



New Hampshire

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Meet the State's Best Dentists Page 40

New Hampshire

NH MAGAZINE.COM

Find Your REASURE

The Granite State loves its seafood, but big changes in Atlantic Ocean fish stocks are changing local menus

GO FISH



From Antiquing in the Granite State to Foraging in the Wild



SHOPPING: Navigating Ashland and Holderness
TRAVEL: Catch a weekend at the Wakefield Inn



Kelly Freitas
Internship-
New Hampshire Magazine

New Hampshire Magazine

Today I started my internship at New Hampshire Magazine. I was excited to start learning about putting a magazine together and seeing the environment in which these people work. I arrived at 9:30 and was assigned my very own cubical to work in. My supervisor, Chip Allen, occasionally popped in to check on my work and assigned small tasks for me to do throughout the day.

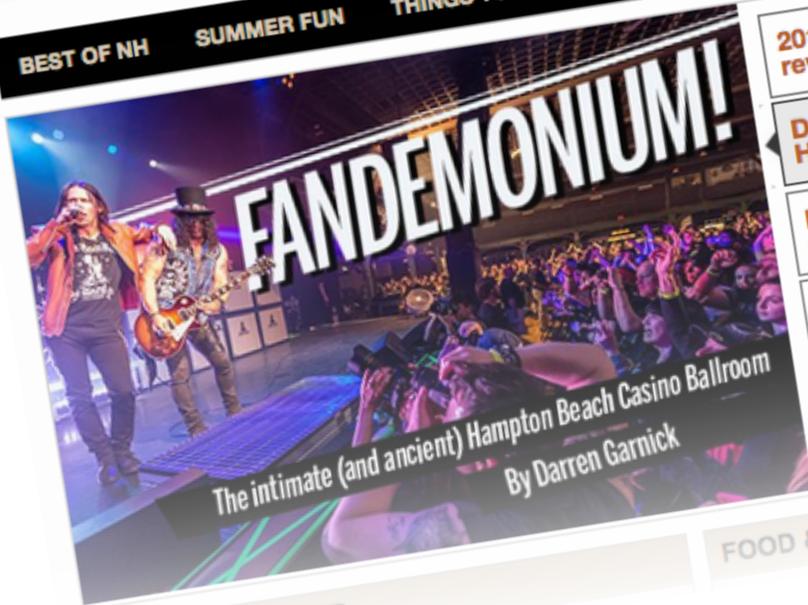
I first explored through the magazine pages of the July issue. Chip said that they work two months in advance, so they are wrapping up the July issue in May and next week (June!) we will begin the August issue. Can't believe I will be thinking about August soon. He showed me a storage closet with every issue ever printed stacked on shelves. The office houses other magazines as well. New Hampshire Business Review, New Hampshire Home, Bride Magazine and The Square; a square shaped magazine featuring stories from the NH Seacoast. I'm allowed to grab any magazine whenever I want to flip through. I spent a long time going through the issues to get a sense of the design flow and structure of the magazine. Chip then showed me the working In Design documents of each month's issue. The office works on a server, so anyone can open any page at anytime!

I was able to sit on a full office meeting and meet everyone who works for McClain communications. They recapped the fiscal year- which ends in June and discussed advertising strategies- because the

magazine is solely based on selling ads to make a profit.

Today I came into the office and was asked to help out with promotional items for the "Best of NH" event. Some of the banner titles needed to be adjusted because the line length was too long and didn't fit properly. After I was done tweaking the banners, Chip had me create ones for the events sponsors. I had to put each sponsor's logo on its own banner. There were about 23 sponsor banners.





