Banke interpreter of European and Abenaki ancestry, who is known for her traditional Northeast Native American storytelling. She shares stories of Abenaki history and culture in the exhibit several days a week while demonstrating how to make various forms of Abenaki handcrafted art. The exhibit area includes a bookshelf of books for visitors of all ages with more stories, art and information about the People of the Dawnland. Families are invited to read stories aloud during their visit.

The exhibit was organized by the museum's Education Department in collaboration with Anne, other Abenaki in the region and the museum archaeologist, Alexandra Martin. Alix is a non-Native Professor of Native Studies in the Anthropology Department at UNH. She and Anne are members of the UNH Indigenous NH Collaborative Collective there.

"It has long been a goal of the museum to expand its interpretation of the Abenaki people," commented Lawrence J. Yerdon, president and ceo of Strawbery Banke Museum. "The exhibit team has worked on this idea for the past two years as part of the museum's Long Range Interpretive Plan. The opportunity opened up this spring to include more information about New Hampshire's Indigenous people into the

museum by creating 'People of the Dawnland' in Jones House."

Archaeologists at Strawbery Banke have found pieces of pottery, projectile points and tent holes that demonstrate the presence of the Abenaki on the banks of the Piscataqua River. The exhibit explains the locations of clans and Tribal groups from present day Newfoundland to the mid-Atlantic and the shared traditions, beliefs, and resources of their trade networks and family relationships. In particular the exhibit focuses around those who came to the Seacoast seasonally to set up camps for hunting, fishing, and food preparation and on the Abenaki people who are "still here" in New Hampshire.

"For thousands of years the Abenaki have made intricately handcrafted goods to meet their everyday needs, working with materials supplied by the natural world around them," commented Alix Martin, museum archaeologist. "Abenaki homes, clothing, weapons, canoes, baskets, pottery, cradleboards, and other items were practical yet beautifully made because Abenaki aesthetic traditions ask that an object made for daily use should be visually appealing as well as functional."

For more information on Strawbery Banke and "People of the Dawnland" visit StrawberyBanke.org/dawnland.cfm



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Through August 4: Marcelo Brodsky: 1968: The Fire of Ideas and Selected Works
(Argentinian activist/photographer).

Through September 29: 2019 Biennial Regional Jurors' Choice Exhibition
(selected by Karina Kelley and Bill Stelling of Kelly Stelling Contemporary, Manchester NH).

Through December 6: This is Country: Photographs from "Country Music," A Ken Burns Film
(powerful photographs of the "invisible art" of music and the talented artists who created it).



THORNE-SAGENDORPH ART GALLERY

Loon chick expected to hatch soon on the live loon cam

In spite of an eagle attack on Friday morning that nearly resulted in the loss of the egg, the loon nest being live streamed on YouTube by the Loon Preservation Committee is still expected to hatch a chick by June 23rd. Once the loon family leaves the nest, usually just a few hours after the chick hatches, they rarely return. Those interested in watching these loons and viewing the hatch should tune in now!



webcam viewers, answering questions about loon biology, behavior, and their work on behalf of loons in New Hampshire.

The Loon Preservation Committee monitors loons throughout the state as part of its mission to restore and maintain a healthy population of loons in New Hampshire; to monitor the health and productivity of loon populations as sentinels of environmental quality; and to promote a greater understanding of loons and the natural world. Vogel said that the Loon Preservation Committee's work to assure a

This is the sixth year that the Loon Preservation Committee has hosted the live loon cam. Although the non-profit organization has been studying New Hampshire's loon population since 1975, the live video footage has provided fascinating new insights into loon biology and behavior. "We're learning a lot about loon nesting by recording this pair on the nest, so it's turned out to be a very useful monitoring and research tool" said Harry Vogel, Senior Biologist and Director of the Loon Preservation Committee. That was certainly true on Friday morning, when a bald eagle flushed the incubating loon from the nest and appeared to attempt to take the egg before flying off empty-clawed. "We really thought that egg was a goner," Vogel said, adding that it was strange for the

eagle to leave without taking what should have been an easy meal.

