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AUGUST 27 - SEPTEMBER 2, 2020

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GRANITE VIEWS **ALLYSON RYDER**

Fruits of our labor



The final months of summer gardening are always met with mixed emotions. This is often when the plants we have worked so hard to grow come to fruition and are ready for harvest. It is also the time when the impacts of bugs, drought and animals are felt more acutely, and the mature plants require more care to keep them producing the glorious vegetables during this harvest season.

There is so much to learn about life through gardening as it teaches you that the work is never done, growth requires care and attention, and to produce results you have to put in the time. All too often, when embarking on anti-racism efforts, fellow white people (myself included) often want to see the fruit without the labor. There are many times where we say, "please just tell me what to do" without having the context or the history for why this particular action is needed. Without this foundational understanding, it can be difficult to commit to the work in meaningful and long-term ways.

The scope and importance of becoming more aware of whiteness takes time to dig into the depths of our subconscious, to unearth long-held beliefs and thought patterns that many argue are imprinted into our DNA over generations. It takes quiet reflection, sitting the discomfort of acknowledging our own dirt, picking away at our bugs, having conversations with people to help us clear the weeds, and fertilizing our soil with knowledge. Due to our social conditioning, the gardens of white people, in particular, need the investment of time, curiosity and labor to understand what lies beneath.

The beautiful upside to this work is knowing that it will produce the results we want. There are literally hundreds of years of learning to unlearn but we are so lucky to have books by James Baldwin, Audre Lorde, bell hooks, Maya Angelou, and countless other Black authors to read, social media accounts to follow and films to watch. In the moment, it may feel overwhelming and hard to understand where it will lead us, but we have to trust the process and our own labor in the work.

Gardening is not an easy process. The path to success is not clear or linear, and there are variables that will constantly pop up, and work to deter us from seeing the work through until maturity. The same is absolutely true to on the path to becoming anti-racist. There are going to be moments of appreciation, gratitude, frustration, sadness, and fear. Despite all of this, those who take on the work know one thing to be true: In the end, it will be worth it.

Allyson Ryder addresses social justice issues in a variety of personal and professional capacities across New Hampshire. She can be reached at almryder@outlook.com.

the Hippo

AUG. 27 - SEPT. 2, 2020
VOL 20 NO 35

News and culture weekly serving Metro southern New Hampshire
Published every Thursday
(1st copy free; 2nd \$1).
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ON THE COVER

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ALSO ON THE COVER, a new axe throwing venue opens in Hudson, p. 13. The Fire & Fusion chef competition returns, virtually, p. 17. And find live shows in our Music This Week listings, starting on p. 27.

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Covid-19 news

On Aug. 18, during a press conference, Gov. Chris Sununu announced that the State of New Hampshire will be submitting an application to FEMA to participate in the Lost Wages Assistance Program, an executive order signed by President Donald Trump on Aug. 8 that provides additional federal unemployment relief. Under the program, which is retroactive to Aug. 1, all Granite Staters who get at least \$100 per week in benefits would receive another \$300 in federal benefits.

During an Aug. 21 press conference, state Department of Health & Human Services Commissioner Lori Shibinette announced the closing of a Covid-19 outbreak that had been at GreenBriar Healthcare in Nashua, leaving just one outstanding outbreak at a long-term care facility, at Evergreen Place in Manchester.

Sununu announced, also on Aug. 21, that all restaurants in New Hampshire can now operate at 100 percent capacity indoors, provided that all guidelines for face masks and social distancing continue to be followed.

Also on Aug. 21, state Attorney General Gordon MacDonald and Business and Economic Affairs Commissioner Taylor Caswell sent letters to the Massachusetts Department of Revenue, in regard to a new rule that the latter state is using to tax income

earned by non-resident employees who are working remotely. “These comments articulate our serious policy and legal concerns with Granite Staters being taxed in Massachusetts when they have not crossed the state line in months due to the Covid-19 pandemic,” Sununu said in a statement. “It is my hope that this matter can be resolved promptly and in a manner that removes any necessity for New Hampshire to consider legal remedies.”

And the Governor’s Office for Emergency Relief and Recovery issued a deadline reminder that Covid-19 relief payment requests by municipalities in the state are due by Sept. 15. As of Aug. 21, 51 municipalities in New Hampshire have not yet submitted a Grant Agreement and Reimbursement Request Form, and therefore no reimbursements have been issued.

Insurance rates

The New Hampshire Insurance Department has announced a decrease in premium rates for individual health plans for 2021. For 2020, the second lowest cost silver plan was \$404.60, while the second lowest cost silver plan proposed premium rate for the year 2021 is \$318.95, representing a 21.2-percent decrease, according to a press release. The decrease in premiums can be attributed in part to the approval of the department’s Section

1332 Waiver, designed to lower rates in the individual market and to provide market stability for the future. The federal government approved the waiver on Aug. 5. Three insurance companies — Ambetter, Anthem and Harvard Pilgrim — have filed rates with the intention of offering individual products on the exchange in 2021 for New Hampshire. The companies have until Sept. 23 to commit to selling plans on healthcare.gov, according to the release.

GoodLife

The state Department of Education has partnered with NextStep Health Tech to launch GoodLife, a mobile application designed to build and strengthen student and social emotional resilience, according to a press release. The app allows students to join communities, set physical and emotional goals, and send and receive positive feedback, all while preserving their anonymity online. In a statement, state Education Commissioner Frank Edelblut said that the app “is designed to harness the power and connectivity of social media to ... [equip] young people to tackle anxiety, negativity and a host of other areas that can derail a young person, both online and in person.” NextStep was founded by UNH graduate Sam Warach in response to the passing of his older brother from a prescription drug interaction from

The Boys & Girls Club of Central New Hampshire in **Concord** is considering using the former Bon-Ton store in the Steeplegate Mall as a child care and learning center, according to a report from WMUR. As the Concord School District starts the school year with virtual learning, the child care would include support from adults as the kids follow their virtual lessons. The costs are estimated at \$135 a week per child, according to the report.

CONCORD

Repairs to the **Pembroke** Hydroelectric Dam have closed the Suncook Village Main Street Bridge weekdays from 7 a.m. to 5 p.m., according to a press release. The closures started Aug. 24 and are expected to last two weeks.

MANCHESTER

Hooksett

Renovations at the **Londonderry** Central Fire Station have been completed, according to a press release, and include new equipment bays, a new lobby, a secure Regional Dispatch Center, administrative offices, break room, conference room and a training room, fitness and living spaces, as well as the relocation of the station’s flag poles and the Department’s “Never Forget” Memorial and Last Call bell.

Amherst Merrimack Londonderry Derry

ASHUA

A guided motorcycle ride that starts at 10 a.m. at Stark Brewing Co. in **Manchester** on Saturday, Aug. 29, will benefit The Way Home, which offers assistance to veterans in Greater Manchester. The Freedom Ride heads to the New Hampshire Veterans Cemetery for a ceremony, and returns to Manchester for lunch, according to a press release.

medications he was prescribed. The GoodLife app is available free through Google Play and the Apple App Store.

Prosecution units

The Hillsborough County Attorney’s Office now has specialized prosecution units that were created to increase operational performance, according to a press release. The new units include Case Intake & Assignment Units, which reviews new cases coming to the office; a Special Victims Unit, which receives cases relating to domestic violence, child abuse, elder

abuse and similar cases where felonies are committed against vulnerable people; a Drug Unit, which receives cases relating to felony offenses arising from the Controlled Drug Act and is involved with investigations of untimely deaths involving drugs; a Major Crimes Unit, which receives cases relating to felony violent crimes such as robbery, burglary, assault, aggravated DWI, negligent homicide, gang-related violence and crimes involving firearms; and a Cybercrime Unit, for the detection, investigation and prosecution of cybercrime.

Covid-19 update	As of August 17	As of August 24
Total cases statewide	7,004	7,134
Total current infections statewide	279	255
Total deaths statewide	423	429
New cases	164 (Aug. 11 to Aug. 17)	130 (Aug. 18 to Aug. 24)
Current infections: Hillsborough County	127	80
Current infections: Merrimack County	11	23
Current infections: Rockingham County	81	87

Information from the New Hampshire Department of Health and Human Services

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Back to School?

Experts talk about the new school year and what parents and students can expect

Students in New Hampshire are heading back to school — sort of.

As districts kick off the 2020-2021 year (some this week, some after Labor Day), New Hampshire schools are operating with a mix of strategies and schedules: some districts are returning to fully remote learning, some have returned to all (or most) students being in a school building and some are operating on a hybrid system.

Over the last couple of weeks, we reached out via email and phone to school officials at several southern New Hampshire school districts looking for administrators and teachers to comment on their plans. We didn't receive a response from many districts, including Nashua, Manchester and Concord. Some that did respond declined to comment, a few citing lack of time.

We spoke to New Hampshire Department of Education Commissioner Frank Edelblut as well as some educators and a school nurse (who all responded to emailed questions) about how they're planning for next year.

Frank Edelblut



Frank Edelblut. Courtesy photo.

Commissioner of the New Hampshire Department of Education

What are some of the approaches schools are taking to reopening this fall?

We put a survey out and got 56,000-plus [responses] from families, teachers, administrators and wellness providers, so we got a good sense of what the field was thinking as we began to approach the fall. ... The primary focus was on how we can safely bring our students and our staff back into the buildings for in-person instruction, and we realized right away that we could probably do it safely, but maybe not for everyone. There are going to be individuals, whether those are staff or children or members of families, who have underlying health conditions that would prevent them from re-engaging in that in-person instructional model. There is still going to be a lot of uncertainty around the coronavirus and how it might present itself in our communities. So, we recognize that we need to have a certain amount of flexibility and nimbleness in the system so that we can provide a continuity of instruction for the students, whatever the circumstances are. ... It's not likely that we're going to open in September with one [education model] that stays the same as we go forward. It's more likely that the circumstances are going to be dynamic, and that

we will have to pivot from in-person, to hybrid, to remote, and back again.

Are many families shifting to home schooling or transferring to different schools because of their current school's reopening approach?

There are many different reasons that a school district's particular plans may not work for certain families. Some families may have [a person with] an underlying health condition. Some families may have two parents who work and need child care for their young children. ... We have seen an increase in the number of families that are applying to home-school their children, but it's not a significant number. ... More often, we are seeing families working with their school district to say, "How can we work together to come up with something that's going to meet the needs of our family?"

What will in-person learning look like now?

It's going to be a little bit different at each school, depending on their individual strategies, but generally, you're going to see social distancing, face masks, cleaning protocols and screening individuals before they enter the building. As [State Epidemiologist] Dr. Chan says, there's not one mitigating strategy that's going to be 100 percent foolproof, but if we layer various mitigating strategies on top of one another, hopefully we'll be able to efficiently and effectively mitigate the spread of coronavirus so that our staff and our students are in a safe environment.

What did you learn from doing remote education last spring, and how will it be improved this academic year?

We learned a lot. ... No. 1, we learned that the remote instruction model isn't able to meet the needs of some of our students. That includes some of our most vulnerable students who have individualized education plans and need some in-person instruction and support around that. ... Along those same lines, there is a need for students in career and technical education programs like auto mechanics and welding, who rely on hands-on instruction, to be in a laboratory environment. ... The last group this applies to is some English learners, who had a little bit more difficulty accessing the [remote] instruction. ... The second thing we learned is the importance of making sure districts have the [remote learning] technology and are able to use that technology to

create a more consistent, higher-quality learning experience. In the spring there was a lot of variation in quality from one [class] to the next. You could have one instructor who had a high degree of capacity to pivot to that remote learning and another instructor who struggled with it. We were also offering a very inconsistent product. Students could have one class on Zoom and another class on Google Meet. ... This fall we're looking to really homogenize [remote learning] around a much better standard of delivery so that everyone gets a high-quality, enriching educational experience.

“*We learned that the remote instruction model isn't able to meet the needs of some of our students.*”

FRANK EDELBLUT

How are you supporting students who have fallen behind as a result of the sudden and major changes last spring?

The first way is to make sure they can have that in-person instructional experience [with-in a] system where it isn't difficult for them to access their education. ... The second thing we're doing is working with our educators and families to bring those students in and do assessments to see, what do they know? What don't they know? Was there any learning loss? If so, what was that learning loss? Then, we can look at how we can mitigate that learning loss ... A lot of folks are really concerned about that learning loss. I don't want to downplay the significance of that, but I'm not as worried about it, because I have a lot of confidence in our education system to fill in those learning gaps. That's what our system does already. Every day of every year, when students arrive at school, they lack knowledge, and it's our job to fill in those learning gaps. It's what we do best.

How are you addressing students' social and emotional needs?

[The pandemic] has been a traumatic experience for many adults as well as many of our children. We've talked a lot about the importance of making sure our students are socially and emotionally grounded. We can provide support for those children, particularly when we get back to in-person instruction, through relationship-building, so that they know us and we know them. Having that trusting relationship will allow us to more effectively engage with them.

What can parents do to help students thrive this year?

I think one of the most important things parents

can do is be a calming influence in the lives of their children. Children respond to the demeanor and temperament of the adults around them, so if parents can remain calm and confident that we're going to work through this, that's going to help keep their children safe and not create any additional anxiety. ... Then, I would ask parents to work with their children, especially young children, on the mitigation protocols. ... Talk with them about washing their hands and what social distancing is. They may have an impulse to run over and hug their friends who they haven't seen in a while; talk with them about how they can greet their friends in an appropriate way. Explain to them that things are going to be a little bit different this year so that they know what to expect when they show up to school. ... In terms of academics, show a strong interest in your child's learning. When parents show an interest and are engaged in their child's academic studies, it becomes more important to the child, and they perform better. ... I would also encourage parents to have a good line of communication with teachers and principals. Reach out and say, "How are things going? How can I help? What are the things I need to work on?" Teachers will be able to give a lot of good feedback to parents to help them better support their child in this new environment. — Angie Sykeny

Linda Gosselin



Linda Gosselin. Courtesy photo.

Teacher and reading interventionist, Center Woods Elementary School in Weare, which will begin the school year on Sept. 9 with a phased-in approach until Sept. 22, during which time about a third of the student population will be in school buildings while

the others will work remotely.

How are you planning to approach the start of this year?

I am looking forward to seeing the students again — it's been a while. I plan on being positive and flexible this year, as there are a lot of unknowns. I hope to make any transitions that come our way as seamless as possible for the students. I think we have to approach this school year one day at a time, as we adjust to all the changes in what we do and what we have done.

How much back-tracking do you plan to do to catch kids up on last year?

For 28 years I have been a classroom teacher. I have taught kindergarten as well as first, sec-

ond and third grade. This year I will be assuming a new position as a reading interventionist. The reading interventionists will begin the year, as they always do, assessing students to determine their strengths and weaknesses. We will then take that data to come up with a plan to work with students who have the greatest need for reading support and intervention. We will work with them on their weaknesses, build on their strengths, monitor their growth and adjust as needed.



I think we have to approach this school year one day at a time, as we adjust to all the changes...

LINDA GOSSELIN

What did you learn about remote teaching from last year and how are you going to apply that this year?

Last year, I spent a lot of time researching and learning about new technologies and ways to make remote learning engaging and fun. For example, one of the math lessons I assigned involved the students using a virtual flashlight to search a darkened room for hidden math facts. When the light of the flashlight revealed the math fact, the student recorded themselves reading the math problem and their solution. It was fun for the students, and it gave me a lot of information about the students' number fact fluency. ... I also learned that setting expectations and holding students accountable was important, especially once the novelty of remote learning wore off. This year, I would expand on that by setting a virtual positive reinforcement reward system to help keep my students motivated.

What do you think are the most important things for your students (skills to learn, emotional development, etc.) going into this year, and how are you addressing them?

I think as we begin this school year, social-emotional development is by far the most important thing. For me, that means being positive and upbeat in front of the students [and] letting them know ... that we can get through this different way of doing things together while having fun and learning. Next, I think establishing routines is very important. Children do better when they know what is expected of them, and with all of the changes in routines this year, they will benefit from a lot of modeling and practice. Once day-to-day routines are well-established, the students will be better able to focus on learning.

What are the most important things parents can do to help kids with remote learning this year?

My advice to parents would be to present remote learning in a positive way to your child, regardless of how you feel about it. Remote learning will go a lot more smoothly if it is presented to children in a positive light. Also, whenever possible, try to establish some sort of structure and routine for your child. For example, establish a specific area in your house for schoolwork. That

may be a little table and chair with good lighting in a quiet spot, or a certain spot at the kitchen table. If they are bringing home schoolwork, as in a hybrid model, they could have their learning "tools" in a zip-lock bag that is used just for schoolwork. Another suggestion would be to post a schedule, similar to a typical school day, making sure to include outside time as well as snack breaks. Parent involvement is key in remote learning. Checking your child's work or asking a few questions about what they are working on not only shows them that their education is

important to you, but it keeps them accountable. As a reading interventionist, I also have to add that reading to your young child every day is a routine that should be ongoing, whether remote or in school.

Karen Merrill-Antle & Victoria Brown



Karen Merrill-Antle. Courtesy photo.



Victoria Brown. Courtesy photo.

School counselors, John Stark Regional High School in Weare, which will begin the school year on Sept. 9 on an alternating day hybrid schedule.

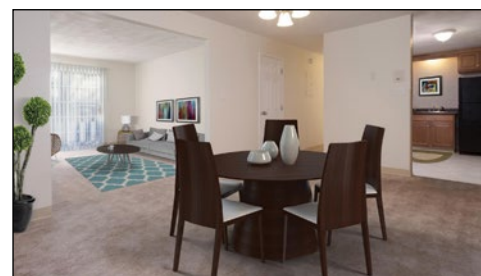
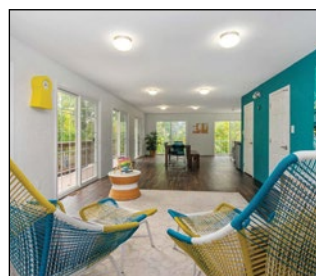
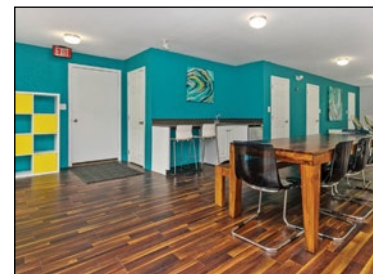
What do you say to parents who are worried about how the impacts from the pandemic are going to affect their kids' ability to get into and succeed in college? How might your advice be different for freshmen versus seniors?