2015 Best of NH winners are revealed

Discover Music History at the Hampton Beach Casino Ballroom

Fourth of July fireworks and events

Where to find great oysters

Our Summer Things to Do Recommendations

Illustrated Guide to NH Wildlife

FOOD & DRINK



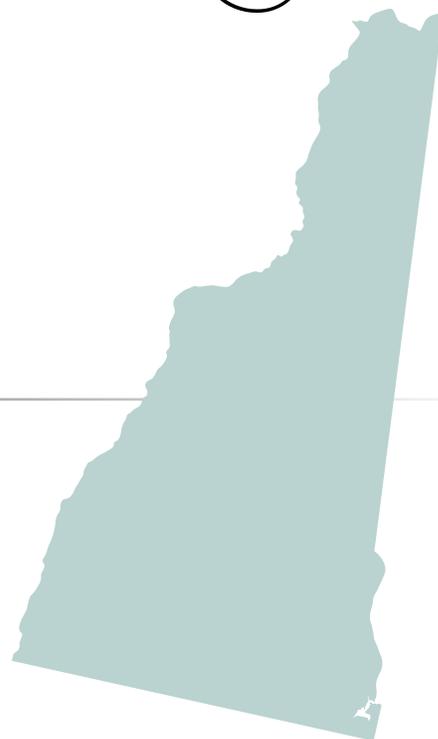
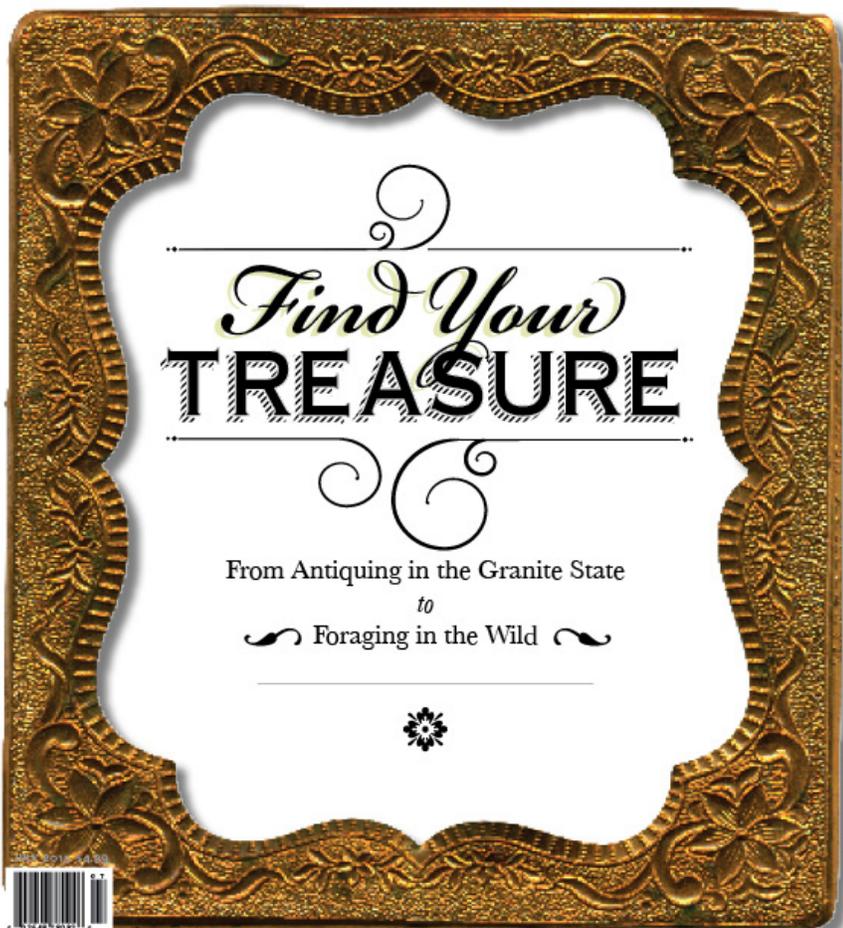
The New Hampshire Magazine website has each month's feature story scrolling on the homepage. Chip asked to me create the small visuals for two featured stories in July's issue to put up on the webpage. I had to create one for a story about the Hampton Beach Casino Ballroom and one for the Best of NH issue. I came up with a couple options for each and Chip selected the ones he liked and wanted me to keep working on. I'm excited to see my work (no matter how small) be featured on the website.



I got to meet Erica Hanson today, she is the Events and Marketing Manager at the magazine. I was asked to help out at the Best of NH event this month. It is being held at the baseball stadium this year, so it will be outside! Hopefully the weather will be nice! Chip also introduced me to Rick Broussard, the editor of New Hampshire magazine today.