In addition to providing a new tool for monitoring loon nests, the looncam has helped the Loon Preservation Committee to spread their message of loon conservation. "The live stream has also proven to be an important educational tool. Streaming this nest live has given the public a chance to share in this intimate look at the lives of a nesting loon pair. It's been incredibly popular – we've had viewers from all fifty states and over 200 hundred countries in this and past years" Vogel said, adding that Loon Preservation Committee biologists regularly log on to chat with

good outcome for the nesting pair featured on the loon cam is being replicated for about 200 other nesting loon pairs on lakes throughout the state.

Please visit www.loon.org/looncam.php to see the live loon cam and read blog posts about this nesting pair of loons. Those interested can follow the Loon Preservation Committee's Facebook and twitter feeds in order to be updated about key events happening on the loon cam.

To learn more about loons in New Hampshire, please visit the Loon Preservation Committee on the web at www.loon.org or call the Loon Preservation Committee at (603) 476-LOON (5666).

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19th Annual Seek The Peak Hike-A-Thon set for July 19-20

PINKHAM NOTCH, NH — Hundreds of hikers will return to the White Mountains and the mighty Presidential Range for the Mount Washington Observatory's 19th Annual Seek the Peak (STP) hike-a-thon on July 19-20, the largest annual fundraiser for the summit weather station. The Mt. Washington Auto Road is proud to be a presenting sponsor of this event, which helps to fund the amazing meteorological studies that the organization has been conducting since 1932.

"The energy and camaraderie that our participants, sponsors, volunteers and staff bring to this weekend event is inspiring," said Executive Director, Sharon Schilling. "This is a critical fundraiser for the Observatory and I can't thank everyone enough for their continued support and enthusiasm each year."

Participants raise a minimum of \$200 to support the Observatory by hiking 6,288-foot Mount Washington or other peaks they choose. Individuals and teams of up to eight are eligible for chances to win valuable prizes donated by a wealth of sponsors. The first 500 people who raise the minimum receive an exclusive STP t-shirt and STP Eastern Mountain Sports backpack.

The two-day event begins Friday, July 19 with the Kick-Off Party and registration at the Weather



Discovery Center in North Conway. On Saturday, July 20 there are informative summit weather station tours, illuminating guided nature walks, an active vendor expo and a fun after-party at the base of Mount Washington at Great Glen Trails and the Mt. Washington Auto Road including dinner, entertainment and giveaways. STP is also a great

way to meet and interact with Observatory staff from the executive director to the summit observers responsible for collecting hourly weather data in all sorts of conditions.

The expo begins at 2:00 p.m. and is a great opportunity for friends and family supporting STP hikers to go for a walk on their own and participate ▶

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in raffles with expo vendors like Eastern Mountain Sports, Oboz, Big Agnes, Hyperlite Mountain Gear, Appalachian Mountain Club and others.

The Mount Washington Observatory is thrilled to have the return of many sponsors and supporters of this premiere hiking event. Presenting sponsors Eastern Mountain Sports and Mt. Washington Auto Road are back for 2019 and Oboz, an outdoor

footwear manufacturer, has signed on as a new partner. Young qualified hikers under the age of 12 will be inspired about the outdoors and nature with a special raffle sponsored by Mason & Mason Insurance. Announcers Roy Prescott and Mark Johnson from the Mount Washington Radio Group are back to host the lively expo and after party. Backpacker Magazine's Get Out More Tour with its tips and gear demos return in



style with tour leader Randy Propster also emceeing Saturday's events. Backpacker Magazine and Moat Mountain Smokehouse and Brewery are sponsoring two local Ability Plus adaptive sports teams.