Colleges are going through parallel crises to that of the students and families. Some good news is that colleges are becoming ever better at their virtual options for students to learn about their school. However, it is not business as usual for admission offices and this may be the most important thing for students and families to understand. How one college is responding may look very different to another, and things may continue to change. NHHEAF [New Hampshire Higher Education Assistance Foundation] is a reliable and up-to-date resource for students and families. ... We want students to know that there is no need to feel overwhelmed. Student decisions now are about where to apply, and those decisions can definitely be made virtually. ... When it comes time for students to decide where to attend, there will be other options. What students must know also is that while some has



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changed, much is still the same. Colleges still want to see students taking a full load of the most appropriately rigorous courses. ... While there are limitations to our current circumstance, it actually gives us a different way to view the student and help answer the following questions — How does a student respond to adversity? Is the student self-motivated and independent? Does the student have time management skills in place and can the student effectively self-advocate to have their needs met? These are all characteristics of a successful college student and our current circumstances gives our students the opportunity to practice and refine these skills. ... As far as the freshmen, our message will be the same. They only have four years to build a beautiful transcript, reflective of their passions, tenacity and work ethic. For as we have learned, the future is unknown and so we simply do the best we can with what we have each day.

Michele Leclerc



Michele Leclerc. Courtesy photo.

School nurse at The Derryfield School in Manchester, which will reopen for in-person instruction, with the option for students to learn virtually.

What has your school been doing to get ready for the year?

The Derryfield School has been preparing for the 2020-2021 restart of school since last spring. We are reopening in the fall with the ability for all of our students to be physically on campus, and we have an excellent option for students to learn synchronously but virtually. We used the advice of consultants, who are public health experts with training in epidemiology, and guidelines from the State of New Hampshire and CDC to create health and safety protocols in our reopening plan. Our teachers have participated in professional development and updated curriculum to allow for an easy transition between in-class and online learning.

Are there specific common areas, like buses or the cafeteria, that are cause for the most concern? How are you addressing that?

At The Derryfield School buses will be at half capacity; students will have assigned seats and be prescreened, masked, and as distanced as they can be. Since that distance might not be six feet on some buses and ventilation on buses isn't to the standard of the classroom environment, if a student or driver is positive for Covid-19, the whole bus group will be quarantined for 14 days.

What is the protocol if there is a coronavirus case at your school?

An extremely important part of our plan is the ability to keep students at home if there is any question about their health. If students are feeling well but need to quarantine, they are able to virtually participate in instruction using in-class-

room technology. In the event our school needs to close the physical campus, we are prepared to switch all of our students to virtual learning.

How will you differentiate between influenza cases or normal colds and coronavirus?

Some of the symptoms of Covid-19 (temperature of 100 F or greater, chills, cough, shortness of breath, sore throat, nasal congestion, runny nose, fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, diarrhea) can be confused with colds or the flu. I highly recommend everyone get a flu vaccine this year, especially considering it may be hard to tell the difference between Covid-19 and the flu based on symptoms alone. Although policies may differ slightly between schools in the state, NH Grade K-12 Back-to-School Guidance says any person with any new or unexplained Covid-19 symptoms (even if only mild symptoms) should not be allowed to enter a school facility. The individual should contact their health care provider for a Covid-19 test and self-quarantine for 10 days from the onset of symptoms. Symptoms must also be improved and the student must be fever-free for 24 hours without fever-reducing medication before returning to school. If there is a confirmed case of Covid-19 in a school, extra cleaning and disinfecting should be done in all areas used by the person who is sick, such as classrooms, offices, bathrooms and common areas. If a member of a school community tests positive for Covid-19, New Hampshire Public Health will work with the school to begin contact tracing.

Are you getting the PPE that you need?

We needed to check with multiple vendors to order the quantity of supplies we anticipate needing, but we were able to order hand sanitizer, wipes, masks, gloves, thermometers and additional PPE. It was helpful that we started the process of ordering early in the summer. Many of these supplies are now backordered.

How will you handle Thanksgiving and Christmas breaks?

At The Derryfield School, classes will be taught virtually from Thanksgiving until mid-January. This will allow for family travel and visiting and also to quarantine before and after visits to keep loved ones and school community members safe. New Hampshire Grade K-12 Back-to-School Guidance says any person who has traveled in the prior 14 days outside of New England should not be allowed to enter a school facility and should self-quarantine for 14 days from the last day of travel. If a student has to travel at other times of the year, we will work with the family to transition the student to remote learning during their quarantine period.

What advice would you give to families about planning for this school year? What should we expect this fall and winter?

What to expect this fall and winter is somewhat unpredictable. It is likely there will be waves of increased Covid-19 infections in New Hampshire. I recommend being prepared for the worst-case scenario.

1. Prepare back-up plans now in case your child needs to be home because their school needs to go remote or your child needs to quarantine for up to 14 days due to possible exposure to someone with Covid-19.

2. Families should have a working thermometer as many schools will require temperature checks each morning before school.

3. Get hand sanitizer for your child to keep in their backpack at school.

4. Check with your child's school regarding face mask policies. If you need to provide your own cloth masks, be sure the masks you get meet your school's standards (WHO recommends cloth masks be three-layer).

5. Prepare your child by practicing mask wearing and social distancing (six feet recommended) in public spaces.

6. Prepare your child by practicing good hand hygiene. Wash hands for at least 20 seconds with soap and water. If hand washing is not ideal, use hand sanitizer (at least 60 percent alcohol).

7. Be sure your child has a flu vaccine.

Maureen Colby



Maureen Colby. Courtesy photo.

English teacher, John Stark Regional High School in Weare, which will begin the school year on Sept. 9 on an alternating day hybrid schedule.

How did remote learning go for you and your students last year? What did you

learn from it?

I definitely think that it went pretty well, even though it was a super-challenging experience for teachers and families. I've got 18 years of teaching under my belt and this was, by far, the most difficult time in my professional career. At first we weren't sure how long we'd be remote for, so it was definitely hard to have that unknown hanging out there for much of the semester. ... Not being able to see my students every day in person felt like a tremendous loss; however, I think that we — teachers and students — learned a lot about the importance of the relationships that we build with each other. One of the best things to come out of remote learning was being able to have virtual individual and small group conferences with students. Obviously, it's not the same thing as in-person conversation, but being able to provide this attention really helped me to partner with my students so that I could help them to reflect on their progress, set meaningful goals, solve problems and talk about their learning. Time and again, I was blown away by my students' honesty and insight. ... I also think that we gained a better understanding of who we were as people. Sometimes it is easy for teachers to forget that a student comes to their classroom with an entire background that affects how they respond — for better or worse — in any given moment. Our backgrounds were there for all to see during this experience. ... I have a five-year-old and there were many times [when] he would interrupt a virtual lesson or meeting. My students

were so patient, kind and understanding whenever this happened. ... Finally, I think that remote learning really highlighted how everyone learns differently, and how important it is for teachers to continue to use creativity to meet the needs of their learners. Obviously we know this ... but it was a powerful reminder that we owe ... to our students to provide relevant, rigorous and meaningful learning opportunities that appeal to a variety of interests and needs.

How are you doing things differently for the fall?

We will be using a hybrid model this fall. This will mean that students will participate in remote instruction for three days of the week and will meet for in-person instruction for at least two days a week, depending upon what letter of the alphabet their name begins with.

What do you say to parents who are worried about how all of this is going to affect their kids' ability to get into and succeed in college? And how is your advice different for freshmen versus seniors?

First of all, I want parents to know that I understand this concern — and that we're going to work really hard at helping students to develop the skills that they need to succeed in college and their careers. Obviously, we are facing a really challenging time in our country and our world, but I think that this circumstance is providing a lot of opportunities for personal growth. We are all in this together, but our success really depends upon everyone stepping up, taking responsibility and becoming engaged members of their communities. I know that I'm going to have to work really hard at helping my students to practice increased independence and accountability this year. When they are learning from home, I am going to have to trust them to work independently and to use their resources. ... Our students have shown a lot of resilience and this is something that we are going to continue to work on. If we view this experience as an opportunity to develop independence, responsibility, resilience and communication skills, I believe that our students will be ready to tackle the challenges of college or their chosen career.

How can parents best help high school-level students with remote learning?

Making sure that students have a place to do school work is a great first step. I usually recommend that this isn't in the student's bedroom. Reviewing and posting a daily schedule with class meeting times, lunch and meal breaks, and time for exercise and recreation is helpful. A lot of high school students need support with executive function skills, so communicating the daily plan is a great way to reinforce these skills and to help students stay on track. Using a planner or a checklist also helps students to identify and manage what needs to be done. Lastly, encourage your students to reach out to teachers if they need help, have questions or are struggling. This really helps teachers to better serve their students — and it helps to build a trusting, supportive relationship between your student and their teachers.

— Angie Sykeny and Matt Ingersoll

Wrath on Rask



Another hectic week during the Covid era in sports inspired the following thoughts and many more.

All I have to say to Bruins fans angered about the **Tuukka Rask** departure is do you really want a guy in goal whose heart's not in it?

Because if he's not fully into it, they're better off without him, as shown by the Bruins' winning three straight to eliminate Carolina after he bolted the bubble.

Every once in a while comes a reminder that shows how much better professional athletes are than normal people. The latest was PGA rookie **Scottie Scheffler** shooting a 59 at the Northern Trust event on Friday at the TPC course in Norton, Mass. I played there when my handicap was at its lowest point ever, and that's an unfathomable number. Then throw in the fact that it was from as far back as the tees go and that it's in competition. Long and short of it: They're better than me.

Not that it's his fault, but it always seems to be something with **Gordon Hayward**, doesn't it? The latest is being out until mid-September after badly rolling his ankle early in Round I. And even if they're still alive when healthy, he's going home around then to rightfully be with his wife as she delivers baby No. 4.

Speaking of injuries, I have never seen anyone, not even **Larry Bird** during the 1991 playoffs vs. the Pacers, ever smack their head as hard on the floor as **Tobias Harris** did vs. the Celtics on Sunday. It was the kind of incident where you envision the worst. But not only did he walk off under his own power, but after getting stitched up he was back in midway through the fourth quarter. That is what you call toughness and having a really hard head.

Incidentally, if it were up to me, I'd move Hayward and **Jaylen Brown** to the second unit and start **Marcus Smart** and probably **Grant Williams**. That would make the second group much more dynamic offensively and give better balance for shots taken by their top four scorers. Because when they all play together one or two have to defer to the other two. Better said, if wing players on the second unit are getting 35 shots a game, who would you rather see get most of them, Hayward and Brown or Williams, **Brad Wanamaker** and **Carsen Edwards**? Play it that way for the first three quarters and the fourth quarter based on match-ups and who's hot, which probably would have them all together then anyway. Bet it would give them a big plus/minus when the bad guys starters aren't on the floor.

Here's the latest sign younger demos are losing interest in baseball for newer things. Portsmouth's Great Bay Community College is advertising to hire an esports team coach. I didn't even know esports had teams, let alone needed coaches.

Here's another. Rangers manager **Chris Woodward** being visibly upset at San Diego's

Fernando Tatis for blasting an eighth-inning grand slam against his team during a 14-4 loss, followed by another idiotic baseball custom when Texas, of course, hit the next guy up. The offense according to Woodward? That it came on a 3-0 count while being up seven runs. Beyond suggesting a neurological work-up, my advice is (1) to see no lead is safe, try watching the Red Sox or Phillies bullpen a little more closely and (2) don't have your pitchers throw 3-0 meatballs with the bases loaded. Tatis' job is to hit pitches as far as he can regardless of the score, not worry about Woodward's fragile ego. I'd say where do they find these boneheads, but baseball is full of them.

Speaking of Sox relief pitching: After trading **Brandon Workman** to the Phillies they should pull a **Brian Cashman**. That is, re-sign Workman in December as Cashman did with closer **Aroldis Chapman** after trading him to the eventual World Champion Cubs in 2016 as a rental.

Recently saw an interesting poll from ESPN's **Mike Greenberg** that asked which of **Pat Mahomes**, **Giannis Antetokounmpo**, **Zion Williamson** and **Mike Trout** would you expect to have the best next 10 years. It came out Mahomes at 51.1 percent, Freak 19.1 percent, Zion a surprising third at 15 percent, and the stat geek nonsense that inflates value in baseball didn't translate here as Trout was last at 14.8 percent.

Always have thought NFL pre-season games were a drone. But without them it's hard building anticipation for the coming season.

Best joke from the **Tiger Woods-Peyton Manning** vs. **Phil Mickelson-Tom Brady** golf, ah, duel in May that began the comeback of sports vs. coronavirus came from some guy I never heard of saying, "It's not even football season and Tom Brady is falling apart without **Bill Belichick**."

If you missed it, **Wenyan Gabriel** got the start out of the blue for Portland vs. the Lakers in Game 2 of their NBA playoff series. Not a bad run either, as he had seven points, five rebounds and an assist in 21 minutes before fouling out. Then, in the next game that day one-time D-III'er **Duncan Robinson** went for 24 as Miami downed Indy when the New Castle (N.H., not Indiana) bomber was 7 for 8 from downtown.

Nice stories, but neither is our New Hampshire Star of the Week. That would be Merrimack Valley middle school student **Brayden Harrington** for reminding all that the persistence to overcome obstacles can be helped along by encouragement from a friend. He gets a standing ovation for the gumption the 13-year-old showed in Thursday's inspirational talk to a national TV audience about how his friend **Joe Biden** is helping him overcome the stuttering problem they share, and his amazement that someone like him could become vice president of the United States. The pair met at a CNN Town Hall meeting in February after candidate Biden invited Brayden backstage to talk about their common experiences.

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NEWS & NOTES

QUALITY OF LIFE INDEX

Victory for the Knights

The Nashua Silver Knights baseball team, part of the Futures Collegiate Baseball League, concluded its 10th anniversary season with a 5-3 win over Worcester, claiming its league-leading fifth title, according to a press release. Kyle Bouchard, who was named MVP of the series, made the final run in the ninth inning that won the Knights the game. The win also made the Knights the first team in FCBL history to lose the first game in the three-game championship series, then make a comeback to win the final two games.

QOL Score: +1

Comment: *The Silver Knights players, coaches and staff members will receive their championship rings at a ceremony in Nashua (date TBD).*

Drought worsens

Parts of southern New Hampshire have escalated from a “moderate drought” to a “severe drought,” according to a press release from the New Hampshire Department of Environmental Services. The drought has affected areas in Rockingham and Merrimack counties, more than half of Strafford County and a small portion of Belknap and Hillsborough counties, with 49 percent of the state still experiencing moderate drought, 31 percent experiencing abnormally dry conditions, and groundwater levels across the state steadily decreasing. The U.S. Drought Monitor said below-average precipitation and a lack of snowpack followed by hot and dry conditions are leading factors.

QOL Score: -1

Comment: *The New Hampshire Department of Environmental Services urges people living in areas that are in moderate or severe drought to practice water conservation, like eliminating water use for watering lawns and washing cars, to help ensure that communities' basic water supply needs can be met.*

Beware of pet scam

There's a new internet pet sale scam making the rounds, according to a press release from New Hampshire Attorney General Gordon J. MacDonald. There have been recent reports throughout the state of scams in which purebred puppies and kittens are advertised for sale at a low price on seemingly legitimate websites. The sellers claim that the animals must be shipped and that buyers cannot pick up the animals in person. When a buyer sends money to purchase an animal, the seller demands more money to cover supposed shipping costs, paperwork and vaccinations, but the buyer never receives the animal.

QOL Score: -1

Comment: *To protect yourself from this scam and similar scams, MacDonald advises not buying a pet online (unless it's from an established rescue group) or from a long-distance seller who has to ship the pet to you; always speaking to a seller on the phone and, if possible, verifying their legitimacy through references; being skeptical of rare or expensive breeds being sold for too-good-to-be-true prices; and never transferring or wiring money to people you don't know.*

Another case of Jamestown Canyon virus

An adult from Dunbarton has tested positive for the Jamestown Canyon virus, becoming the third detection of the virus in the state this year, the New Hampshire Department of Health and Human Services Division of Public Health Services announced. The arboviral risk level, which measures the risk of infections being transferred from mosquitoes to humans, has been increased to “high” for Dunbarton. The neighboring town of Bow, which was already labeled high risk, will remain so; the risk level in the neighboring town of Weare will increase to moderate; and the surrounding towns of Hooksett, Hopkinton and Goffstown will remain at moderate risk.

QOL Score: -1

Comment: *Jamestown Canyon virus and other mosquito-transmitted infections present in New Hampshire can cause severe neurologic illness, according to State Epidemiologist Dr. Benjamin Chan.*

QOL score: 54

Net change: -2

QOL this week: 52

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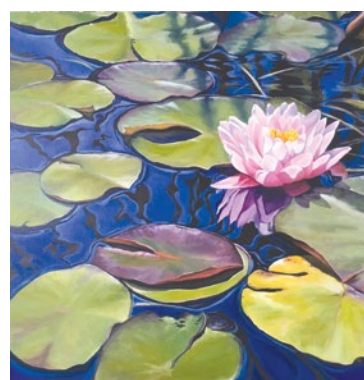
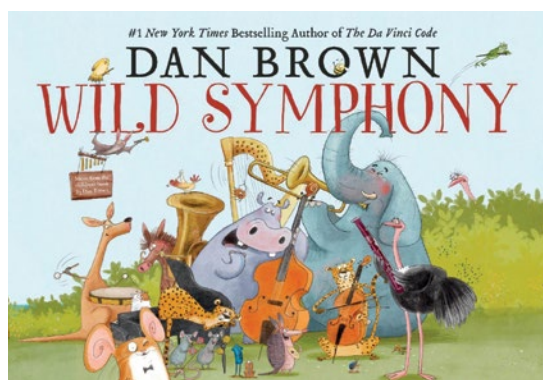
THE ROUNDUP

The latest from NH's theater, arts and literary communities

• **Depicting sanctuaries:** A new art exhibit, "Searching for Solace: Sacred Spaces/Sacred Places," opens at Twiggs Gallery (254 King St., Boscawen) on Saturday, Aug. 29, with an opening reception from 1 to 3 p.m. It features paintings, sculpture, textiles and ceramics by 13 artists exploring the concept of personal sanctuary, with a focus on nature. The exhibit runs through Sept. 27. Gallery hours are Thursday and Friday, 11 a.m. to 5 p.m., and Saturday, noon to 4 p.m. Call 975-0015 or visit twigsgallery.wordpress.com.

• **Music and a story:** New Hampshire native and bestselling author of *The Da Vinci Code* Dan Brown will release a classical music album and corresponding children's book called *Wild Symphony* on Friday, Aug. 28, according to a press release. *Wild Symphony* pairs short poems and illustrations of animals with classical music tracks through an app, which recognizes the page of the book and automatically plays the matching music. Visit wildsymphony.com.