Today I got to sit in on the editorial meeting for the August issue. Rick, Chip, Erica and Barbara (the editor of NH Bride) were all present. They went over the content they have gathered for the issue and the order in which it will appear in the magazine. The August issue features the best dentists from NH. Since they consider it not the most interesting cover selection, we were finding other ways to design the front cover for the issue. Treasure hunts came up- because the issue features foraging and antiquing stories. Chip said I could help him design some options for the cover.



I have been asked to help with various tasks to get ready for the Best of NH event. I edited posters and added the sponsor logos to every table banner for the event. After looking through all the posters and banners to make sure everything was placed correctly, I was asked to design the poster for the trip giveaway! This year it was a trip for 4 to Squam Lake. I designed the 30" poster and made a smaller version for the giveaway pamphlet for at the event.

I also began working on some cover designs for the August issue of the magazine. I tried some vector options of the NH state as a treasure hunt map, a typography option with antiques around it and also another cool graphic of NH!

For the final cover of the August issue my typography was selected and I got to finish collaging the photos on the bottom!

Perfect Smiles

Meet the State's Best Dentists

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New Hampshire

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Find Your TREASURE

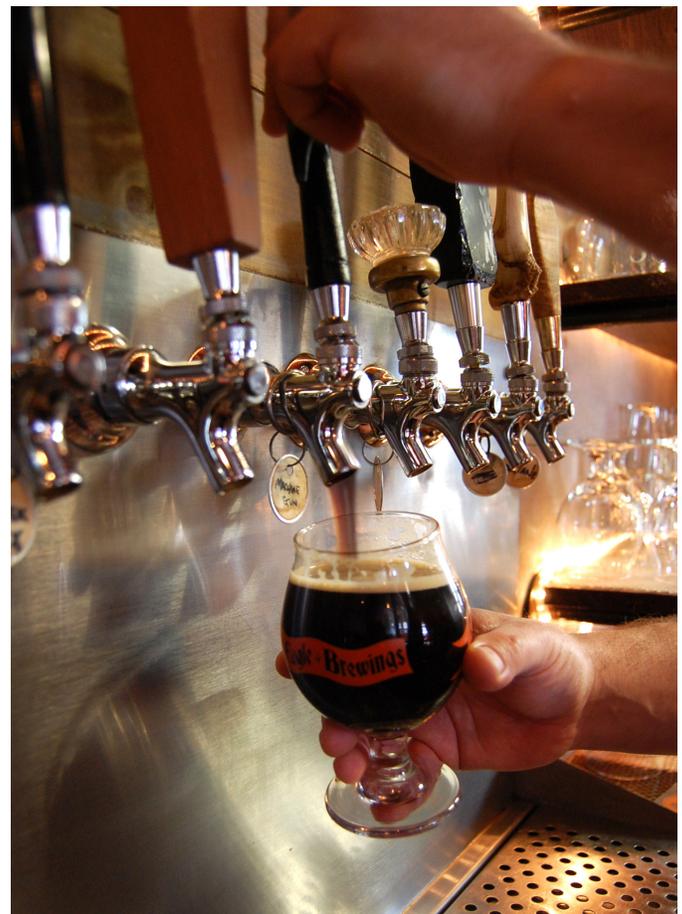
From Antiquing in
the Granite State to
Foraging in the Wild



AUGUST 2015 \$4.99



REPUBLIC OF
INDIAN STREAM
In 1852, the territory of the state
of New Hampshire was divided into
fourteen counties by the United States
Government. The Republic of Indian
Stream was one of the many
counties that were never
officially recognized. It was
located in the western part of
the state and was bounded
by the state of New Hampshire
to the north and west, and
by the state of Vermont to the
south and east.



Chip had me follow up again on the foraging story. He wants me to contact the restaurants featured in the story and set up a photo shoot! I called and made some appointments with the owners. Both restaurants are located in Portsmouth, NH. Earth Eagle Brewings is a brewery but has a food menu as well. The Black Trumpet is a cute little restaurant on the waterfront.