New this year, the local Kennett High School Outing Club will be participating thanks to the support of Melcher & Prescott Insurance. Ten students from the program will set out to hike Mount Washington including senior Sullivan Gaudreault who has also supported STP as an intern creating videos and marketing materials. Other sponsors include First Light, NorthConwayLodging.com, White Mountain Oil and Propane, Martini Northern and Northeast Delta Dental. To learn more or register for Seek the Peak, visit www.SeekThePeak.org or contact Krissy Fraser at (603)356-2137x231. For more information on the Mount Washington Observatory, visit www.MountWashington.org.



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A composite image for a WWII weekend event. It features several figures: two soldiers in the upper corners, a nurse in the center, and two more soldiers in the lower corners. In the foreground, a tank is shown with soldiers on top. The background is a dark cityscape at night with a large explosion and a white star. The text 'THE MECHANIZED WARFARE MUSEUM PRESENTS' is above 'WWII' in large, textured letters, with 'WEEKEND' below it. The MWM logo is in the bottom right.

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Paintings, Prints & Pastels: The Medallion Committee at work

The Medallion Opera House is proud to be featuring a new showing of the work of five North Country artists. Sharing their visions of light, form and color, these five artists represent a broad spectrum of style and media. In addition to their passion for art, they are bonded by their commitment to the Medallion Opera House and their positions on that erstwhile organization's board.

For many years, these artists have been committing their visions of beauty to paper and canvas. The work includes paintings in oil, acrylic, water color, and pastel as well as linocut prints.

Your presence will assure the success of this event! The Medallion Opera House warmly welcomes you to join us in making this a special and memorable occasion.

The reception will be held on Friday, July 12th, 2019 from 7:00 pm to 9:00 pm at The Medallion Opera House (Gorham Town Hall) Railroad St. Gorham, New Hampshire. Finger food and light refreshments will be served and Bruce Kimball will provide his saxophone magic. Admission is free.

Tim Sappington is a Randolph-based architect, set designer, animated film producer and painter who has sold his artwork all over New England and is represented by several galleries.

O'Brien (Ben) Murphy is well known for his depictions of the area landscape. His primary



mediums are color pencil and acrylic on canvas. Ben's work graces corporate, public and private collections throughout the United States. He resides in Gorham and is a faculty member of White Mountain Community College.

William Scolere is a retired art educator. His work is nationally known, and he works in numerous media but has limited this show to his most recent block prints (lino-cut).

Jean Scolere is a retired educator who specializes in watercolor painting. As subject matter, she chooses small everyday items of beauty. Many paintings reflect her love of gardening. Jean's paintings appear in several private collections.

Claude Pigeon is a retired architect and construction professional, a guitar aficionado and landscape painter who works primarily in pastel and watercolor.

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2019 Special Events

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August 18
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August 23
Hamilton: Historically Accurate or Not?

Special Exhibit: "That's Entertainment: The Telephone's Role in Cinema, Television and Music"

www.NHTelephoneMuseum.org

75th Annual North Haverhill Fair is set to kick off July 24th-28th

For the 75th straight year there will be a fair in North Haverhill. What began as the Pink Granite Grange Fair soon became the independent North Haverhill Fair. On the Fred C. Lee Memorial Field since the early 1980's this all volunteer run event has become a must attend part of summer for many, many people.

One of the highlights of this year's edition of the North Haverhill Fair will be the Friday night concert. Trent Harmon, the 2016 winner of American Idol will take to the Thayer Stage at 8:30 PM on Friday, July 26th. "You Got 'Em All" is just one of the songs that will come from the voice of this Mississippi born singer. Growing up working on his parents' farm and in their restaurant, Trent recalls plugging his headphones in and singing along with everyone from Dolly Parton and Patty Loveless to Elvis Presley and Marty Robbins—his first album purchase—and being inspired to learn piano, guitar and drums to put his own music and lyric under that big voice. Trent credits his faith for continuing to push him to pursue his love of music.