• **Theater indoors and outdoors:** The Granite Playwrights present *Loose Connections*, a series of three one-act plays, at the Hatbox Theatre (Steeplegate Mall, 270 Loudon Road, Suite 1161, Concord) now through Aug. 30, with showtimes on Friday and Saturday at 7:30 p.m., and Sunday at 2 p.m. *Last Call*, by Douglas Schwarz, follows a man who is struggling with the concept of fatherhood and sets out to make amends with his own long-deceased father. *Doll House*,



"Water Lilies" by BJ Eckardt (left) and "Three Sisters of the Forest" by Kimberly J.B. Smith, both featured in the exhibit "Searching for Solace: Sacred Spaces/Sacred Places" at Twiggs Gallery. Courtesy photo.

by Jane Hunt, explores the question, "As the economy drags our personal fortunes to the brink, can hope, love, and memory keep us from going over?" *Optimystyx*, by Alan Lindsay, is about a game that exposes the secrets of an old-fashioned publishing house. Tickets cost \$18 to \$20 for adults and \$15 to \$17 for students and seniors. Visit hatboxnh.com or call 715-2315.

Or, enjoy some outdoor theater with *Seussical Jr.*, presented by All That Drama and Nottingham Parks & Recreation, outside at the Nottingham town bandstand (139 Stage Road). Performances are on Saturday, Aug. 29, and Sunday, Aug. 30, at 5 p.m. There is a \$5 suggested donation to see the show. Visit allthatdramanh.com.

• **Market Month concludes:** Intown Concord's annual Market Days Festival, reimagined this year as Market Month, comes to a close with a Sidewalk Sale weekend, Thursday, Aug. 27, through Sunday, Aug. 30. Downtown businesses will expand their storefronts outside on the sidewalks, talk with customers and promote special items. Visit facebook.com/intownconcord or call 226-2150.

• **Three at the Currier:** The Currier Museum of Art (150 Ash St., Manchester) is

now open with three new exhibitions. "Richard Haynes: Whispering Quilts" features a series of drawings inspired by traditional quilting patterns that tells the story of an enslaved family's dangerous journey along the Underground Railroad, from a southern plantation to freedom in Canada; "Photographs from the Civil Rights Movement" features photography from the Civil Rights protests in the 1950s and 1960s; and "Open World: Video Games & Contemporary Art" explores how contemporary artists have been influenced by the culture of video games, through paintings, sculpture, textiles, prints, drawings, animation, video games, video game modifications and game-based performances and interventions. Museum hours are Thursday from 10 a.m. to 8 p.m., Friday through Sunday from 10 a.m. to 5 p.m., and closed Monday through Wednesday. Through August, the hour of 10 to 11 a.m. is reserved for seniors and museum members. Tickets are \$15 for adults, \$13 for seniors age 65 and up, \$10 for students, \$5 for youth ages 13 through 17 and free for children under age 13 and must be purchased in advance online. Visitors must wear face masks. Call 669-6144 or visit currier.org.

• **Call for art:** The New Hampshire Art

Association is now accepting online submissions of artwork for its 21st annual Joan L. Dunfee Exhibition, which will be on display at NHAA's Robert Lincoln Levy Gallery (136 State St., Portsmouth) from Nov. 4 through Nov. 29, with a virtual opening and award ceremony on Friday, Nov. 6. The juried show is open to both NHAA members and non-members. Works in all media will be considered and should be related to this year's theme, "Intrinsic Moments." Artists can submit up to two pieces. The submission deadline is Sept. 14, and the entry fee is \$20 to \$25 for NHAA members and \$40 to \$45 for non-members. Visit nhartassociation.org or call 431-4230.

• **Sculpture on the beach:** The 20th annual Hampton Beach Sand Sculpting Classic is still on for Thursday, Sept. 3, through Saturday, Sept. 5. Head to Ocean Boulevard to watch as 10 of the world's top sand sculptors compete for cash prizes and awards. Stick around on Saturday for the judging and to vote for your favorite sculpture from 1 to 3 p.m., and for the awards ceremony at 7 p.m. The sculpture site will be illuminated for night viewing through Sept. 13. Visit hamptonbeach.org/events/sand-sculpture-event.

— *Angie Sykeny*

Art

Exhibits

• **41ST ANNUAL PARFITT JURIED PHOTOGRAPHY EXHIBITION** features photography from New Hampshire Art Association members and non-member area artists, juried by Don Toothaker, photographer, photography instructor and director of Photographer Adventures at Hunt's Photo and Video in Manchester. NHAA's Robert Lincoln Levy Gallery, 136 State St., Portsmouth. On view now through Aug. 29. Gallery hours are Tuesday through Thursday, 11 a.m. to 5 p.m., Friday and Saturday, 11 a.m. to 6 p.m.; Sunday, noon to 5 p.m., closed Monday, but are subject to change. Visit nhartassociation.org or call 431-4230.

• **"2020 DOUBLE VISION"** Features paintings by New

Hampshire Art Association artists Debbie Mueller and Marianne Stillwagon. Lobby at 2 Pillsbury St., Concord. On view now through Sept. 17. Viewing hours are Monday through Friday from 5 a.m. to 7:30 p.m.; Saturday from 5 a.m. to 3 p.m.; and Sunday from 7 a.m. to 11 a.m. Visit nhartassociation.org or call 431-4230.

• **"MANCHESTER'S URBAN PONDS: PAST, PRESENT, AND FUTURE: A CELEBRATION OF THE MANCHESTER URBAN PONDS RESTORATION PROGRAM'S 20TH ANNIVERSARY** Through its cleanup efforts, the Manchester Urban Ponds Restoration Program has helped restore the city's ponds to their historic uses. The exhibit provides a look at the history of some of those ponds, including Crystal Lake, Dorrs

Pond, Maxwell Pond, Nutts Pond, Pine Island Pond and Stevens Pond. State Theater Gallery at Millyard Museum, 200 Bedford St., Manchester. On view now through Nov. 28. Museum hours are Tuesday through Saturday, from 10 a.m. to 4 p.m. Admission costs \$8 for adults, \$6 for seniors age 62 and up and college students, \$4 for youth ages 12 through 18 and is free for kids under age 12. Call 622-7531 or visit manchesterhistoric.org/millyard-museum.

Markets & fairs

• **MARKET MONTH SIDEWALK SALE** Presented by Intown Concord. Downtown Concord. Thurs., Aug. 27, through Sun., Aug. 30. Visit facebook.com/intownconcord or call 226-2150.

• **CONCORD ARTS MARKET**

Juried outdoor market features a variety of art and crafts by local artists and craftspeople. Bicentennial Square, Concord. Saturdays, 9 a.m. to 1 p.m., now through Sept. 26. Visit concordartsmarket.net.

Open calls

• **JOAN L. DUNFEY EXHIBITION** The New Hampshire Art Association is accepting online artwork submissions from regional NHAA members and non-members. The exhibit theme is "Intrinsic Moments." All media is welcome. Deadline is Sept. 14. Entry fee is \$20 to \$25 for NHAA members and \$40 to \$45 for non-members.

Special events

• **13TH ANNUAL NASHUA INTERNATIONAL SCULPTURE SYMPOSIUM** Three

sculptures spend three weeks in Nashua, creating three new sculptures that will be permanently placed in various spots around the city. Sculptors work Monday through Saturday, from 10 a.m. to 4 p.m., outside The Picker Artists studios, 3 Pine St., now through Sept. 4, and at the installation site at the west entrance of Mine Falls Park from Sept. 5 through Sept. 11. During those times, the public will be able to watch the sculptors work and interact with them. A closing ceremony will be held Sat., Sept. 12, at 1 p.m., at the installation site, open to the public and streaming online. Visit nashuasculpturesymposium.org.

• **20TH ANNUAL HAMPTON BEACH SAND SCULPTING CLASSIC** Ten of the world's top sand sculptors compete for cash prizes and awards. Ocean Bou-

levard, Hampton Beach. Thurs., Sept. 3, through Saturday, Sept. 5. Judging and people's choice voting on Saturday from 1 to 3 p.m. Awards ceremony on Saturday at 7 p.m. Sculpture site will be illuminated for night viewing through Sept. 13. Visit hamptonbeach.org/events/sand-sculpture-event.

Tours

• **OUTDOOR ART TOUR** Alnoba gives an outdoor guided tour of its international and eclectic collection of art on its property. Visitors will be able to see the art up close, touch it and hear stories about it and the artists who created it. 24 Cottage Road, Kensington. Fri., Aug. 28, 10 a.m. to noon. Tickets cost \$15 and must be purchased in advance. Visit alnoba.org or call 855-428-1985.

INSIDE/OUTSIDE

Ready, aim, throw

New axe throwing center opens in Hudson

By Angie Sykeny
asykeny@hippopress.com

The axe throwing trend is growing in New Hampshire, with its newest venue, Axe Play, now open in Hudson.

Axe Play features 16 throwing lanes, housed in a newly built facility. It's open to both individual players and groups of players aged 18 and up and is BYOB for players of legal age.

Axe Play's co-owners, husband and wife Matt and Maria Keller, tried axe throwing for the first time with a group of friends at another New Hampshire axe throwing center. After that, they were hooked.

"We all had an absolute blast," Matt Keller said, "and any time a big group of people can get together and all enjoy the same activity, you know it must be pretty good."

Keller was retiring and looking for a new venture that would "bring a smile to people's face." Knowing of only two axe throwing venues in the state, he and Maria decided to

open their own.

If you're new to axe throwing, here's the gist: It's like darts, but with an axe. The player stands in a lane, 12 to 15 feet away from a four-by-four-foot wooden target and tries to hit the bull's-eye. The short, single-handed axe — more of a hatchet, really — typically has a wooden handle and may vary in weight, from one to two-and-a-half pounds, and in length, with a blade up to four-and-a-half inches and a handle between 16 and 18 inches.

In a standard game each player gets 10 throws and earns points based on where they hit the target. Each ring on the target is worth a different number of points, ranging from one point for the outermost ring to six points for the bull's-eye. Additionally, there are two small blue dots on the target; if a player announces before their throw that they are aiming for one of the dots and they hit one, they earn eight points.

Axe Play's trained instructors, or "axeperts," will help you out if you're new to the

sport or having trouble getting the hang of it. "We give people as much one-on-one instruction and attention as they need so that they can be able to hit the target and have fun," Keller said.

Strategy-wise, there is no "right" way to throw an axe. Some people throw with one hand, and some throw with two. Some people take a step forward as they throw, while others keep their feet planted.

"There's a base to work from, but you can modify it to do what works best for you," Keller said. "It's really just about finding your sweet spot."

Axe throwing is not only a fun pastime, Keller said, but also comes with physical benefits, like building arm and shoulder strength and flexibility, as well as mental



Axe throwing at Axe Play in Hudson. Courtesy photo.

benefits.

"There are people who come in who have had a stressful day, and half an hour later they are laughing," Keller said. "They leave here feeling so much better than when they came in." 🍌

Axe Play

Location: 142 Lowell Road, Unit 19, Hudson
Hours: Monday through Thursday from 4 to 10 p.m.; Friday from 1 to 11 p.m.; Saturday from 11 a.m. to 11 p.m.; and Sunday from noon to 9 p.m. The venue is also available for private parties and corporate events.

Cost: \$25 per person. Groups of 10 or more receive a 20-percent discount. Walk-ins are welcome, but reservations are preferred. Reservations can be made on the website.

Rules: Players must be 18+. BYOB permitted for players 21+. Closed-toe shoes are required.

Leagues: League for individuals will run Mondays from 7 to 9 p.m., from Sept. 14 through Oct. 26. League for teams will run Wednesdays from 7 to 9 p.m., from Sept. 16 through Oct. 28. Entry costs \$125 to join, then \$25 per week. The deadline to sign up is Sept. 10.

More info: Call 809-9081 or visit axe-play.com.

INSIDE/OUTSIDE

KIDDIE — POOL —

Family fun for whenever

Children's Museum to reopen

The Children's Museum of New Hampshire (6 Washington St. in Dover; childrens-museum.org, 742-2002) is scheduled to reopen for a members weekend on Thursday, Sept. 3, through Sunday, Sept. 5. Membership levels include \$90 for one adult and one child and \$120 for two adults and children under 18 living in the same house. The next week (Sept. 10) the museum will open to the public with two timed-ticket entry sessions, Thurs-

days through Saturday, from 9 to 11:30 a.m. and 1 to 3:30 p.m., according to an email from the museum. Pre-registration will be required for visits and can be done online starting a week in advance, the email said. In October, the museum plans to offer two-hour private rentals to groups of up to 50 people on Sundays, the email said.

At the Discovery Center

After you make those Children's Museum reservations for next weekend, head to the McAuliffe-Shepard Discovery Center (2 Institute Dr. in Concord; starhop.com, 271-7827) this weekend. Summer hours at the center continue through Sunday, Aug. 30: Wednesday through Sunday, 10:30 a.m. to 4 p.m. See the website for all the covid-era protocols.

TREASURE HUNT

Dear Donna,
This is a piece of wall art, I think. Can you tell me anything about this? I was told it was possibly used to decorate cakes. Is it worth anything?

Janet

Dear Janet,
OK, you got me! I have never seen a piece like this referred to as a cake decorating piece. The wood and carving have a foreign appearance. I would also say yes it's for a wall hanging by seeing the hook in back.

I think what you have is a decorative wooden plaque. It's most likely not too old but still a nice-looking piece. Things don't



Courtesy photo.

always have to be of high value to be enjoyed. I do think the value of yours would be under \$25.

Donna Welch has spent more than 30 years in the antiques and collectibles field, appraising and instructing, and recently closed the physical location of From Out Of

The Woods Antique Center (fromoutofthewoodsantiques.com) but is still doing some buying and selling. She is a member of The New Hampshire Antiques Dealer Association. If you have questions about an antique or collectible send a clear photo and information to Donna at footwdw@aol.com, or call her at 391-6550 or 624-8668. 🍌



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Re-wild your lawn

Start small to build up your garden

By Henry Homeyer
listings@hippopress.com

Tired of mowing your lawn, but afraid to stop? What would it look like, and what would the neighbors say? I was on a panel discussing “re-wilding” the lawn on New Hampshire Public Radio recently. Here are a few of the points we discussed.

First, a lawn is the easiest, least time-consuming way to maintain your property. If you want a meadow of flowers for birds, bees and pollinators of all kinds, lots of work is involved. You can’t just quit mowing, or rototill the lawn and broadcast some wildflower seeds, and then step back to enjoy. You would get some nice flowers, but your yard would also fill up with weeds and invasive trees.

My advice? Start small. A little corner of the yard, say something four feet wide and 15 feet long, would be a good start. Decide how much time you can commit to it, and how often you want to work in the garden. Can you dedicate half an hour each morning before work? An hour after work? Good gardens are built by people who do something in the garden every day.

Get a soil test done. New Hampshire and Rhode Island have stopped doing tests, Ver-

mont will do them for Vermonters, and Maine, Massachusetts and Connecticut accept samples from out of state. Get a home gardener test with as much info as possible.

Next, you have to remove the grass. That means slicing through the lawn to create one-foot by one-foot squares that you can remove and take away to your (new?) compost pile. Don’t try to do it all at once. Do a little at a time.

Do your homework. Read books and go online to see what will work in your yard. Do you have full sun (six hours or more each day), part sun, or shade? Is your site hot and dry or cool and moist? Select flowers that will work in your climatic zone, and get a variety of bloom times: some for spring, others for early summer, late summer and fall.

Improve your soil. All soil can be improved with compost. Buy it by the truckload, not the bag. Get it delivered if you don’t have a truck. Work the compost into the soil after the grass is removed.

If you want to support butterflies, birds and bees, think native plants. Native plants are those that co-evolved with the wildlife. And let wildflowers be part of the mix. Right now Queen Anne’s lace is in bloom along the roadside. It’s a biennial in the carrot family and is loved by the bees. Learn to recognize the small

first-year plants, dig up a few and plant them. Once established, the flowers will drop seeds each year.

But what about the neighbors? One of the panelists had done a study in Springfield, Mass. She asked homeowners to mow their lawn either weekly, every two weeks, or every three weeks. So that the neighbors would be more understanding, they put signs in the yards telling others that they were part of a scientific study.

They counted insects and found a two-week schedule for mowing was best for bees and pollinators: clover and dandelions had time to bloom and to provide food without being hidden in tall grass.

To create a sustainable non-lawn, you need to introduce not only those tall, bright flowers like black-eyed Susans and purple coneflower, but groundcovers that will fill in between plants.

One of the panelists, Thomas Rainer, is the co-author with Claudia West of the book *Planting in the Post-Wild World: Designing Plant Communities for Resilient Landscapes*. In their book they explain that in nature there are plant communities: plants that need roughly the same soil and light, and that co-exist nicely. If you want a balanced plant community, you need a diverse, supportive collection of plants, including groundcovers.



A sign like this lets neighbors know you are not lazy, but letting the lawn grow for a reason. Photo by Henry Homeyer.

Groundcovers can act a bit like mulch: They can prevent soil erosion and suppress weeds. It is often tough to find good native groundcovers like groundsel or goldenstar for sale, but they are available if you look hard enough. Winecup is a good groundcover for hot dry, sunny places, and is often available. Oregano and thyme can be used as an understory ground cover that bees love, and they are readily available.

And Creeping Charlie? It’s that “weed” hated by lawn-lovers because it can “spoil” a nice lawn and spread like crazy in part shade. But it is a native plant with nice flowers and is loved by bees. Think about letting it proliferate in your “non-lawn.”

Lastly, if you want a landscape that is beautiful and low-maintenance, think about planting trees and shrubs. Many bloom nicely and all are useful to wildlife. Some native shrubs that I grow and love are fothergilla, blueberries, elderberry, buttonbush and our native rhododendron and azalea.

If you stop mowing the grass and want flowers, put up a sign. I recently saw one that was very simple: it said “Butterfly Crossing.” Hopefully that appeased the neighbors a little.

Henry is the author of four gardening books and a speaker at garden clubs and libraries, even now, using Zoom or at outdoor venues. Contact him at henry.homeyer@comcast.net.

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131975

Why all the boring car colors?



By Ray Magliozzi

Dear Car Talk:

A casual look at traffic shows you that almost all cars are either gray, black or white — with a few red sprinkled in. OK, some people call their gray cars “silver,” but we know better.

My second car was a two-tone copper and cream 1956 Bel Air. A later one was a two-tone Buick Regal. Such imaginative color combinations were the rule as much as the exception.

What happened? Why are our colors so boring and washed out? Are the manufacturers cheap, or have they lost their imagination? — Paul

I'm actually color blind, Paul. So no one's listened to a word I say about car colors since that time I came home with a purple AMC Pacer in 1976. The answer is fashion, Paul. Fashion is something that's so ridiculous that we have to throw it out every six months and start all over.

And when it comes to less expensive purchases, some people can throw stuff out every six months. You can buy a powder-blue leisure suit with white piping one day because it seems fashionable. And then, six months later, you can leave it in the closet and go buy something else.

But as we go up the expense ladder, people

tend to get more conservative. So you might take a chance on a loud shirt for \$50 and see how you like it over time, figuring you can always stop wearing it. But when you're buying a house or a car, you're likely to feel more risk-averse.