I made the trip out to Portsmouth to take some photos at Earth Eagle Brewings. I met with Alex and Butch, the owners. We explored their small brewery and took photos with different beers. It was fun to chat with them and hopefully we got a good photo! I noticed that my name is featured in the July Issue!

Wild Edibles

A Guide to Common Edible Plants in New Hampshire. This guide is meant purely for informational purposes. Never consume any wild plant or fungi without being 100 percent certain of its identity. See the list of expert sources on the right for more information.



Wild Asparagus
Asparagus officinalis
Late April to late May

"Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat" by Ellen Zachos; "The Forager's Harvest" by Sam Thayer; "Nature's Garden" by Sam Thayer and "Ancestral Plants Vols. 1 & 2" by Arthur Haines. Join the Ancestral Plants Facebook group, where members are encouraged to exchange foraging information.



Common Blackberry
Rubus alleghaniensis
July to mid-August



Autumn Olive
Elaeagnus umbellata
Early September to mid-October



Black Locust Flowers
Robinia pseudoacacia
First week of June



Choke Cherry
Prunus virginiana
Mid-July to late August



Dame's Rocket
Hesperis matronalis
May to mid-June



Silver Maple Fruits
Acer saccharinum
Early to mid-May



Bracon Fern
Platidium aquilinum
Late April to early June



Dactyl Fern
Mertensia smithii
May



Dwarf Ginseng
Panax trifolius
May



Basewood/American Linden Leaves
Tilia americana
Early to mid-summer



Japanese Knotweed Shoots
Fallopia japonica
Late April to mid-May



Violet Leaves
Violeta spp.
Spring and summer



Stinging Nettle
Urtica dioica, Urtica gracilis
Shoots: Early to mid-May
Dried leaves for tea: May-September



Orange Day Lily Flowers
Hamamelis fulva
Late June and July



Purple Crowberry
Empetrum atropurpureum
August and September



Purple Ortino Leaves
Hylaeophyllum alleghense
Spring and summer



Mountain Cranberry
Vaccinium vitis-idaea
August and September



Eastern White Pine Young Branchlets
Pinus strobus
May



Common Milkweed
Asclepias syriaca
Shoots: May
Flowers: June
Immature fruits: Late July to early September



All Species of Pine Pollen Cones
genus: *Pinus*
Mid to late May



Blueberry
Vaccinium spp.
July

Red Raspberry
Rubus idaeus
Late June to early August



Black Raspberry
Rubus occidentalis
July

Half of a spread I was able to put together and then printed for the August Issue. I was given all the information and photos but was allowed to play around with cutouts. I love the final design and was excited to be given more responsibility with creating my own page!!



I was able to design the invitation for the Top Dentists Awards. It was really cool to be able to work on something different than magazine spreads or photos. I used some of the remaining design from the year before but completely redesigned the front cover of the card. I was given a hard copy to keep once all the cards were printed.

Enter to WIN

a vacation for four at RDC Resort on

Squam Lake

The seven-night stay is an all-inclusive vacation for four at the Rockywold-Deephaven Camps that includes meals, housekeeping, all recreation programs and more!

It's Easy to Enter!

Fill out the form in your program and deposit it at the RDC Resort Booth by 8 p.m.

- You must be 18 or older to enter.
- You must be present to win.
- Winner will be announced on stage at 8:20 p.m. so don't be late!



A couple of random promotional items I helped put together for the Best of NH event and for the magazine. I was asked to take care of a lot of little things here and there that the other editors had no time for. I put my best effort into these little pieces!

The best of New Hampshire in one convenient package each month!

Great products and interesting people, Statewide lists of choice events, Trends in cuisine and regional dining guides, Plus artistry and ideas for the home, for your health and your good humor!



nhmagazine.com

Love what you find in the magazine? There's so much more online! Each month we regularly post more photos, longer interviews & extra content you won't find in the pages of New Hampshire Magazine. With updated guides for the best burgers, beer, summer fun & more— You'll never miss any of the best things to do, see & eat here in the Granite State!

NewHampshire

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