The Saturday night concert this year will take listeners back in time as "Wanted: DOA" plays some of the many hits of Bon Jovi. This tribute band not only sounds the part, but they look and act it as well. The Saturday, July 27 concert will start at 8:00 PM

Other music on the stage at this year's fair will



include the Michael Vincent Band on Wednesday. Thursday night will again feature the North Haverhill's Got Talent contest with \$200 to the winner. A reminder that more than just singers are welcomed to take part in this talent competition. The weekend finishes with the Contagious Band Vermont performing on Sunday afternoon followed by a kid's favorite Mr. Paddy Wack.

If your preference is more toward motorized madness than there is something for you each day of the fair as well. Wednesday night is the Mini-van and the 6 & 8 cylinder Demolition Derbies. Thursday night will see the talents of local loggers put to work with the \$1,000 to win log loader contest. Friday has the 4 cylinder cars lining up for their own demolition derby.

Saturday will start with the youth tractor pull and will continue with the farm, antique and enhanced tractor pull. The big guns come out on Sunday, this year beginning at 12 noon with the 4x4 truck pull, that has some 2 wheel drive classes, and even doodlebugs.

North Haverhill Fair has also long been known for great animal pulling events in the covered Bishop Arena. Wednesday and Thursday will have several oxen pulls. Friday has both ponies and miniature horses. Again, the big guns hit the pulling sled on the weekend with several classes of horses pulling on both Saturday and Sunday.

Other special events this year include the return of Horses, Horses, Horses with multiple shows each day. Also Rosaire's Racing Pigs will have multiple shows each day as they entertain young and old alike.

A new event this year will happen on Friday evening from 6 - 8 pm as the Dellinger Ring will be covered with several types of equipment from police cruiser to log truck and trailer. Both young and old will be encouraged to look them over and even touch a truck. General admission of \$12 for adults continues to give fairgoers access to all these events. Children 5-12 pay just \$3.00 while children under 5 are free. There are ride specials Wednesday, Thursday, Friday and Sunday at the fair. For more details on any of these events, and plenty of others, check the web site at www.nohaverhillfair.com.

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Christopher Elliot, ombudsman,
National Geographic Traveler magazine

THE WALL STREET JOURNAL

"It's clear agents can likely save travelers big money and help set a realistic itinerary. Even where they weren't cheaper, the agents competed with what we could find on our own. And we were impressed where they did save us money, in particular with hotels."

Jane Hodges, Wall Street Journal



"Having a travel agent advise you is now more important than ever," as fees, surcharges, and other travel restrictions have become more confusing for consumers. "Travel is one of the most complicated purchases."

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FARMS

It's time to pick your own fruits and veggies; Visit NH farms for a taste of summer

Do you enjoy going with your family to New Hampshire farms and picking your own fruits and vegetables? If so, you're in luck: it's pick-your-own season, so take a trip to your local farm and enjoy! The New Hampshire Department of Agriculture's website includes a pick-your-own directory so you can start your summer produce adventures.

There are more than 40 farms in Hampshire that offer pick-your-own fruits and veggies to the public. Berries (strawberries and raspberries and blueberries and blackberries) and apples are the most common fruits you can pick, along with tree fruits and pumpkins later in the season.

In July, blueberries and strawberries will be at their peak, with raspberries ready in June and usually again in October. You can also buy rhubarb at farms in July, so try making a delicious rhubarb-strawberry sauce to put over frozen yogurt for a summer treat with your family.



Or you can make an easy crunch berry parfait with blueberries or strawberries. Spoon about 1/2 cup nonfat vanilla yogurt into a glass, top with about

1 cup fresh strawberries or blueberries, and then add 1/2 cup low-fat granola or crunchy cereal. It is so quick and easy and so delicious that it's a favorite ▶



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FARMS

for adults and children!

According to the US Blueberry Council, blueberries contain just 80 calories and 3.6 grams of fiber per one-cup serving, helping you to meet your daily recommended intake of fiber. Blueberries contribute vitamins and minerals, including vitamin C, vitamin K and manganese, making them a good choice to help meet nutrient needs.