You'd hate to spend \$30K on a new car and decide it looks ridiculous six months from now, with 78 months of payments still to make. So people tend to stick with (a) muted colors and (b) colors that lots of other people have already chosen, because that makes them feel that they're making a safe choice. Safety in numbers, right? We can't all look ridiculous.

The truth is, if people wanted to buy lime green cars, the carmakers would be happy to paint them that color. It's more or less the same to them in terms of cost. But what they don't want is a lime green car sitting on the lot for two years waiting for a color blind idiot like me to think it's gray and buy it.

Still, you can find some fringe colors out there. You just might have to special order them. Dodge, in fact, makes a Day-Glo lime green Charger. Honda makes a bright orange Fit. You can get a Ford Transit Connect in school bus yellow. You can order your Jeep Renegade in metallic aqua. And you can get pretty much any Mini you want in two-tone paint.

As for me, I drive a “silver” car. But in my closet, just waiting for it to come back into fashion, I have a spectacular, double-breast-

ed, pin-striped suit. Any day now it's going to be stylish again. I just have to hope it's actually black, and not dark purple.

Dear Car Talk:

I've had the blower motor replaced on my 2013 Nissan Altima. Then a fuse blew. A new fuse was put in. The new fuse blew. I took the car to a place to check the electrical system. They said the electrical system was fine. They replaced two fuses and said it shouldn't happen again.

My blower motor, when driving, goes from high to low without me adjusting anything. I think it needs a new resistor, but the shop says the fuses should take care of it. They say just wait to see if it blows again. But that means another trip to the mechanic.

I don't know what or who to believe. I just need to know if I'm on the right track or not. Should I go someplace else? — Donna

I think so, Donna. Fuses don't just “blow” for no reason. And whatever is causing it will eventually cause the fuse to blow again.

Was the poltergeist fan speed the reason you had the blower motor replaced in the first place? If so, I'm afraid they may have sold you a blower motor you didn't need. But let's assume the fan speed gremlins arrived after the new blower motor.

Normally a fuse blows when an electrical device is drawing too much current. The whole purpose of the fuse is to sacrifice itself and cut off the power to that device before the device can draw so much current that it overheats and starts a fire. Although maybe a fire sounds like a good

solution to you at the moment?

So the fuse is doing exactly what it's supposed to do. The question is, why? Normally, it means that something is forcing the blower motor to work too hard. What could that be?

Well, it could be that they sold you a rebuilt blower motor, and it's simply no good. It could be that the guys who installed the blower motor accidentally dropped something into the housing, like burrito supremo. Or maybe some twigs or debris got into the fan housing and are making the blower motor work extra hard to turn the fan.

Another possibility is that the blower motor relay could be bad. And finally -- and most likely -- it could be exactly what you suggest, Donna; a bad resistor.

The resistor is the part responsible for changing the speeds of the fan. So if your fan is pulling a Friday the Thirteenth, the resistor would be the first thing I'd suspect. If you came into the shop, I'd probably get you a new resistor for \$35 and a blower motor relay for \$25. After all, I want to make sure you don't come back!

To install the resistor, I'd need to remove the glove box, so there's a good hour or more of labor involved. And while I had the glove box out, I'd pull down the blower motor housing to make sure your fan is turning easily and freely and that there's no debris in there getting in its way.

So I'd take it to someone you have more confidence in, and be sure to tell them about the issue with the fan speed. That's a flashing red light that says “RESISTOR.” Good luck, Donna.

Visit Cartalk.com. 🍌

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By Matt Ingersoll
food@hippopress.com

• **Apples to apples:** Gov. Chris Sununu proclaimed Aug. 25 to be **New Hampshire Apple Day** to celebrate the Granite State's annual apple harvest, according to a press release. He and Agriculture Commissioner Shawn Jasper made the ceremonial first pick of the season on Aug. 25 at Apple Hill Farm in Concord. On Sept. 4, Sununu and Jasper will visit Brookdale Fruit Farm in Hollis to continue the apple season celebration. In Milford, McLeod Bros. Orchards will kick off its 75th season of pick-your-own apples on Saturday, Aug. 29, featuring Paula Reds, a mildly tart early season variety. They're usually followed by McIntosh, Cortland and Gala varieties around early September, and Mutsu, Jonagold and Roxbury Russet varieties later in the fall. Visit agriculture.nh.gov or nhfruitgrowers.org for more details on where to find New Hampshire-grown apples.

• **Fresh food fast: The Common Man Roadside** will open a new location this fall inside the Tru by Hilton Manchester Downtown hotel, at 135 Spring St., according to a press release from The Chhom Group, the local commercial real estate firm announcing the lease deal. The eatery will feature a cafe and coffee shop, as well as a 120-seat restaurant with a bar and outdoor patio. Similar to the locations in Hooksett, Plymouth and on South Willow Street in the Queen City, The Common Man Roadside's newest location will feature made-to-order and grab-and-go items, with an emphasis on takeout and mobile and online ordering capabilities. Visit thecmanroadside.com for updates.

• **Agave wine cocktails:** The New Hampshire Liquor Commission recently rolled out a line of **premixed agave wine cocktails**, according to a press release. Agave wine is made by fermentation of agave sap, producing a tequila-like beverage but with lower alcohol. Available now are the Cold Brew Espresso and Cold Brew Salted Caramel agave wine cocktails from Cafe Agave; the baja lime and strawberry margarita bottled cocktails, both from Flybird; and the House Wine premixed canned cocktails made with wine, including a canned, ready-to-drink Paloma that is tart with a fresh grapefruit flavor, and a Casa-Rita featuring flavors of agave and lime. Visit liquorandwineoutlets.com or call your local store for details. 🍷

FOOD

Plant-based eats

Col's Kitchen opens in downtown Concord

By Matt Ingersoll
mingersoll@hippopress.com

Bow native Jordan Reynolds found out in June that Willow's Plant-Based Eatery in Concord was closing permanently. Less than two months and countless hours of construction later, a new vegan restaurant has reopened in Willow's place, with Reynolds and former Willow's staff member Rob Ray at the helm.

"Willow [Mauck], who's a friend of mine, called me up ... to say that she decided to permanently close," said Reynolds, who's been vegan since the age of 17. "I've wanted to start a vegan company for a long time. I had planned on starting a food truck, but then all the gigs we had planned were getting canceled, so that ended up not happening. ... So when Willow called, I just thought that maybe it was my time to get the torch passed."

Col's Kitchen, named after Reynolds' nine-year-old pit bull, opened its doors on Aug. 12.

Despite the eatery's quick turnaround, its concept — what Reynolds refers to as an "eclectic, all-American" approach to vegan foods — has been years in the making. Col's Kitchen features a well-rounded menu of plant-based options, from appetizers and salads to entree-sized meals, desserts and brunch items on Sundays.

After signing a lease for the space in late July, Reynolds said, he spent 10 or more hours a day for nearly three weeks renovating the restaurant's kitchen and dining space, all with the help of family members, friends and community members who volunteered their time. They put down a new hardwood floor with pine from a local sawmill, painted the walls and chairs that were donated to them, and even built their own tables out of wooden boards and gas pipes.

Col's Kitchen's opening day coincided with Restaurant Week, a program of Intown Concord's Market Month. The eatery was



Buffalo Seitan Scram Sammy. Photo courtesy of Col's Kitchen.

so well-received on Day 1 that its staff ran out of food three times over the course of the day and had to repeatedly replenish its stock, according to Reynolds.

"We got killed, but you could call it a pleasant surprise," he said. "I wasn't sure how many people would come out during a pandemic, but they were more supportive than we imagined. ... Vegans were certainly hungry after not having a place here for a few months."

Reynolds said it was important not only to give vegan customers options they would not otherwise have, but also to make the menu accessible to everyone. Seitan (pronounced "SAY-tan"), for example, is a high-gluten wheat flour used as a protein in Col's Kitchen's stroganoff and Philly cheesesteaks in lieu of meat.

Other options include Buffalo cauliflower wings with ranch, Brussels sprouts with sweet garlic sauce, seared tofu pad Thai with rice noodles and veggies, various smoothies and milkshakes, and coffee from White Mountain Gourmet Coffee.

Some dessert items Col's Kitchen has featured out of the gate have been macarons, pies and root beer floats. You can also get a "pie shake," made with either apple or strawberry rhubarb pie.



Strawberry rhubarb pie. Photo courtesy of Col's Kitchen.

"We put a piece of pie in a blender, crust and all, and then add a couple scoops of ice cream and a little dash of milk in and just blend it up," Reynolds said. "It's like pie à la mode, but in a glass."

Currently the eatery is open for lunch and dinner from Wednesday to Saturday, with brunch available on Sunday mornings. That menu features pancakes, Belgian waffles, tofu scrambles and "Scram Sammy" sandwiches with options like chili cheese and Buffalo seitan.

Reynolds said the plan is for Col's Kitchen to be open seven days a week.

"We want to start bottling up our own sauces for sale. We make the Buffalo sauce, the ranch that goes with [the wings] and we make the Thai peanut sauce," he said. "We're also looking into making our own ice cream in the next couple of months." 🍷

Col's Kitchen

Where: 55 S. Main St., Concord

Hours: Wednesday through Saturday, 11 a.m. to 9 p.m., and Sunday, 8 a.m. to 1 p.m. for brunch (hours may be subject to change)

Contact: Find them on Facebook and Instagram @colsplantbased, email colsplantbased@gmail.com or call 227-6778

FOOD

May the best chef win

Fire & Fusion chef competition returns (virtually)

By Matt Ingersoll
mingersoll@hippopress.com

A friendly contest featuring local chefs who are asked to create their best dishes in under 30 minutes using "mystery" ingredients, the Fire & Fusion executive chef competition will be held virtually this year — and the winning chef will be chosen by viewers based on production and stage presence while making

their dish rather than the taste of their dish.

"It became obvious that we wouldn't be able to have an in-person event," said Judy Kunz Porter, director of marketing, communications and development for the Nashua Senior Activity Center, which hosts the event, "but it's also our biggest fundraiser of the year, so we knew we needed to find a way to have it."

The competition, now in its eighth year, will feature Mike Morin of 106.3 Frank FM

radio as the host. It has been professionally produced and will stream on Wednesday, Sept. 2, at 7 p.m. on the Senior Activity Center's Facebook and YouTube pages. A number of local public access television stations are also carrying the broadcast, including Channel 96 in Nashua, Channels 12 and 191 in Hollis, Channel 23 in Manchester and Channel 20 in Hudson. Channel 96 will then air the

CONTINUED ON PG 17 ▶



Chef Bailey Fischer of Bridges by Epoch in Nashua. Photo courtesy of Virtual Fire & Fusion.



Chef Hilton Dottin of Bedford Nursing & Rehabilitation Center. Photo courtesy of Virtual Fire & Fusion.

◀ CONTINUED FROM PG 16

show every day for the following week.

“It’s kind of an interesting twist, because for the past five years we’ve sold out the event at 350 tickets,” Porter said. “So more people than ever before are going to get to enjoy it now.”

Throughout the last couple of weeks, Porter, along with a crew from Molloy Sound & Video, met with each of the six participating chefs to tape their segments, which were then returned to the studio and edited for production of the show.

As with previous competitions, the chefs are all from local assisted living or long-term care facilities, a feature that came along with the event’s conception. Rejean Sheehy of The Courville at Nashua, a previous Fire & Fusion champion, is returning this year, while a few new faces, like Bailey Fischer of Bridges by Epoch at Nashua and Joanne Johnston of Benchmark Senior Living at Nashua Crossings, are competing. Other contestants include Hilton Dottin of Bedford Nursing & Rehabilitation Center, Dennis Hickey of The Courville at Nashua – Aynsley Place, and Guy Streitburger of The Arbors of Bedford.

Usually the chefs are not given their ingredients until the start of the 30 minutes to make their dish. But this year, Porter said, they were given out shortly before taping and will be revealed to the viewer at the top of the show when it airs. Each chef was required to utilize all of the ingredients that were given to them.

“They knew they had no more than 30 minutes to spend, and most of them took between 17 and 20 minutes to make their dish,” Porter

said. “We were amazed, and I think viewers will be too, at the number of different ways they used the same ingredients. I think especially because people are cooking more in their homes, it may open their eyes to try and switch things up a little bit.”

The show, Porter said, is expected to run about an hour and a half, featuring each of the six chefs’ segments in succession. At the end, audience members will be able to vote for their favorite chef online at nashuaseniorencenter.org, on Facebook @nashuasac or by calling 889-6155. Voting will be open for one week following the event’s air date.

“That’s new this year,” she said. “People will get to vote for whoever they think had the best production and stage presence.”

The conclusion of the show will also feature a raffle of more than 50 items. For \$35 you can be entered into the raffle for a chance to win prizes, like round-trip airline tickets, passes to Disney World, ski lift tickets, wine baskets, restaurant gift cards and more. The raffle will run through Sept. 15, with drawings to take place shortly after. 🍷

8th annual Fire & Fusion executive chef competition (virtual)

When: Wednesday, Sept. 2, 7 p.m.

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IN THE KITCHEN 
WITH **STEVE CHASE**



Steve Chase of Belmont is the owner and founder of Steve's Original Sauces (stevesoriginalsauces.com, find them on Facebook @ stevesoriginalsauces), a small-batch producer of fresh hot sauces he launched in April 2018. The company was born out of the positive feedback Chase from friends and family for his Kentucky Barbecue sauce, which he's been making for about 15 years. Along with that, Chase's product line includes a New Hampshire maple syrup barbecue sauce, a honey Sriracha sauce and a teriyaki barbecue sauce. He also makes and bottles his own barbecue rub and seasoning. Chase participates in several farmers markets, like the Concord Farmers Market (Capitol Street) on Saturdays and the Canterbury Community Farmers Market (9 Center Road) twice a month on Wednesdays. You can find Chase's products in dozens of specialty stores, like The Wine'ing Butcher (16 Sheep Davis Road, Pembroke), Mike's Meat Shoppe (1009 Upper City Road, Pittsfield), the River Hill Market (189 Carter Hill Road, Concord) and the Temple Food Mart (121 Baker St., Manchester).

What is your must-have kitchen item?

I would say the things I mostly have in my hands are tasting spoons.

What would you have for your last meal?

A really nice thick Wagyu beef steak, with a baked potato and lots of sour cream and butter.

What is your favorite local restaurant?

The Beefside in Concord has really good roast beef. I love the 'Super' roast beef sandwich.

What celebrity would you like to see trying one of your sauces?

[TV chef and cookbook author] Emeril Lagasse.

What is your favorite sauce that you make?

It would have to be the Kentucky Barbecue. It's a sweet sauce that I made up to almost mimic a mint julep. It's got a nice oaky flavor to it with brown sugar and a hint of mint at the end.

What is the biggest food trend in New Hampshire right now?

The whole plant-based food trend is still going strong.

What is your favorite thing to cook at home?

I actually do a lot more baking when I'm at home. I like to do a lot of pies, or I'll make some breakfast pastries for my wife to take to work.

— Matt Ingersoll 🍷

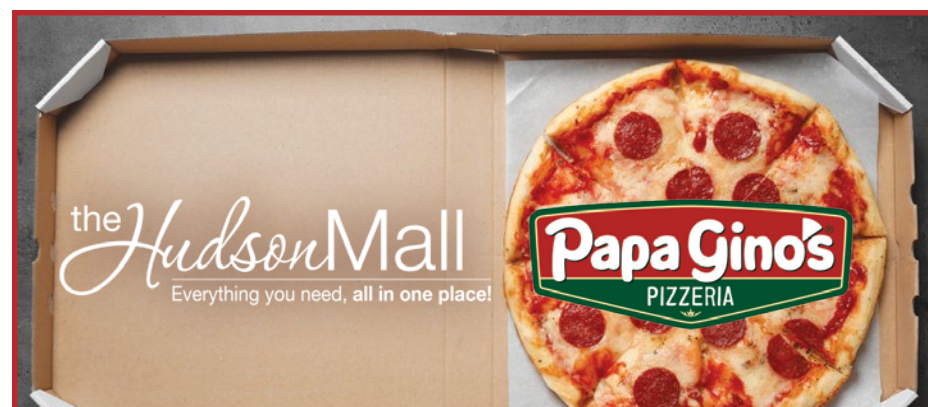
New Hampshire maple-roasted chicken dinner

From the kitchen of Steve Chase of Steve's Original Sauces

1 whole roast chicken
Steve's Original Sauces New Hampshire maple syrup barbecue sauce
Salt
Pepper
Chili powder
Red tomatoes
Dried thyme
Granulated garlic
Olive oil

Preheat the oven to 425 degrees. Rinse and clean chicken, patting dry with a paper towel.

Brush with oil and season with salt, pepper and chili powder. Place in the oven and set the timer for 30 minutes. After 30 minutes, lower the oven temperature to 375 degrees. Coat chicken with barbecue sauce and return to the oven for 60 minutes. Cut the potatoes into cubes and coat with oil. Season with thyme, salt, pepper and garlic and place on a sheet pan. Roast in the oven for 45 minutes. Remove chicken from the oven and allow it to rest for about 10 minutes. Slice chicken and serve with roasted potatoes and vegetable of choice.



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FOOD



TRY THIS AT HOME

Wedding cake

Reading the title of this recipe, you may wonder why on earth I'm sharing a recipe for wedding cake. Isn't that only to be eaten when one attends a wedding? My answer is a resounding no.

Wedding cake really is just a basic yellow cake with a different flavor to it. However, doesn't it sound so much more elegant than yellow cake? Plus, if you treat it like a wedding cake and add a filling of fruit or chocolate in addition to its buttercream frosting, you have a dessert that is truly divine.

I have been making homemade wedding cake every year for our anniversary ever since the bakery that made our original cake closed. But there's no need to save this cake only for wedding celebrations. It would be a lovely end to a family meal or holiday dinner.

This recipe is a straightforward baking recipe with one caveat: it requires cake flour. If cake flour isn't an ingredient that you have on hand, it can be replaced. For each cup of cake flour, you need one cup of all-purpose flour and two



Wedding cake. Photo by Michele Pesula Kuegler.

tablespoons of cornstarch. Remove two tablespoons of all-purpose flour from the cup, and replace with two tablespoons of cornstarch. Sift the flour and cornstarch mixture, and then use as the recipe notes. The two tablespoons of removed flour can be returned to your flour container for another use.

As noted in the recipe, I prefer buttercream as the frosting for this cake. However, the filling changes every time I make it. Sometimes it's lemon curd, other times it's blueberry compote. The list goes on. Pick the filling that you like most when you bake this cake.

Then, it's time to enjoy a delicious, elegant piece of cake!

Michele Pesula Kuegler has been thinking about food her entire life. Since 2007, the Manchester resident has been sharing these food thoughts and recipes at her blog, Think Tasty. Please visit thinktasty.com to find more of her recipes.

Wedding Cake

Makes 12-16 servings

- 2/3 cup butter, softened
- 1 3/4 cups sugar
- 2 eggs
- 2 teaspoons almond extract
- 3 cups cake flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/4 cups milk

Preheat oven to 350 degrees.

Grease and flour two 9-inch rounds baking pans.

Cream butter with sugar until fluffy.

Add eggs, and beat well.

While mixing add almond extract.

In a separate bowl, combine flour, baking powder and salt.

Add half of the flour mixture to the butter mixture and mix just to combine.

Add half of the milk and, again, mix just to combine.

Repeat with remaining flour and milk.

Pour batter into prepared pans.

Bake for 22-26 minutes, or until a toothpick inserted in the center comes out clean.

Cool in pans for 10 minutes, then remove cake from pans and place on baking rack to cool completely.

Decorate cake with buttercream frosting and filling. (You can find a recipe for buttercream at thinktasty.com.)

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Beach-time porters

Drink these beers now

By Jeff Mucciarone
food@hippopress.com

Look, I know, when you think beach time and summertime, you don't think about porters and stouts. I don't either, except sometimes I do.

From May through September beer enthusiasts are drinking and talking about beers that are crisp, fresh, light and bright, and that's great. I'm all for it. Most of the time in the summer, that's what I want too.

You have to shake things up, though. You just do. Sometimes things just get a little too crisp and a little too bright, and nothing resets your palate in summer quite like a rich porter or stout.

Now, OK, I'm not suggesting that you crack open a Guinness at 1 p.m. on a blazing hot summer day at the beach. You'd regret that move. Not every day is a blazing, hot summer day at the beach, though. Especially in New England — though admittedly perhaps not this summer — you have plenty of days at the beach or at the lake or in the mountains where cool breezes stand out more than the fiery sun, so seize those moments and treat yourself to something a little richer.

Imagine taking in the summer sunset on a cool, clear New Hampshire evening with a decadent coffee stout. It's truly hard for me to imagine something more relaxing and more satisfying than that. I want that experience right now and I think you should want it too.

This notion really came to me a week or so ago when I was on vacation enjoying a porter called "Portah" by Barnstable Brewing of Hyannis, Mass. The deep richness and complexity was unlike anything I'd drunk recently and it was invigorating as I, wait for it, took in the sunset at the beach.

Here are four stouts and porters you should try this summer.

Granite Stout by 603 Brewery (Londonderry)

This is big on chocolate and coffee and I really do think that's what the doctor ordered. I think summertime is about enjoying something a little extra. Maybe you say yes to that ice cream run on a Tuesday night because it's summer. Or maybe you have this decadent, delicious brew instead of the ice cream. (Or you have both.) At 8 percent ABV, this is one you can savor over the course of an evening.

Campfire by Throwback Brewery (North Hampton)

This is a smoked robust porter, which, yes, makes it the perfect accompaniment to a campfire or to hearty, grilled meats and barbecue, so says the brewery. This brew is in fact robust, but at 6.4 percent ABV this is



Don't overlook stouts and porters in summer. Courtesy photo.

much more palatable in terms of its heft than you might be thinking. You'll pick up smoky notes for sure, along with pronounced rich malts, but again, neither is overpowering. In addition to grilled meats, I think this would pair well with a wide range of foods.

Draken Robust Porter by Kelsen Brewing Co. (Derry)

While the roasty, toasty malts are the defining characteristic here, I think you get a bit more sweetness on this one than you might expect. To that point, the brewery says, it has flavors of dark fruit and raisins, in addition to coffee, chocolate and caramel. This one has layers of complexity to appreciate and savor.

Black Cat Stout by Portsmouth Brewery (Portsmouth)

If you get this on tap, the brewery uses nitrogen, which produces a thick, rich, creamy brew boasting big flavors of chocolate and coffee. This one is pretty dry, and I mean that in a good way. I wouldn't really refer to a stout as refreshing but this is very easy to drink and one I wouldn't hesitate to order on a summer day or evening.

Jeff Mucciarone is a senior account manager with Montagne Communications, where he provides communications support to the New Hampshire wine and spirits industry.

What's in My Fridge

Things We Don't Say by Wandering Soul Beer Co. (Beverly, Mass.) *This was tremendous. Just one of those beers that makes you say, "Yup. That's real good." This is a "New England Double IPA brewed with flaked oats, white wheat, and aggressively dry hopped," according to the brewery. It's got the citrusy burst that you want, coupled with a balanced finish — and not overly bitter. Find this one for sure. Cheers!*

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- Rudresh Mahanthappa,

Hero Trio A-

- The Milwaukeees, *The*

Calling A+

BOOKS pg23

- *Clean, the New Science*

of Skin A

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FILM pg24

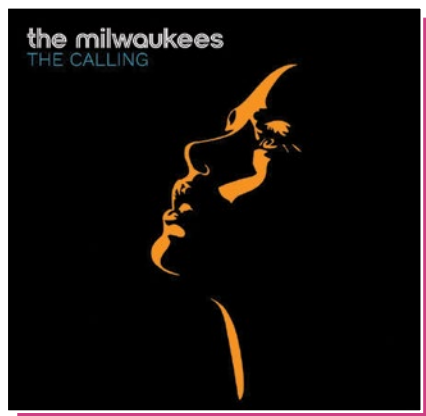
- *Boys State* B+

- At the Sofaplex

Rudresh Mahanthappa, *Hero Trio* (Whirlwind Recordings)

Jazz sax legend Charlie Parker is often referred to by his nickname “Bird,” which explains the title of this Princeton jazz director’s widely acclaimed 2015 album *Bird Calls*. If you’re familiar with Parker, you know he had the ability to dazzle with his bebop stylings, and so has Mahanthappa, who viewed this LP as an opportunity to pay rapt obeisance to Parker, his biggest and most obvious influence. But whatever, my goal here, as always, isn’t to lay out some eggheaded synonyms for the benefit of solemn

aficionados whose record collections are 20-feet-wide end-to-end, but to rope in the odd stray who’s thinking of taking a dip in the depthless pool that is jazz. The long and short of this business here is that I can’t recommend this album highly enough if you’re wanting to be blown away by technical wizardry; most of its contents are extremely busy, effecting to cover the listener in bright musical glitter, but the touchstone knuckleball’s a beauty too, a rub of Johnny Cash’s “Ring of Fire” that plays with the modal subject like a dolphin with a beach ball. Nice one to have around. **A-** — *Eric W. Saeger*

The Milwaukeees, *The Calling* (Mint 400 Records)

You can imagine how many times the great cosmic metaphorical Lucy van Pelt has pulled away the football just when I’m about to pronounce a straight-ahead rock record something special, leaving me tripping hilariously and landing on my duff, holding a half-written review that has to get sent to the recycle bin. It’s happened a lot. No, if your band wants to sound like Goo Goo Dolls with a side of Foo Fighters and get your local following of working stiffs to pay actual attention, this is what you want to sound

like. As demonstrated here, decent guitar riffage is only one tool on hand, not the whole box; these guys prove that there’s still a place for non-indie hooks in our world, even if the most common place for hearing such stuff — sports bars — seems to be gone for good in the face of Covid. This is the sixth full-length from a crew of New Joisey die-hards who’ve worked their formula to the point that anyone would be convinced they were paper-trained by Bryan Adams. Some really catchy, heartfelt stuff here. **A+** — *Eric W. Saeger* 🍷

PLAYLIST

A seriously abridged compendium of recent and future CD releases

- One more round of new CDs for August comes at us on the 28th, and then it will be September, and I’m just going to shut up about what comes next, because surely nothing good will come of it, unless you are an abominable snowman or a ski buff, neither of which I’ve ever had an interesting conversation with. Self-taught musician **Angel Olsen** is from St. Louis, Missouri, and her deal is art-pop/indie folk. She received the most love for her 2016 album *My Woman*, because she successfully tried to get away from being pigeonholed as a lo-fi indie artist (pro tip for local musicians: Don’t play lo-fi indie if you want to avoid said pigeonhole). Pitchfork liked that one and, as usual, wrote way too many wordy words to indicate same (“congeal” was in there) but that’s Pitchfork for you, and the PopMatters review was poorly written, but that guy loved it too, all of which then presented a double-edged sword, because now all the hipsters were used to her not being a sad, privileged gloom-girl anymore, so all the critics hedged their bets on her next album, *Phases*, which covered songs from Bruce Springsteen and Roky Erickson, and gave it middling grades. That sort of brings us to now, and her new one, *Whole New Mess*, which comprises a bunch of songs from her 2018 album, *All Mirrors*, but supposedly these are more “intimate” versions, which tells me that if this stuff isn’t going to sound lo-fi and gloom-girl, I’m a monkey’s uncle in a striped suit. Yeah, yep, the title track is all gloomy, and I think one of her guitar strings is a little out of tune, which will bring joy to anyone who loves their music crappy. She’s a good singer, a little like k.d. lang, but gloomy and redundant. Come and get it, three-toed sloths.

- **Toni Braxton** is trapped in fame purgatory these days, now that she’s more of a reality show oddity than what she was originally, a cool bedroom-soul lady who was name-checked by a Spike Lee character in *Do The Right Thing*. Whatever nonsense is on her upcoming new album, *Spell My Name*, I’m sure it’s decent as long as she hasn’t switched over to doing Slim Whitman covers, but come on, isn’t there footage of her tripping over a Gucci bag and skinning her knee, or whatever happened on her reality show? Right, I’m supposed to take this seriously? Fine, I will, I’ll listen to her new single, “Dance,” and if I barf, it’s on you. Right, it isn’t bad, sort of like Sade but with more soul. Some gentle 1980s UFO bleeps, a 1970s-radio orchestra section. Ha, now it’s getting all excitable toward the fadeout, and the overall effect is like a disco dance scene from *The Love Boat*. Let’s just forget this ever happened, fam, and move on to our next tale of terror.

- I know I’ve talked about **Toots & the Maytals** in the past, in this award-winning column, but I totally forget/don’t care what they do, so this’ll be like that movie where Drew Barrymore forgets where she is every day upon waking up. Wait, here we are, they’re a Jamaican ska/rocksteady band, maybe I was thinking of someone else. The band’s new album, *Got to Be Tough*, is coming, and the title track is pretty standard one-drop chill with a cool guitar part. The lyrics are about caring, which obviously nails the current zeitgeist.

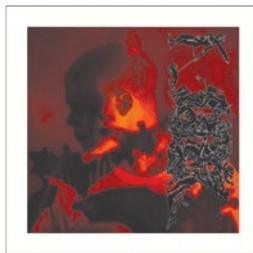
- We’ll end this week’s parade of shame with another soul singer, **Bettye LaVette**, who, to her credit, doesn’t have a stupid reality show. *Blackbirds* is the new album, “I Hold No Grudge” the single. OK, now this is authentic and awesome, torchy soul, electric piano, and her voice is all croaky and old. Nice. — *Eric W. Saeger*

Local bands seeking album or EP reviews can message me on Twitter (@esaeger) or Facebook (eric.saeger.9). 🍷

Retro Playlist

Eric W. Saeger looks back at hip-hop.

Now that the Covid virus has left us all marooned on our own domestic desert islands, any elephant in the room is getting close examination. The elephant in the room regarding my 16-year-old column here is, of course, the fact that I don’t cover a lot of hip-hop. No reader has ever complained to me about it; I’ve posted the occasional **Lil Wayne** review and whatnot, but you and I both know I largely avoid the genre.



Fact is, I’m at the point where I find basically all corporate hip-hop quite tedious to write about. I was the first kid on my block to buy a **Run-DMC** cassette, I’ll have you know, and quite frankly, I decided that after **Public Enemy**’s 1990 masterpiece *Fear of a Black Planet*, there was nowhere to go but down for the entire genre.

I tell you, I’ve tried, and yeah, I’ll continue to. I paid some lip service to Swedish rapper **Yung Lean**’s recent LP *Stranger*, but now that we’re all friends here, lazily tossing peanuts at Dumbo, I can say that I think the guy

just sucks. No, I was more hopeful about white-guy indie-rap in 2006, upon hearing **Astronautalis**’ *The Mighty Ocean & Nine Dark Theaters* (some truly immersive beats there), but to be honest, to me, if it isn’t **Chuck D**-level angry, I don’t have time for it. Same as I like **DMX** a hundred times more than **Ludacris**, I like **Death Grips** a hundred times more than **Kendrick Lamar**. Make sense?

One reason I mostly avoid corporate rap is because the reviews always end descending into reams of in-crowd nonsense about



this or that tweet or Instagram beef. Gag me. As far as indie rap, I’m down, like I’d be big into giving some press love to a local artist who’s got some beats, if one even exists.

If you’re in a local band, now’s a great time to let me know about your EP, your single, whatever’s on your mind.

Let me know how you’re holding yourself together without being able to play shows or jam with your homies. Send a recipe for keema matar. Email esaeger@cyberontix.com for fastest response. 🍷

Clean, The New Science of Skin by James Hamblin (Riverhead, 253 pages)

He was a doctor with questionable judgment, or so it seemed, when he gave up medicine to become a journalist and, at roughly the same time, decided to stop showering.

So why isn't Dr. James Hamblin's new book called "Unclean"?

It's because there's an increasing body of evidence that we are doing our bodies no favors with all the soap, deodorant, moisturizers and exfoliants to which we daily subject our skin. Skin isn't just a covering; it's the body's largest organ, and it teems with more organisms than there were residents of New York City before the pandemic.

Meet, for example, the demodex, a microscopic arachnid that lives in your facial pores and eats your dead skin cells.

That seems a good reason to shower hourly, but like the gut flora that keep our intestinal tract happy, it appears that these organisms are there to help, and we are becoming healthier by scrubbing them away. "Research into the microbiome seems poised to overturn even our most basic assumptions about how to take care of our skin," Hamblin writes.

So Hamblin, who was downsizing anyway when he moved from Los Angeles to New York, decided to delve into "the new science of skin" while going three years without washing his face. Before you dismiss him as kooky, know that this is an emerging trend. The internet is full of people who have stopped showering regularly and people who simply rinse off with water, who swear that not using soap and shampoo made their skin and hair healthier. They also insist that they don't stink.

Hamblin weaves his own journey to becoming one of the "Great Unwashed" with the history of cleanliness, from the Romans' public baths to Dr. Bronner's peppermint soap. Especially fascinating is how cleanliness became a sign of social status after germ theory was introduced, and an unkempt and soiled person came to be seen

as dangerous. "To appear ungroomed suggested that you could not afford to wash, and that your toilets were the excrement pits in alleys adjacent to your tenement. You may be one of the disease carriers."

That led to a new standard, in which people were required to do more than simply not look or smell gross; "a person was to smell actively *good*" to signal that they didn't harbor germs or fleas. Then capitalism, which Hamblin says "sells nothing so effectively as status," took over, and something human skin had done without for thousands of years — soap — became a necessity. Until late in the 19th century, soap was primarily used for laundry, in part because it was so harsh, such as the combination of lye and animal fat that early colonists made.

In the most compelling chapter, "Lather," Hamblin tells the origin story of iconic brands such as Dr. Bronner's, Ivory, Dove and Camay. (Fun fact: Wrigley's chewing gum was developed to help sell soap that William Wrigley Jr. made. The gum sold better than the soap, which is why Chicago has Wrigley Field. Also, the Dr. Bronner of Dr. Bronner's Magic Soaps "was not a doctor, nor particularly tethered to scientific reality.")

Hamblin is a staff writer for *The Atlantic*, and some of the content in *Clean* will seem familiar to the magazine's readers. He wrote about his no-showering policy in 2016, and I remembered a catchy couple of lines I'd read just a few weeks earlier in *The Atlantic*: "In October, when the Canadian air starts drying out, the men flock to Sandy Skotnicki's office. The men are itchy."

I encounter these reruns with no resentment, however, because Hamblin's voice is, frankly, delightful. The line about the itchy men and Canadian air could be set to rap music, and we'd all nod along. Hamblin is one of a genre becoming known as "media doctors" and is the best in the burgeoning field. His explanation of how soap is made will make you wish he'd been your high-school chemistry teacher, and he strikes just the right balance of being funny enough to entertain while being wonky enough to trust

as a source of medical information.

Which brings us to an elephant in the room, which is the pandemic. Hamblin finished the manuscript in January, before anyone foresaw the horror that is 2020, and his publisher had to worry that a book that suggests we clean ourselves less frequently might raise some eyebrows and serious questions. He addresses this in one paragraph of the prologue, saying "the stories and principles I share are no less relevant in this new era of pandemic awareness, as we recover from one and brace for the next."

I'm not so sure about that as I survey the supply of soap and hand sanitizer at Hannaford. But Hamblin never says we shouldn't be washing our hands. And he says that he's never been one to touch his face. So carry on as you were in that department, but consider his invitation not to scrub every inch of your body so zealously, and with so many products. Your friendly neighborhood demodex will thank you.

A — Jennifer Graham 🍷

Clean



The New Science of Skin

JAMES HAMBLIN

BOOK NOTES

The ink was still wet on the World Health Organization's declaration of a pandemic when enterprising writers started churning about the novel coronavirus.

On Amazon, you can find books with titles like *The Covid-19 Catastrophe*, *The Coronavirus Prevention Handbook*, *God and the Pandemic*, and (*Expletive*) *Off, Coronavirus, I'm Coloring*, many of them self-published.

Enough time has elapsed, however, for other titles appropriate to the global trainwreck called 2020 to emerge, and two are notable this week.

First, Flatiron is reissuing *How to Survive a Pandemic* by Dr. Michael Greger. He's a vegan-lifestyle advocate who has built a brand around the words "How Not To." His previous books include *How Not to Die* and *How Not to Diet*. The new paperback (592 pages) is the timely expansion of a book first released in 2006. Greger, who runs the website Nutritionfacts.org, says he donates all book proceeds to charity.

A more lighthearted title to be released Sept. 8 is *The Lake Wobegon Virus* (Arcade, 240 pages), your enjoyment of which may have much to do with whether you've forgiven Garrison Keillor for the transgressions that led to his canceling. It's been three years since he was fired by Minnesota Public Radio for inappropriate behavior, and his publisher must believe he's been punished enough, because there are two titles scheduled from him this fall. (The other is a memoir, *This Time of Year*, set for release Nov. 17.)

The Lake Wobegon Virus sounds fun. The description, provided by the publisher: "A mysterious virus has infiltrated the good people of Lake Wobegon, transmitted via unpasteurized cheese made by a Norwegian bachelor farmer, the effect of which is episodic loss of social inhibition."

Not nearly as fun as that coronavirus coloring book, though.

— Jennifer Graham

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Boys State (PG-13)

Teenage boys who might be some degree of embarrassed by this movie when they are older spend a week giving a pretty good demonstration of modern American politics in the documentary *Boys State*.