There are many more recipes from the U.S. Department of Agriculture that use the fresh fruits and vegetables you and your family pick this summer. Don't wait – get outside, enjoy the sunshine and start picking!

Stay Hydrated (without the Sugar)

Make refreshing fruit-infused water with fresh berries and fruits. When it's hot out, staying hydrated is important. Unfortunately, it's all too easy to reach for a sugary beverage when you're looking for some summer refreshment. This summer, instead of grabbing a soda or juice, try making your own fruit-infused water using fresh fruits and berries from your local farmers market.

Quick Tips for Staying Hydrated

Fill a water bottle and carry it with you during the day. For an icy treat, fill your water bottle halfway and put it in the freezer overnight, then fill the rest of the way in the morning. This will keep your water cold for a longer period.

To stay hydrated, drink plenty of water each day, especially on days when you are physically active or outside in the hot weather.

Make water even tastier by adding slices of your favorite fruits or vegetables.

Fruit-infused water is a healthy way to stay hydrated and limit your intake of high sugary beverages. They are simple to make: all you need is some sliced or chopped fruit and/or vegetables, fresh chopped herbs, and water or carbonated water. Add ice cubes just before serving. Infused water could be served immediately; however, for maximum flavor, refrigerate for at least 30 minutes before serving.

To prepare your fruit-infused water, wash the outside of citrus fruits and melons before cutting; wash other fruits, vegetables and herbs just before making your recipe. As with any recipe, keep food safety in mind, make sure to refrigerate any unused infused water within two hours. Use within one to two days. We recommend you check out the fruit-infused recipes from our friends at Just Say Yes to

Fruits and Vegetables. They have recipes for different in-season fruits and vegetables, so you can enjoy fruit-infused water throughout the year.

Some other flavor combinations for fruit-infused water include:

- Peach Sage
- Pear Blackberry
- Raspberry Lime
- Strawberry Melon
- Watermelon Rosemary



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Calendar of Events

■ JULY 9TH

Meet the Dinosaurs of Dinosaurs Alive!

\$8/member; \$10/non-member. 23 Science Center Rd., Holderness, NH . Phone: 603-968-7194
Squam Lakes Natural Science Center - Get to know the dinosaur species of Dinosaurs Alive! through an illustrated indoor presentation followed by a walk to see the giant animatronic dinosaurs. Wrap up by meeting a live modern day dinosaur in the classroom. Tuesdays | July 9, 16 For adults and children ages 12+.

■ JULY 9TH

Tuesdays on the Terrace with Gary Fagin

Strawbery Banke Members: Free; Non-member \$5.00. 14 Hancock Street, Portsmouth, NH 03801
Phone: 603-766-2496

Gary Fagin returns to the terrace playing familiar and traditional favorites from the great American songbook. TICKETS: Open to the public, tickets available at the door. Strawbery Banke Museum Members: Free, Non-members: \$5.00 ABOUT: Thanks to a grant from Kennebunk Savings Bank, the popular open-air acoustic music concerts series, Tuesday's on the Terrace, returns to Strawbery Banke Museum! A different artist performs on the terrace outside of TYCO Visitors Center each Tuesday in July and August from 5 - 7 pm. Sit back & relax while listening to fantastic local artists! Don't forget to purchase a refreshing glass of beer or wine and a snack from Figtree Kitchen café.

■ JULY 13TH

Open Water Swim Festival to Honor and Support Our Veterans

Park Entrance Fee. Wellington State Park, Bristol, NH 03222. Phone: 603-477-2197
Please join us Saturday, July 13, 2019 at beautiful Newfound Lake in Bristol, NH, the cleanest lake in the Northeast U.S.A. Enjoy a day of swimming and K-9 competition, live military demonstrations, music, food, and more. Last year's event drew over 4,000 attendees. Swim registration is now OPEN!!