The opening credits remind you of where you've likely heard of the week-long, American Legion-sponsored government camp Boys State before: that iconic photo of Boys State try-hard teenage Bill Clinton, shaking hands with President Kennedy at Boys Nation (whose participants are chosen from Boys State). Other notable participants, as the movie highlights, include Dick Cheney, Rush Limbaugh and Samuel Alito (also Cory Booker). As we are introduced to the participants in 2018's Texas Boys State we meet kids who seem like fitting heirs to that list. In particular, hit-the-ground-politicking Robert MacDougall feels like exactly the sort of kid who would introduce himself by saying he's the future governor of Texas. We also met Ben

Feinstein, a teen who lost both his legs to meningitis as a preschooler. He has worked hard to achieve and, he explains, that has shaped a very "up by your bootstraps" mindset. The big prize of Boys State is to get yourself elected governor (or, as becomes Ben's goal, be the teen-behind-the-curtain for the kid who does get elected).

"Oh, their poor mothers" I found myself thinking about the crop of boys who are absolutely certain in their world views (so many opinions about abortion!). We also meet kids who arrive ready for a challenge: René Otero and Steven Garza come to Boys State aware that many of their fellow participants are likely more politically conservative than them but they are eager to make their mark nonetheless. Watching them figure out how to work themselves into the boy-created power structure is probably the most compelling action of the early part of the documentary.

Then, about halfway through this movie when I was wondering why Girls State wasn't

chosen as the focus (girls unleashed to be aggressive political animals feels like something more ripe for examination and suited to this moment in history than boys yelling into mics about masculinity), the movie makes a little turn and shows you a story of kids really caring about really making a difference — and really, aggressively playing politics the way you would if your formative political experience was 2016.

Though the documentary clearly anoints its heroes, I don't really think it turns other kids (and these are just kids, kids who I hope are OK with how this movie shakes out) into villains. You see people with political viewpoints and also political instincts and a desire to win. The movie demonstrates why this is a worthwhile program and not just a resume-burnisher; we see boys care, and care deeply and watch them become genuinely respectful of their peers. It's a fascinating little study of what this moment in American history means to the practice of politics and



Boys State

how it's being learned by the next generation of politicians and activists. **B+**

Rated PG-13 for some strong language, and thematic elements, according to the MPA on filmratings.com. Directed by Amanda McBane and Jesse Moss, Boys State is an hour and 49 minutes long and distributed by A24. It is available on Apple TV+.

AT THE SOFAPLEX

**Mucho Mucho Amor: The Legend of Walter Mercado (TV-14)*

You don't have to know who Walter Mer-

cado was to understand his place in the 1990s TV ecosystem, thanks in part to clips presented here of his appearances on shows hosted by Sally Jessy Raphael and Sinbad. And that's just for English-language American audiences; the movie also helps to explain his far greater fame among Latin Americans (both living in the U.S. and in the rest of the hemisphere). An

astrologer, Mercado had a wardrobe Librace might envy and projected a love for all of his viewers that had an almost Mister Rogers-like tone. Certainly, fans meeting him shortly before his death in 2019 seemed to be filled with a kind of giddy awe mixed with childhood nostalgia. As one fan (Lin-Manuel Miranda) explains, his show was the stuff of afternoons spent

with grandma and a general aura of unconditional love. Fans, friends and business associates (including one who eventually sued Mercado for use of his own name) explain the legend and the impact of Walter Mercado in this jolly documentary. Even if you aren't a Walter Mercado fan going in, you will be when the movie is done. **A** Available on Netflix.



Mucho Mucho Amor: The Legend of Walter Mercado

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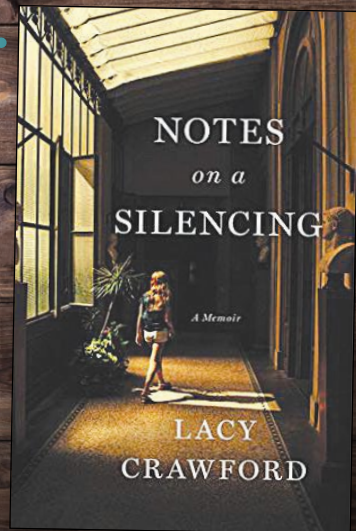
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THE ROUND UP

Local music news & events

By Michael Witthaus
mwitthaus@hippopress.com

• **Artful:** A free courtyard concert by **River Sister** offers a wonderful blend of folk traditions and jazz rhythms, pure harmony married to musical complexity. It's part of the Currier's *Art After Work* event, which includes happy hour drink specials and a full menu for purchase outdoors. Timed tickets are available in advance, and highly encouraged. Thursday, Aug. 27, 5 p.m., Currier Museum of Art, 150 Ash St., Manchester, currier.org/event/art-after-work.

• **Tribute:** With big tours on hold for now, tribute acts like **Pink Houses** are getting a lot of action. The band recreates John Mellencamp's extensive catalog, led by singer-guitarist Doug Hoyt as the Hoosier's doppelgänger, with drummer Jeffrey Brayne, bass player Ken Lloyd and guitarist Justin Carver. The Arts In The Park concert is held adjacent to Belknap Mill, which is sponsoring the event. Friday, Aug 28, 6 p.m., Rotary Riverside Park, Beacon St. East, Laconia, facebook.com/belknapmill.

• **Forceful:** While you can't catch **Metallica** in person, a filmed concert by the iconic band screens at a local drive-in, with opening act Three Days Grace. Each carload ticket includes four digital downloads of *S&M2*, a new live album chronicling their reunion with the San Francisco Symphony Orchestra last year, which opened that city's new (and currently dormant) Oracle Arena. Saturday, Aug. 29, 8 p.m., Milford Drive-In Theater, 531 Elm St., Milford. Tickets \$115 at ticketmaster.com.

• **Authentic:** After postponing an appearance last month, **Nick Drouin** performs at a downtown country themed bar/restaurant. The drummer turned front man has a well-tuned instinct for crafting good songs, as exemplified by "Small Town," an autobiographical paean to growing up in Candia recorded in Nashville with Jason Aldean's III Kings rhythm section. Saturday, Aug. 29, 9 p.m., Bonfire Restaurant & Country Bar, 950 Elm St., Manchester, facebook.com/nickdrouinmusic.

NITE In the spirit

Unique Beatles tribute act The Weeklings play Manchester

By Michael Witthaus
mwitthaus@hippopress.com

The Socially Distanced Concert Series closing out the summer at Delta Dental Stadium includes several tribute acts, most of which promise note-for-note recreations of hit songs. On Aug. 28 and Aug. 29, Dancing Queens does ABBA, followed the next weekend by local heroes Recycled Percussion playing their trademark junk rock. Ending the series, Almost Queen appears Sept. 12. They're exactly as billed, right down to the lead singer's Freddy Mercury motorcycle jacket.

Beatles Night on Sept. 11 features a very different kind of doppelgänger, however. The Weeklings do cover "Baby, You're a Rich Man" and "Paperback Writer" in their set, along with several more Fab Four favorites. But the band's sweet spot band lies in creating originals that sound like lost Lennon & McCartney gems.

Imagine that *Revolver* had been followed not by *Sgt. Pepper's Lonely Hearts Club Band*, but by another *Rubber Soul*. That describes The Weeklings' sound on songs like "In the Moment" and "Little Elvis." It's a wonderful glimpse into what might have been, in a show that also includes never-released Beatles tracks.

The John and Paul of the band are Zeek and Lefty Weekling, the stage names of Bob Burger and Glen Burtnik. The two have worked together since the 1980s and share a love of Beatles music. Burtnik's resume includes stints with Styx and the Broadway hit *Beatlemania*; he also co-wrote "Sometimes Love Just Ain't Enough" for Patty Smyth and Don Henley.

Rounding out the group are guitarist John Merjave and drummer Joe Bellia as Rocky and Smokestack Weekling.

Burger co-wrote a few Styx songs with Burtnik and has three solo albums out, but for shows like the upcoming one he asks to be quoted as Zeek — that's how completely

he inhabits his character. Like many children of the '60s, he picked up a guitar after seeing The Beatles on *The Ed Sullivan Show*, and never looked back.

With The Weeklings, the two feel free to follow a muse with an English accent.

"We wrote together for years, very often having to intentionally avoid sounding too much like The Beatles," Zeek said in a recent phone interview. "So when we got this band together it was like, 'OK, the gloves are off.' We could do whatever we wanted to do."

The band grew out of *Birth of the Beatles*, a tribute show focused on the Fab Four's first two albums.

"We found out at that point in their career they were playing live in the studio," Zeek said. "We said, 'Well, this is fun, a little self-contained four-piece. ... Let's go take some Beatles songs they didn't record.'"

Their eponymous debut album, released in 2016, contained "Because I Know You Love Me So," a McCartney song dating back to their Quarrymen days — the version quotes "She's a Woman" and "Drive My Car" — along with the *Help!* outtake "That Means a Lot." Quickly they diverged from being a pure covers band.

"We had original songs that also fit into the same mode, so we started moving away from the tribute band concept almost immediately, by playing our own arrangements of obscure Beatles songs, and originals that sound like them," Zeek said.

The formula worked; they're staples on satellite radio stations *The Loft* and *Little Steven's Underground Garage*, and in demand as live performers. They've released a trio of albums; the latest, 3, arrived in mid-January.

A harbinger of Burger's future success happened in 2003, when he played a Hamptons party for fellow New Jersey native Jon Bon Jovi. Prior to his set, he learned some big names might be at the bash.

"Jon goes, 'There's a 25 percent chance



The Weeklings. Courtesy photo.

that Paul McCartney will come," Zeek said.

Sure enough, a jam session broke out with Bon Jovi, Jimmy Buffett, Billy Joel and Roger Waters. But all that star power paled next to Sir Paul, who'd also arrived.

"The rest of them might as well have been bar band players," he said. "Because Paul McCartney was there. Bruce Springsteen came, but he didn't play — and I didn't care."

Later, he spotted Macca mouthing the words to "Back in the U.S.S.R." in the raucous crowd.

"Raising his arm, fist in the air, I'm thinking, 'This is not real....' It was like a gambling machine, where all the cherries line up in a row," he said.

Socially Distanced Concert Series

Dancing Queens ABBA Tribute – Friday, Aug. 28, and Saturday, Aug. 29, \$23

Recycled Percussion – Saturday, Sept. 5, and Sunday, Sept. 6, \$35

Beatles Night featuring The Weeklings – Friday, Sept. 11, \$23

Almost Queen – Saturday, Sept. 12, \$23
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Thursday, Aug. 27
Amherst
LaBelle: Jared Rocco, 3:30 p.m.

Bedford
Copper Door: Joanie Cicatelli, 6 p.m.
Murphy's: Jonny Friday, 5:30 p.m.
T-Bones: Phil Jake's, 6 p.m.

Derry
T-Bones: Chris Lester, 6 p.m.

Epping
Telly's: Scott Plante, 7 p.m.

Exeter
Sawbelly: Dean Harlem, 5 p.m.

Goffstown
Village Trestle: Mystical Magical Duo, 6 p.m.

Hampton
Ashworth: Tim Parent, 4 p.m. (Sandbar)
Bernie's: Pete Kilpatrick Band, 7 p.m. (main stage); Joe Sambo, 7 p.m. (patio)
CR's: Barry Brearley, 6 p.m.
The Goat: Alex Anthony, 8:30 p.m.
Sea Ketch: Matt Luneau, 1 p.m.
Sea Shell: Country Mile, 7 p.m. (country)
Smuttynose: Open Mic with Max Sullivan, 6 p.m.
Wally's: Chris Toler, 7 p.m.

Henniker
Pats Peak: Shaun Mcgyver, 5 p.m.

Hudson
Fat Katz: Karaoke Social Distance Style, 7 p.m.
T-Bones: Justin Jordan, 6 p.m.

Kingston
Saddle Up Saloon: Karaoke with DJ Jason Whitney, 7 p.m.

Laconia
Naswa: Bob Pratte Band, 9 p.m.
T-Bones: Chris Perkins, 6 p.m.

Londonderry
Stumble Inn: Troy & Luneau, 6 p.m.

Manchester
CJ's: Clint Lapointe, 6 p.m.
Derryfield: Austin & Justin, 6 p.m.
Firefly: Caroline Portu, 5 p.m.
Fratello's: April Cushman, 6 p.m.

KC's: Jodee Frawlee, 5:30 p.m.
Murphy's: Maven Jamz, 8 p.m.

Merrimack
Homestead: Malcolm Salls, 6 p.m.

Nashua
American Social Club: MB Padfield, 7 p.m.
Fratello's: Ralph Allen, 6 p.m.

Newmarket
Stone Church: Andrew Polakow, 6 p.m.

Portsmouth
Gas Light: Matt Langley, 8 p.m.
The Goat: Ellis Falls, 9 p.m.

Rochester
Governor's Inn: Amanda Dane Band, 6 p.m. (groovin' rock)

Salem
Copper Door: Pete Peterson, 6 p.m.

T-Bones: Music from J-Z, 6 p.m.

Windham
Old School: Corey McLane, 6 p.m.

Friday, Aug. 28
Auburn
Auburn Pitts: Nicole Knox Murphy, 6 p.m. (Country)

Bedford
Copper Door: Phil Jakes, 6 p.m.
Murphy's: D-Comp Duo, 7:30 p.m.
T-Bones: Caroline Portu, 6 p.m.

Bristol
Homestead: Jim Conners, 5 p.m.

Candia
Candia Woods: Munk Duane, 5:30 p.m.

Concord
Area 23: Angry Garfunkels, 6:30 p.m.

Lithermans: DJ Shamblez, 4 p.m.

Derry
T-Bones: Pete Peterson, 6 p.m.

Epping
Community Oven: Brad Bosse, 6 p.m.
Popovers: Craig Lagrassa, 5 p.m.
Telly's: April Cushman Duo, 8 p.m.

Exeter
Sawbelly Brewing: Bria Ansara, 2 p.m.; Todd Hearon, 5 p.m.

Gilford
Patrick's: Don Severance, 4 p.m.

Goffstown
Village Trestle: Jennifer Mitchell, 6 p.m.

Greenfield
The Hungry Goat: Granite Peach, 7 p.m.

The music returns
These listings for live music are compiled from press releases, restaurants' websites and social media and artists' websites and social media. Events may be weather dependent. Call venue to check on special rules and reservation instructions.

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NITE MUSIC THIS WEEK

Hampton

Ashworth: Paradise, 4 p.m. (Sandbar); DJ, 8 p.m. (Breakers)
Bernie's: Chris Toler, 1 p.m. (Main Stage); Alex Anthony Band, 8 p.m. (Main Stage); King Kyote, 2 p.m. (patio); Max Sullivan, 8 p.m. (patio)
CR's: Ross McGinnes, 6 p.m.
The Goat: Rob Pagnano, 8 p.m.
Seashell Stage: Martin & Kelly, 7 p.m.
Smuttynose: Amanda Dane Duo, 6:30 p.m.
Wally's: LuFFKid, 8 p.m.

Henniker

Pats Peak: Karen Grenier, 5 p.m.

Hooksett

Big Kahunas: Chris Fraga, 5 p.m.
Chantilly's: Carter on Guitar, 8 p.m. (live acoustic)

Hudson

Fat Katz: Karaoke Social Distance Style, 7 p.m.
T-Bones: Jae Mannion, 6 p.m.

Kingston

Saddle Up Saloon: Whiskey 6, 7 p.m.

Laconia

Fratello's: Paul Warnick 6 p.m.
Naswa: Bob Pratte Band, 9 p.m. (Blue Bistro)
T-Bones: Rebecca Turmel, 6 p.m.

Londonderry

Coach Stop: Joanie Ciatelli, 6 p.m.
Stumble Inn: Rob & Jody, 6 p.m.

Manchester

Backyard Brewery: Andrew Geano, 5 p.m.
Bonfire: Isaiah Bennett, 9 p.m.
CJ's: Austin McCarthy, 6 p.m.
Club Manchvegas: The Hip Movers, 9:30 p.m.
Derryfield: 21st & 1st, 7 p.m.
Firefly: Matt Luneau, 6 p.m.
The Foundry: Alex Cohen, 6 p.m.
Fratello's: Tom Rousseau, 6 p.m.
Jewel: Bass Weekly, 8 p.m.
KC's: Malcolm Salls, 7 p.m.
McIntyre: MB Padfield, 5:30 p.m.

Murphy's: Erika Van Pelt Duo, 9:30 p.m.

Meredith

Mills Falls Marketplace: Joel Cage, 5 p.m.

Merrimack

Homestead: Jeff Mrozek, 6 p.m.

Milford

Riverhouse: Justin Cohn, 6 p.m.

Nashua

American Social Club: Chad LaMarsh, 7 p.m.
Fody's: Vinyl Legion Band, 9 p.m.
Fratello's: Doug Thompson, 6 p.m.

New Boston

Molly's Tavern: Tom Keating, 5 p.m.

Newmarket

Stone Church: Dave Gerard, 6 p.m.

Portsmouth

Gas Light: Jodee Frawlee, 12:30 p.m.
The Goat: Pat Dowling, 9 p.m.

Rochester

Governor's Inn: Aunt Peg, 7 p.m. (classic rock)

Salem

Copper Door: Joe Winslow, 6 p.m.
T-Bones: Tim Kierstead, 6 p.m.

Seabrook

Chop Shop: Leaving Eden, 6:30 p.m.

Stratham

Tailgate Tavern: Alan Roux, 7 p.m.

Windham

Old School: Maddi Ryan, 7 p.m.

Saturday, Aug. 29

Bedford

BVI: Jodee Frawlee, 5 p.m.
Copper Door: Pete Peterson, 6 p.m.
Murphy's: April Cushman, 7:30 p.m.
T-Bones: Rebecca Turmel, 6 p.m.

Bow

Chen Yang Li: Karen Grenier, 7 p.m.

Bristol

Homestead: Jim Conners, 5 p.m.

Brookline

Averill House Winery: Aria Zarnoski, 2 p.m.; Union Roots, 4 p.m.

Concord

Area 23: Song Writer Circle with Liam Spain, 2 p.m.; Lichen, 5:30 p.m.
Concord Craft Brewing: Lucas Gallo, 4 p.m. (singer/songwriter)

Derry

T-Bones: Chris Perkins, 6 p.m.

Epping

Telly's: 603's, 8 p.m.

Exeter

Sawbelly Brewing: Elijah Clark, 2 p.m.; Bria Ansara, 5 p.m.

Gilford

Patrick's: Phil & Janet, 4 p.m.

Goffstown

Village Trestle: Acoustic Moxie, 6 p.m.

Greenfield

The Hungry Goat: Richard Sheppard, 7 p.m.

Hampton

Ashworth: Bob Parent Band, 4 p.m. (Sandbar); DJ, 8 p.m. (Breakers)
Bernie's: MB Padfield, 1 p.m. (main stage); Rob Benton, 8 p.m. (main stage); Mike Forgette, 2 p.m. (patio); Emily Rae, 8 p.m. (patio)
Community Oven: Brad Bosse, 6 p.m.
The Goat: Dave Perlman, 8:30 p.m.
Sea Shell: Leaving Eden, 7 p.m.
Smuttynose: Mica Peterson Duo, 6:30 p.m.
Wally's: Chris Toler, 3 p.m.
WHYM: Andrew Geano, 4 p.m.

Henniker
Pats Peak: Technical Difficulties, 5 p.m.

COMEDY THIS WEEK AND BEYOND

Some are ticketed shows; schedule subject to change. See venues for updated information.

Venues

Alpine Grove
19 S. Depot Road, Hollis, alpinegrove.com

Chunky's
707 Huse Road, Manchester; 151 Coliseum Ave., Nashua; 150 Bridge St., Pelham, chunkys.com

The Loft

131 Congress St., Portsmouth, 436-2400, themusicall.org

Palace Theatre
80 Hanover St., Manchester, 668-5588, palace-theatre.org

Tupelo Music Hall

10 A St., Derry, 437-5100, tupelomusicall.com

• **Kelly McFarland,** Alpine Grove, Thursday, Aug. 27, 7 p.m.

• **Bob Marley,** Palace Theatre, Friday, Aug. 28, 7 & 9 p.m.; Saturday, Aug. 29, 3, 5, 7 & 9 p.m. and Sunday, Aug. 30, 4, 6:15 & 8:30 p.m.

• **Bill Simas,** Chunky's Nashua, Friday, Aug. 28, 8 p.m.

• **Roy Wood Jr.,** The Loft in Portsmouth, Saturday, Aug. 29, 7 & 9 p.m.

• **Jim Colliton,** Chunky's Manchester, Saturday, Aug. 29, 8 p.m.

• **Juston McKinney,** The Loft in Portsmouth, Thursday, Sept. 3, 6 & 8 p.m.

• **Comedy Night,** Tupelo Drive-In, Friday, Sept. 4, 6 p.m.

• **Robbie Printz,** Chunky's Manchester, Friday, Sept. 4, 9 p.m.

NITE MUSIC THIS WEEK

Hooksett
Big Kahuna's: Dough Thompson, 5 p.m.

Hudson
Fat Katz: M.F. Law, 6:30 p.m.
T-Bones: Chris Gardner, 6 p.m.

Kingston
Saddle Up Saloon: Crunc Acoustic, 7 p.m.

Laconia
The Big House Deja Voodoo, 5 p.m.
Fratello's: Tim Keirstead, 6 p.m.
Naswa: Blue Matter, 1 p.m.
T-Bones: Sean Coleman, 6 p.m.

Londonderry
7-20-4: Dyer Holiday, 4 p.m. (acoustic rock/pop covers)
Coach Stop: Tom Rousseau, 6 p.m.
Moonlight Meadery: Midnight Americans, 6 p.m.
Stumble Inn: ON2 Duo, 6 p.m.

Manchester
Backyard Brewery: Justin Cohn, 5 p.m.
Bonfire: Nick Drouin, 9 p.m.
Derryfield: Those Guys, 7 p.m.
CJ's: Corinna Salven, 6 p.m.
Firefly: Chris Powers, 6 p.m.
The Foundry: Eric Lindberg & Brad Myrick, 6 p.m.
Fratello's: Chris Cavanaugh, 6 p.m.
KC's: Justin Jordan, 6 p.m. (Tiki Bar)
McIntyre: Austin McCarthy, 5:30 p.m.

Meredith
Twin Barns: Gabby Martin, 3 p.m.

Merrimack
Homestead: Ted Solo, 6 p.m.

Milford
Riverhouse: Caroline Portu, 6 p.m.

Nashua
American Social Club: Matt Jackson, 7 p.m.
Fratello's: Max Sullivan, 6 p.m.
Peddler's Daughter: Brien Sweet, 8 p.m.

New Boston
Molly's: The Incidentals, 5 p.m.

Newmarket
Stone Church: Green Heron with Old Hat Stringband, 6 p.m.

Portsmouth
The Goat: Pat Dowling, 9 p.m.
Stately: Whiskey Horse, 8 p.m.

Rochester
Governor's Inn: Country Roads, 7 p.m. (new country)

Salem
Copper Door: Phil Jakes, 6 p.m.
T-Bones: Ralph Allen, 6 p.m.

Seabrook
Chop Shop: All about the '90s, 7 p.m.

Windham
Old School: Mo Bounce, 6 p.m.

Sunday, Aug. 30
Bedford
Murphy's: Gabby Martin, 4 p.m.

Chichester
Flannel Tavern: White Dog Duo, 4 p.m.

Concord
Cheers: Corey McLane, 4 p.m. (solo/acoustic)
Epping
Railpenney Tavern: Artty Francoeur, 10 a.m. (blues brunch with a side of bluegrass)

Gilford
Patrick's: Cody James, 4 p.m.

Hampton
Ashworth: Dean Harlem, 4 p.m. (Sandbar)
Bernie's: Joe Sambo, 1 p.m. (main stage); Soulation, 7 p.m. (main stage); Mike Forgette, 7 p.m. (patio)
Bogie's: Max Sullivan, 2 p.m.
CR's: Wendy Nottanson, 4 p.m.
The Goat: Isaiah Bennett, 8:30 p.m.
Instabar: Brad Bosse, 5 p.m.
Seashell Stage: Tribute to Bob Vershon with Angela West &

Showdown and JohnE & the Rock-its with Martin & Kelly, Rodeo Clowns, Mychae David, Darren Bessette, Fred Ellsworth, Tylor Crocker, Michelle Jackson White, 2 to 8 p.m. (country music)
Smuttynose: Ericka Van Pelt Duo, 1 p.m.; April Cushman, 5:30 p.m.
Striker: Max Sullivan, 7 p.m.
Wally's: MB Padfield, 2 p.m.; LuffiKid, 7 p.m.
WHYM: Phil Jakes, 1 p.m.

Hudson
Fat Katz: Granite Street Rhythm, 2 p.m.

Kingston
Saddle Up Saloon: Scott Plante, 5 p.m.

Londonderry
Stumble Inn: 21st & 1st, 5 p.m.

Manchester
Candia Road Brewing: Chad Verbeck, 5 p.m.
Derryfield: Chad LaMarsh, 5 p.m.
Firefly: Austin McCarthy, 4 p.m.

Newmarket
Stone Church: Open mic with Dave Ogden, 5 p.m.

Portsmouth
Gas Light: Lewis Goodwin, 6 p.m.
The Goat: Rob Pagnano, 8:30 p.m.

Windham
Old School: Jah Spirit, 3 p.m. (reggae Sunday)

Monday, Aug. 31
Hampton
Bernie's: MB Padfield, 7 p.m. (main stage); Reggae Nights with Green Lion Crew, 7 p.m. (patio)
The Goat: Shawn Theriault, 8:30 p.m.
Seashell Stage: The Cab, 7 p.m.
Wally's: LuffiKid, 7 p.m.

Londonderry
Stumble Inn: Jodee Frawlee, 5 p.m.

Manchester
Fratello's: Andrew Geano, 6 p.m.



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131700

NITE MUSIC THIS WEEK

KC's: Jonny Friday, 3 p.m.

Merrimack

Homestead: Chris Powers, 6 p.m.

Nashua

Fratello's: Sean Coleman, 6 p.m.

Portsmouth

Gas Light: Tim T, 8 p.m.
The Goat: Musical Bingo Nation, 7 p.m.; Alex Anthony Band, 9 p.m.

Tuesday, Sept. 1

Bedford

Murphy's: Andrew Geano, 5:30 p.m.

Hampton

McGuirk's: Brad Bosse, 7 p.m.
Seashell Stage: C-Rock, 7 p.m.

Londonderry

Stumble Inn: Jonny & Jenny-Lynne Trivia, 8 p.m.

Manchester

Fratello's: Chris Cavanaugh, 6 p.m.

Merrimack

Homestead: Ryan Williamson, 6 p.m.

Portsmouth

Gas Light: Tim T, 8 p.m.

Wednesday, Sept. 2

Bedford

Murphy's: Clint LaPointe, 5:30 p.m.

Hampton

Seashell Stage: Chippy and the Ya Ya's, 7 p.m.

Kingston

Saddle Up Saloon: Waterman Wednesday with Adam Fithian, 7 p.m. (live acoustic: classic rock, modern hits, 90s throwbacks)

Laconia

Naswa: Matt Langley, 4 p.m.

Londonderry

Stumble Inn: Pete Peterson, 5 p.m.

Manchester

Fratello's: Ryan Williamson, 6 p.m.
Murphy's: MB Padfield, 6:30 p.m.

Merrimack

Homestead: Jodee Frawlee, 6 p.m.

Nashua

Fratello's: Brad Bosse, 6 p.m.

Portsmouth

Gas Light: Dave Gerard, 8 p.m.

Windham

Castleton: Paul Driscoll, 5 p.m.

Thursday, Sept. 3

Amherst

LaBelle: Derek Fimbel, 3:30 p.m.

Bedford

Copper Door: Chad LaMarsh, 6 p.m.
Murphy's: Jonny Friday, 5:30 p.m.
T-Bones: Gabby Martin, 6 p.m.

Concord

Area 23: Vinyl Night, 3 p.m.

Derry

T-Bones: Dave Zangri, 6 p.m.

Epping

Telly's: Austin McCarthy, 7 p.m.

Hampton

Seashell Stage: Angela West and the Showdown, 7 p.m.
Smuttynose: Open Mic with Max Sullivan, 6 p.m.

Henniker

Pat's Peak: Becca Myrai, 5 p.m.

Hudson

T-Bones: Sean Coleman, 6 p.m.

Kingston

Saddle Up Saloon: Karaoke with DJ Jason Whitney, 7 p.m.

Laconia

T-Bones: Matt Langley, 6 p.m.

Londonderry

Stumble Inn: BassTastic Duo, 6 p.m.

Manchester

CJ's: Ralph Allen, 6 p.m.
Derryfield: D-Comp, 6 p.m.
Firefly: Justin Cohn, 5 p.m.
Fratello's: Matt Luneau, 6 p.m.
Murphy's: Mica Peterson Duo, 8 p.m.

Merrimack

Homestead: Chris Powers, 6 p.m.

Nashua

American Social Club: Henry LaLiberte, 7 p.m.
Fratello's: Ryan Williamson, 6 p.m.

Portsmouth

Gas Light: Clint Lapointe, 8 p.m.

Rochester

Governor's Inn: Rosie, 6 p.m. (rock)
Revolution: Karaoke, 7:30 p.m.

Salem

CopperDoor: Jodee Frawlee, 6 p.m.
T-Bones: Bob Pratte, 6 p.m.

Windham

Old School: Swipe Right, 6 p.m.

Concerts

Ticketed shows; schedule subject to change. See venues for up-to-date information.

Venues

Alpine Grove

19 S. Depot Road, Hollis
alpinegrove.com

Bank of NH Stage in Concord

16 S. Main St., Concord
225-1111, banknhstage.com
Outdoor venue: Fletcher-Murphy Park (28 Fayette St. in Concord)

Cheshire Drive-In Live

Cheshire Fairground
247 Monadnock Hwy, Swanzey
drive-in-live.com

FisherCats Socially Distanced Concert Series

Delta Dental Stadium
1 Line Drive, Manchester
nhfishercats.com

The Music Hall

28 Chestnut St., Portsmouth
436-2400, themusichall.org

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23 Amherst St., Manchester
668-5588, palacetheatre.org

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659-7700, stonechurchrocks.com

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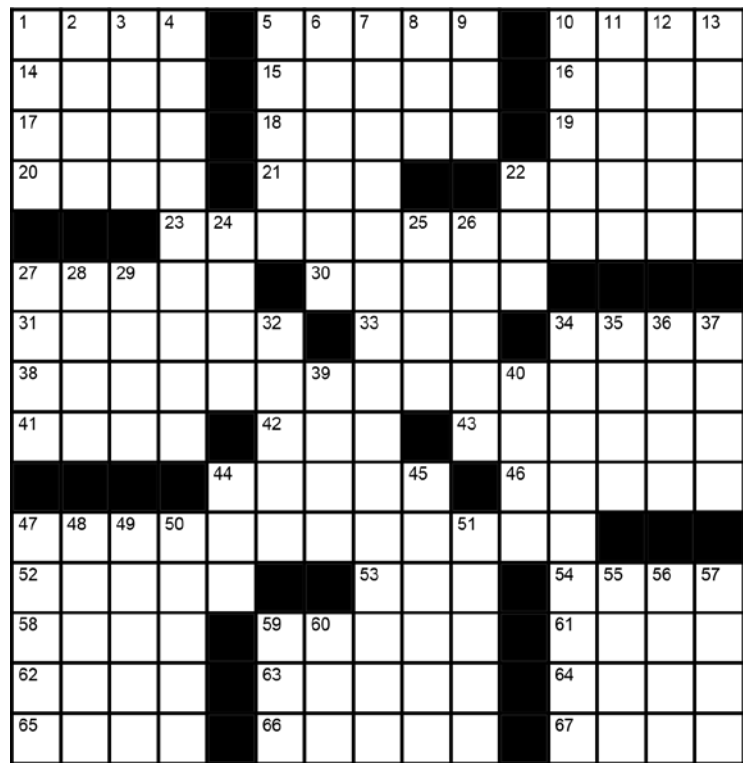
29 Mont Vernon, Milford
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Shows

- Will Dailey Thursday, Aug. 27, 6 p.m., Tupelo Drive-In
- Entrain Friday, Aug. 28, 6 p.m., Tupelo Drive-In
- Town Meeting Friday, Aug. 28, 8 p.m., Zinger's

- ABBA Tribute Show Friday, Aug. 28, and Saturday, Aug. 29, at 7 p.m., Fisher Cat's Delta Dental Stadium
- Acoustic Grateful Dead with John Zevos and Friends Friday, Aug. 28, 7:30 p.m., Rex Theatre
- Martin Sexton Friday, Aug. 28, 8 p.m., Cheshire Drive-In Live
- Sweet Baby James (James Taylor Tribute) Saturday, Aug. 29, 3 & 6 p.m., Tupelo Drive-In
- Sojoy Trio Saturday, Aug. 29, 6 & 8:30 p.m., Music Hall (out on Chestnut Street)
- Green Heron with Old Hat Stringband Saturday, Aug. 29, 6 p.m., Stone Church
- A Couple of Fools (Mike and Rich of The Foods), Saturday, Aug. 29, 7:30 p.m., Rex Theatre
- Marcus Rezak's Shred is Dead Saturday, Aug. 29, 8 p.m., Bank of NH Stage in Concord
- Carbon Leaf Sunday, Aug. 30, 3 & 6 p.m., Tupelo Drive-In

GUESS THAT'S WHY THEY CALL THEM THE PUZZLES



Across

- 1. Song went down the charts or did this
- 5. What penniless band is up against
- 10. Brian Johnson 'Powerage' band
- 14. Impressions 'All I Want ___ Is Make Love To You' (2,2)
- 15. Unwritten Law didn't get any sleep when they stayed '___ Night' (2,3)
- 16. Kelly Osbourne song that means "Whoops!" (2,2)
- 17. Rocker was a roll call misser or went this, when fame hit too hard
- 18. Jim Croce "And he's bad, bad ___ Brown, the baddest man in the whole damn town"
- 19. Elton John's sidekick Tim
- 20. "With a rebel ___, she cried more, more, more!" Billy Idol
- 21. Notable period of music is called this
- 22. A very wealthy star might need to put their cash in a few of them
- 23. '07 Symphony X album named after John Milton's 1667 epic poem (8,4)
- 27. Rapper/singer/American Idol judge Nicki
- 30. 'Nobody Does It Better' Carly
- 31. Finnish metal band that lacks moral sense, perhaps

- 33. After he was knighted he became ___ Elton John
- 34. Choir part
- 38. The composition of music for instruments
- 41. Chicago '___ Anybody Really Know What Time It Is?'
- 42. 'Unforgettable' ___ King Cole
- 43. Milli Vanilli concocted one to fool the public
- 44. Musical directions may take different these through years
- 46. Gets promoted at label or does this through the ranks
- 47. Santana '___': The Greatest Guitar Classics Of All Time' (6,6)
- 52. What off-key sing-along next to you will do
- 53. Spacehog wants to live on NYC's '2nd' this (abbr)
- 54. Blues Traveler 'Featherhead And Lucky

- 58. British 'Sand In My Shoes' female singer
- 59. What band will do to adjust sound
- 61. Phish "Nothing ___ say to make it stop, stop, stop" (1,3)
- 62. Bob Marley loved it so much, he asked us to '___ Twice' (2,2)
- 63. Elton John 'Sorry ___ To Be The Hardest Word'
- 64. 'Ithyphallic' metalers named after Cairo's waterway
- 65. Female who's 'Song' is was, to

- Silverchair
- 66. Buck Owens 'Let's ___ To Disagree'
- 67. Actress/model Sedgwick that inspired The Cult song

Down

- 1. Gloria Estefan was clingy when she sang 'Can't ___ Away From You'
- 2. '(What's So Funny 'Bout) Peace, Love, & Understanding' writer/rocker Nick
- 3. Former Generation X singer Billy
- 4. '94 Hole hit about toy models' limbs lying around (4,5)
- 5. "Slap me with a splintered ___" Alanis Morissette
- 6. 'Tommy' & 'The Black Parade' are rock ones
- 7. '81 'The Best Of Times' Styx album (8,7)
- 8. Jeff Lynne's band (abbr)
- 9. Metric kept it down low and 'On The ___'
- 10. Blackalicious had a great ear for '___ Pleasure'
- 11. Grateful Dead "Got a wife in ___, babe and one in Cherokee"
- 12. On the bay Otis Redding sat on them
- 13. Rock star will puff his out for the photo op
- 22. Folds, Kweller, or Lee
- 24. Brand New caught a firefly and put it 'In ___' (1,3)
- 25. 'The Trouble ___' Gavin Rossdale (2,2)
- 26. Organizes albums or does this
- 27. Led Zep 'Living Loving ___ (She's Just A Woman)'
- 28. Elton John "___ longer counting I'm not keeping score" (2,2)
- 29. Part of face Weezer considers 'Dope'
- 32. David Guetta song about some eclipses?
- 34. Persuaders "It's ___ between love and hate" (1,4,4)
- 35. UB40 is calling us out with 'Promises And ___'

WORD★Roundup™

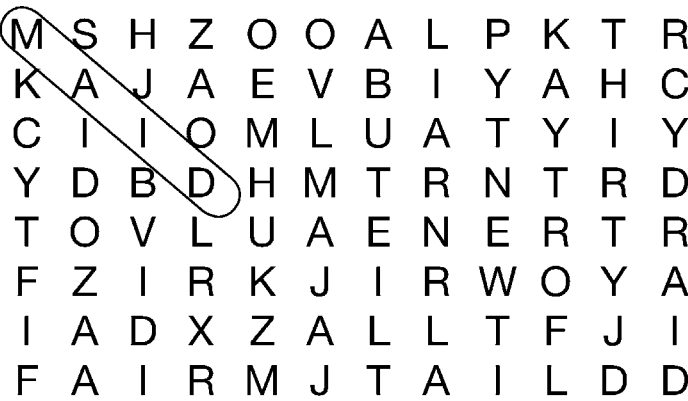
by David L. Hoyt & Jeff Knurek

Find and Circle...