■ JULY 13TH

Squam Canoe Classic: Bass Fishing Tournament

534 US Route 3. Holderness, NH 03245
Phone: 603-968-7336

The SLA is excited to announce our Fifth Annual Squam Canoe Classic! This is a very approachable bass tournament experience with plenty of good natured sportsmanship to go around. This fishing series is all about the love of the lake, having a great time on the water and landing the big one. This year we are partnering with Eastern Adaptive Sports (EAS) to provide a quiet water fishing experience, allowing adaptive anglers the opportunity to fully participate in the event. For individuals in need of adaptive access, please indicate this requirement upon registration. Eastern Adaptive Sports will provide boat access for participants. Here is your opportunity to test your skills in a laid back way and to introduce beginner anglers to the art and pleasure of recreational fishing. Load up the canoe, kayak, float tube or any style of human powered watercraft and head out for an afternoon of timeless moments on the water. Quietly ease up to that favorite fishing hole and use all your skill and cunning to hook yourself a winner!

To include your event listing, please call Deborah at 603-464-3388

 Find this event on Facebook!

For more information, contact us at info@citeecologiquenh.org or 603-237-5041

Join us for the first ever annual Farm to Fork Festival. An all-day event celebrating the rich diversity of local foods in northern New Hampshire!

La Cite Ecologique welcomes you with live music from **Heather Pierson Acoustic Trio**, horse drawn carriage ride, food tastings, wood-fired pizza and a lot more!

Saturday, Aug. 10, 2019 from 9 am to 3 pm



NH
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Calendar of Events

All registrants must pick up an information packet before the start of the tournament. To register, visit: www.squamlakes.org/events/squam-canoe-classic-bass-fishing-tournament-5.

■ JULY 14TH

Jaffrey Chamber Annual Motorcycle Poker Run

\$20.00. 80 Peterborough St., Jaffrey, NH 03452
Phone: 603-532-4549

Sponsored by Red's of Jaffrey & Monadnock Disposal Service. This approximately 100 mile ride through Southern New Hampshire will end with a barbeque lunch, music & raffle. A portion of the proceeds go to the Jaffrey Poker Run Scholarship.

■ JULY 20TH

Learners Weekend

Free. 117 Osgood Rd., Sanbornton, NH 03269
Phone: 508-282-1274

LIHA's Learners Weekend is open to the public and for all ages. We are hosting this inter-tribal learning experience and festival for every one of all ages. Throughout the day you can expect to be learning about Native American traditions, life style and hands on activities while attending a variety of classes catered to all ages. NO EXPERIENCE

NECESSARY. There will be Drums and Dancing. Over night camping will be available for a \$10.00 donation for non-members. We will also have food available for lunch at our newly renovated Snack Shack! For updates on classes and other LIHA events check out our Facebook page! www.facebook.com/LIHANH.org • Native American history • Free Admission • Kid Friendly

■ JULY 25TH

Movies on the Green

Free. 2 Common Court, North Conway, NH 03860
Phone: 603-356-7031

This four-week movie series is sure to bring the family together for an evening of yard games, face painting, and weekly special guests, topped off with a family-friendly movie at dusk. Activities begin at 6 p.m. "on the green" near Timberland. Tuesdays this summer: July 23 & 30 and August 6 & 13.

■ JULY 27TH

The Hebron Fair

Free Admission. Hebron Common 16 Church Lane Hebron, NH . Phone: 603-744-5883

On the picturesque Hebron Common at the north end of Newfound Lake, rain or shine, arts and crafts, helicopter rides, nature walks, pony rides, children's

games, rummage, white elephant, baked goods, plants, books, lunch with homemade baked beans, silent auction 11am, auction 1pm, Music in the Mountains 1:30-3pm.

■ SUNDAYS

Sunday Champagne Brunch Cruise on the M/S Mount Washington

Adult \$54, child \$28. Price includes cruise & brunch. 211 Lakeside Ave., Weirs Beach, Laconia, NH 03246
Phone: 603-366-5531

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Explore Great Bay with Summer Kayak Programs

GREENLAND, NH – Join naturalists from Fish and Game’s Great Bay Discovery Center in Greenland, NH, and get up close and personal with the wildlife and habitats of Great Bay. The Center is offering the following paddling events this summer. Seven freshwater rivers flow into New Hampshire’s largest estuary, each one having a unique charm. This summer, we will be exploring two of these rivers, examining the history of Great Bay from the water’s surface, and joining the Great Bay Stewards for a tour of their preservation and protection efforts around the bay. Kayaks and all equipment are provided and no prior kayaking experience is necessary. To register, or for more information, please call (603) 778-0015.

Sunset Birding

July 9, 6:00 p.m.-8:30 p.m.

The estuary is teeming with wildlife in the hours leading up to sunset, and dusk is one of the more serene times to paddle on the Bay. Search for kingfisher, terns, osprey, great blue heron and more as the sun casts brilliant hues over the water.

Cost: \$35 per person; \$30 for Great Bay Stewards members; \$25 with own kayak.

Squamscott River Exploration

July 18, 5:30 p.m.-8:00 p.m.

Departing from Chapman’s Landing in Newfields

we will travel up the serene Squamscott River towards Exeter, exploring hidden creeks and experiencing a diversity of coastal wildlife.

Cost: \$45 per person; \$40 for Great Bay Stewards members; \$25 with own kayak.

Lamprey River Exploration

July 23, 5:30 p.m.-8:00 p.m.

The Lamprey River is one of seven rivers that flow into the Great Bay. This scenic river is home to the Heron Point sanctuary, and bald eagles and osprey regularly nest in the trees on the river’s edge. Follow the tides and the bends of the river from Newmarket to where it joins the estuary, spying wildlife unique to this habitat.

Cost: \$45 per person; \$40 for Great Bay Stewards members; \$25 with own kayak.

Sunset Birding

August 6, 5:30 p.m.-8:00 p.m.

The estuary is teeming with wildlife in the hours leading up to sunset, and dusk is one of the more serene times to paddle on the Bay. Search for kingfisher, terns, osprey, great blue heron and more as the sun casts brilliant hues over the water.

Cost: \$35 per person; \$30 for Great Bay Stewards members; \$25 with own kayak.

Great Bay History Trip

August 8, 5:30 p.m.-8:00 p.m.

Have you ever wondered what the shores of Great Bay must have been like before trains, cars, houses, and industry moved into the area? Come learn about the fascinating cultural history of the Great Bay as we journey back to the days of Native Americans and European settlers learning how they used and interacted with the estuary. An expert in the cultural history of the bay will be joining us on our paddle as we learn what this amazing body of water was like centuries before our time.

Cost: \$35 per person; \$30 for Great Bay Stewards members; \$25 with own kayak.

Great Bay Stewards Trip

August 24, 8:30 a.m.-11:00 a.m.

Bring your kayak and join the Great Bay Stewards, the Friends’ Group to the Discovery Center, to learn how they have made huge strides in protecting the Bay!

Cost: FREE for Great Bay Stewards members; \$35 if not a member, with membership included.

To learn more about the Great Bay Discovery Center and the Great Bay National Estuarine Research Reserve, visit www.greatbay.org.

To learn more about the New Hampshire Fish and Game Department, visit www.wildnh.com.

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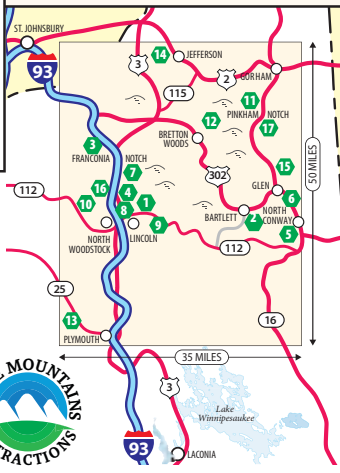
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