- Ten words with AI in the middle
- Four numbers ending with Y
- Three four-letter musical instruments
- Tool that drives nails
- Place to see exotic animals

Last Week's Answers: ECSTATIC ECHELON ECLIPSE ECONOMY ECHO / AMERICAN UNITED DELTA / RAVIOLI PENNE ZITI / AUSTEN ASIMOV / FROG TOAD

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- 36. Elton John "Turn ___ when you're lonely" (2,2)
- 37. '03 Michael Jackson video album that had all the hits: 'Number ___'
- 39. Band accountant better be good at this school subject
- 40. Stoner band's growing plot
- 44. '00 Bosstones album to us to listen up and '___ Attention'
- 45. '90 Fleetwood Mac 'Behind The Mask' hit they sang to life preserverthrower? (4,2)
- 47. Iron Butterfly 'In-A-___ - Da-Vida'
- 48. 'Turn Me On Mr Deadman' ___ Underground
- 49. 'I Am Not My Hair' Arie
- 50. ___ & The Maytals
- 51. Not the chorus
- 55. Jazz, soul, funk and disco = ___ Jazz
- 56. State most band are from, for short
- 57. Zac Brown was '___ Deep' in it
- 59. Elton John "And I'm gonna be high ___ kite by then" (2,1)
- 60. Limb Mellencamp got 'Up' on 'Whenev'er We Wanted' © 2020 Todd Santos

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EASY

7+	3	2÷	
	2÷		4
3-		1-	6×
2÷			

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WORKSPACE:

CHALLENGING

2-		3-	5-		4
4-			1-		5-
2÷		3÷		5	
3÷	15+		5	6×	
		5-		11+	
5+		3	3÷		

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RULES

① Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.

② The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.

③ Freebies: Fill in single-box cages with the number in the top-left corner.

PREVIOUS ANSWERS

2÷	2	3-	4	7+	3
1	2	4	4	3	
2	4+	3	1	4	
4		6×	3	1-	2
7+	3	4	2	1	

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40×	5	4	2	3	5-	6	1
4-	1	5	4	6	8×	2	3
2÷	2	3	6	4	11+	4	1
3	4	1	5	2	10×	2÷	3
3	3	6	1	5	32×	4	2
3÷	6	2	3	1	5	5	4

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"For the Birds" — multi-tasking for the "modern Stone Age family" (#34, Feb. 2002)

Across

- 1 Drains, as energy
- 5 R&B singer Cantrell
- 8 Cause counterpart
- 14 Jog like a horse
- 15 Presidential monogram during the 1960s
- 16 "Starlight Express" director Nunn
- 17 Gigantic bird with a stone passenger cabin
- 19 Item with an image-chiseling bird
- 20 Suffix for McCarthy
- 21 With a tilde, "year"; without, something nastier
- 22 Darkness and obscurity
- 23 Musical item using a pointy-beaked bird
- 28 Eye color location
- 29 Birds on a ranch Down Under
- 30 Word after tight or rear
- 33 "Ad ___ per aspera" (Kansas state motto)
- 35 PBS kids' show that taught Ubby-Dubby
- 36 Fortune 500 member, most likely
- 37 Signaling item, when the bird's

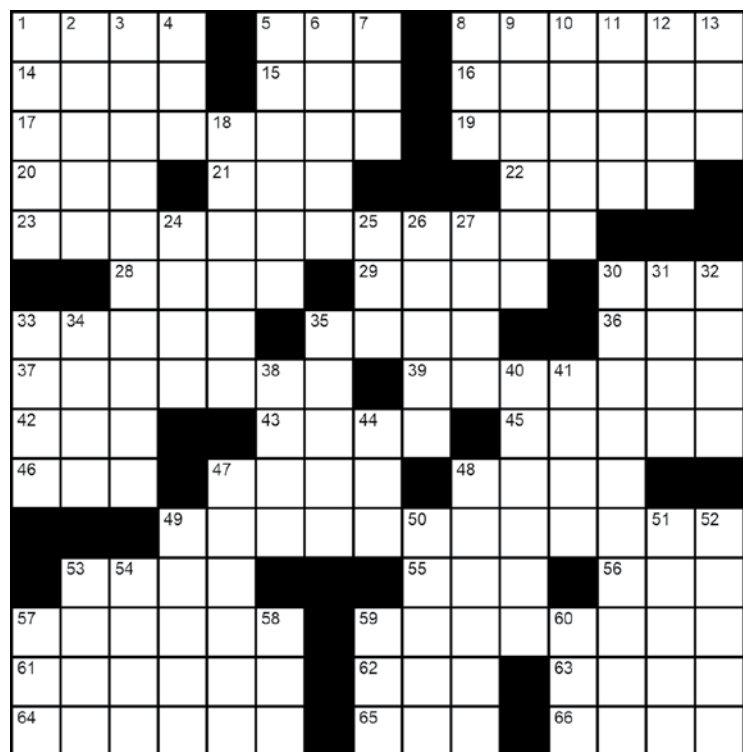
- tail is pulled
- 39 Motorist's signal, when the bird is squeezed
- 42 Parisian street
- 43 Annoying "Sesame Street" muppet
- 45 "Biography" network
- 46 "Abso-friggin-lutely!"
- 47 Mother of all, in Greek mythology
- 48 Other, to Osvaldo
- 49 Garden tool, when the bird's legs are squeezed
- 53 "The Heat ___"
- 55 Dig in
- 56 Pension plan alternative
- 57 Writing implement using a bird's beak
- 59 Talking bird flying back and forth between stone boxes
- 61 Cover for a platter
- 62 "Little piggy," really
- 63 "___ but known ..."
- 64 Tousles, like a puppy
- 65 AMA members

66 Corrida cheers

Down

- 1 It's made to step on
- 2 Obey Viagra?
- 3 San Francisco and New Orleans, for two
- 4 Frequent NASCAR sponsor
- 5 Uses an iron, maybe
- 6 Quick stretch in the alphabet song
- 7 Article written by Voltaire?
- 8 List-ending abbr.
- 9 Web design option that's obsolete
- 10 Thighbone
- 11 "The Greatest Story ___ Told"
- 12 Stopper for the bubbly
- 13 Singing syllable
- 18 Cowboy's rope
- 24 Hockey great Bobby and family
- 25 Summer sign
- 26 Service station owned by BP
- 27 Arizona City, today
- 30 Cost-friendly
- 31 Bookish type
- 32 Cooked to perfection
- 33 Off-kilter
- 34 Elisabeth of "Leaving Las Vegas"
- 35 Woody Allen "regular guy in famous situations" movie
- 38 Old paint additive
- 40 Ostrich or kiwi, e.g.
- 41 "First Do No ___" (Meryl Streep TV film)
- 44 Sallie ___ (student loan provider)
- 47 Site of a 1949 European "Convention"
- 48 Takes to the soapbox
- 49 Wishes
- 50 Carreras, Domingo, or Pavarotti
- 51 Etch away
- 52 Harold of "Ghostbusters"
- 53 "To Live and Die ___"
- 54 Twist, as statistics
- 57 AOL or MSN, e.g., once ...
- 58 ... and where to find them
- 59 "___ be my pleasure!"
- 60 Sorority letter

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R&R answer from pg 31 of 8/20



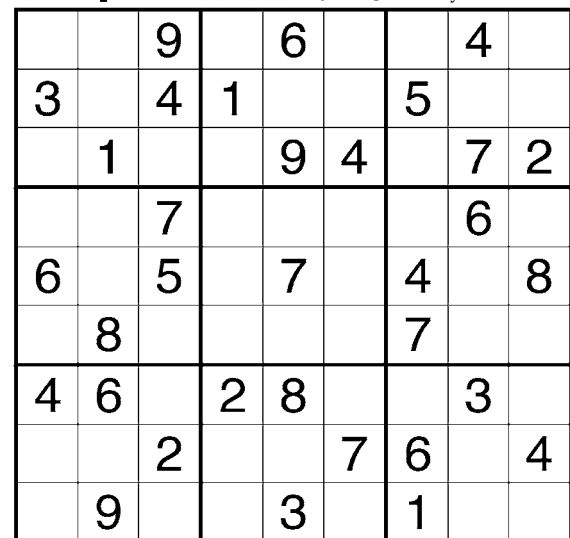
Jonesin' answer from pg 32 of 8/20



NITE SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. See last week's puzzle answers on pg 33.

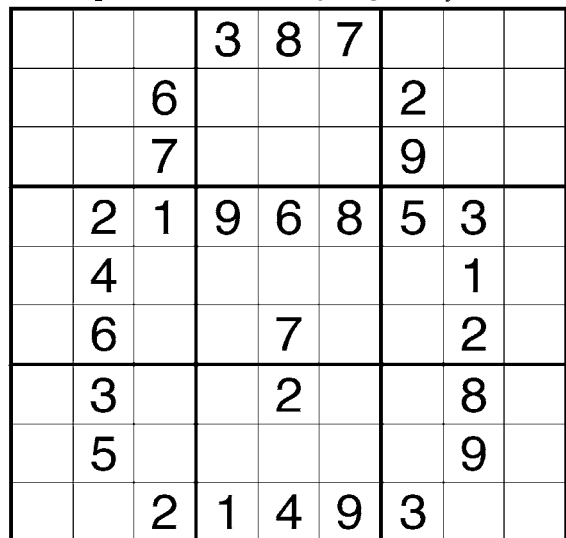
Conceptis Sudoku Puzzle A By Dave Green



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Difficulty Level ★

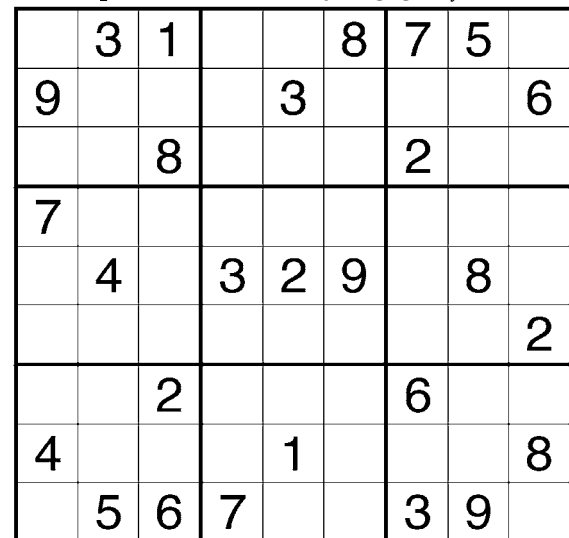
Conceptis Sudoku Puzzle B By Dave Green



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Difficulty Level ★★★

Conceptis Sudoku Puzzle C By Dave Green



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Difficulty Level ★★★★★

All quotes are from *Lean In*, by Sheryl Sandberg, born Aug. 28, 1969.

Virgo (Aug. 23 – Sept. 22) *As hard as it is to have an honest dialogue about business decisions, it is even harder to give individuals honest feedback. This is true for entry-level employees, senior leaders, and everyone in between. Try for an honest dialogue.*

Libra (Sept. 23 – Oct. 22) *Imagine that a career is like a marathon — a long, grueling, and ultimately rewarding endeavor. ... The men and women run side by side. The male marathoners are routinely cheered on: 'Lookin' strong! On your way!' But the female runners hear a different message. 'You know you don't have to do this!' the crowd shouts. Do what you want.*

Scorpio (Oct. 23 – Nov. 21) *Do not wait for power to be offered. Like that tiara, it might never materialize. And anyway, who wears a tiara on a jungle gym? Demand pockets.*

Sagittarius (Nov. 22 – Dec. 21) *... Dave and I figured out that we had spent a lot of time talking about how we would do things, but almost always in the abstract. Time to get real.*

Capricorn (Dec. 22 – Jan. 19) *Authentic communication is not always easy, but it is the basis for successful relationships at home and real effectiveness at work. You can still be polite.*

Aquarius (Jan. 20 – Feb. 18) *I used to think that being professional meant being organized and focused and keeping my personal life separate. ... I no longer think people have a professional self for Mondays through Fridays and a real self for the rest of the time. Bring your whole self!*

Pisces (Feb. 19 – March 20) *Another one of my favorite posters at Facebook declares in big red letters, 'Done is better than perfect.' Not always?*

Aries (March 21 – April 19) *Everywhere I go, I carry a little notebook with my to-do list — an actual note-*

book that I write in with an actual pen. (In the tech world, this is like carrying a stone tablet and chisel.) But when it comes to integrating work and family, planning too far in advance can close doors rather than open them. Don't let plans be burdens.

Taurus (April 20 – May 20) *But knowing that things could be worse should not stop us from trying to make them better. Word.*

Gemini (May 21 – June 20) *I am encouraging women to address the chicken, but I fully support those who are focusing on the egg. Address the chicken.*

Cancer (June 21 – July 22) *'How can I do better?' 'What am I doing that I don't know?' 'What am I not doing that I don't see?' These questions can lead to many benefits. As long as you don't try to answer them all at once.*

Leo (July 23 – Aug. 22) *I found Sergey [Brin, co-founder of Google,] in a yoga position in the corner and announced that we needed pregnancy parking, preferably sooner rather than later. He looked up at me and agreed immediately, noting that he had never thought about it before. Not everyone thinks of everything. 🍷*

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7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 next on the program (8)	_____
2 Microsoft email program (7)	_____
3 promising young athletes (9)	_____
4 a plan for possibilities (11)	_____
5 in the offing (9)	_____
6 farewell to a gator, perhaps (5)	_____
7 inevitable future (7)	_____

OMI

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Last Week's Answers: 1. NATALIE 2. JAKOB 3. ROSANNE 4. ENRIQUE 5. CARNIE 6. JULIAN 7. WYNONNA

Sudoku Answers from page 32 of August 20

Puzzle A

1	6	3	2	9	5	8	7	4
2	5	9	7	8	4	6	3	1
7	8	4	6	1	3	5	9	2
8	2	6	4	3	9	7	1	5
4	3	1	5	7	2	9	8	6
9	7	5	8	6	1	4	2	3
5	1	7	3	4	8	2	6	9
6	9	2	1	5	7	3	4	8
3	4	8	9	2	6	1	5	7

Difficulty Level ★

Puzzle B

6	5	4	9	1	8	3	2	7
9	1	7	2	3	5	4	8	6
2	3	8	4	6	7	1	9	5
4	6	5	1	7	2	8	3	9
1	8	9	3	4	6	5	7	2
7	2	3	8	5	9	6	4	1
8	7	6	5	2	4	9	1	3
5	4	1	7	9	3	2	6	8
3	9	2	6	8	1	7	5	4

Difficulty Level ★★★

Puzzle C

9	6	3	1	7	5	4	8	2
5	1	2	4	8	6	7	9	3
7	8	4	3	9	2	5	1	6
6	5	1	7	2	3	9	4	8
4	9	7	6	5	8	2	3	1
3	2	8	9	4	1	6	7	5
8	7	5	2	3	9	1	6	4
1	3	9	5	6	4	8	2	7
2	4	6	8	1	7	3	5	9

Difficulty Level ★★★★★

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The continuing crisis

Government restrictions aimed at slowing the spread of Covid-19 have had no effect on a growing trend on the island of Okinawa, Japan, called “rojo-ne” (literally, sleeping on the road), which local authorities blame on the island’s balmy weather and people’s habit of overindulging in “awamori,” a traditional rice-based liquor. Okinawa police have fielded more than 2,700 reports of rojo-ne in just the first six months of 2020, The Guardian reported, putting the island on pace to match last year’s 7,000 reported incidents, which resulted in 16 accidents and three deaths. Tadataka Miyazawa, the police chief, said he “didn’t even know the term ‘rojo-ne’ before coming to Okinawa.”

Putting on the brakes

Organizers of Philadelphia’s 12th Annual Naked Bike Ride have canceled the event, scheduled for Aug. 29, because of the pandemic, the Associated Press reported. Ride organizer Maria Serrahima said she hopes people will be able to return next year and that riders are “taking advantage of the emptier streets and riding — masks up.” The Philly Naked Bike Ride attracts thousands of riders and covers a 10-mile course taking in the city’s landmarks such as Independence Hall and the Liberty Bell.

Awesome!

• People living around Olten, Switzerland, got a surprise on Aug. 14 when it began snowing cocoa powder. Strong winds that morning distributed the cocoa dust from a malfunctioning ventilation system at the Lindt & Spruengli chocolate factory nearby, delivering enough to cover at least one car, the Associated Press reported. The company offered cleaning services, but no one took them up on the offer. The ventilation system has been repaired.

• The very last Blockbuster store, in Bend, Oregon, is offering Deschutes County residents three one-night sleepovers through Airbnb on Sept. 18, 19 and 20 for \$4 -- about the cost of a video rental, Oddee reported. Lucky movie lovers will have a pull-out couch, bean bags and pillows for their viewing comfort, plus 2-liter bottles of Pepsi and snacks to enjoy during a marathon of “new releases” from the ’90s. “Nothing can replace going to the store with loved ones to browse the shelves and find a movie that suits whatever mood you’re in,” said Sandi Harding, the store manager.

Irony

A mystery unfolded in the Mystery section of the Walla Walla (Washington) Public Library in late July when workers performing renovations during the shutdown demolished a section of shelves and discovered a

disintegrated paper bag with five full cans of Hamm’s beer and an opened bag of Godzilla Heads gum. Library staff determined the hidden snacks dated back to the 1980s, CNN reported. Library director Erin Wells posited that “somebody had stashed it there and maybe thought they could get it later ... but there was no way to get it out.”

Fine points of the law

Utica (New York) City Court Judge Ralph Eannace was outraged, but did not set bail for defendant Anthony Walker on Aug. 13, which surprised even Walker, who had been arrested for the second time in two days for leading police on a high-speed chase. “Because, I guess, of the new bail reform law,” Walker said, Judge Eannace said he had no choice but to let Walker go. On Aug. 9, Walker had hit another car while driving a Maserati that had been reported stolen. “I plan to do the right thing this time, man. I’m tired of this,” he told WKTV, apologizing if anyone was hurt. Utica police noted that Walker made the same pledge after his first arrest. “Yeah,” said Walker, “I did take them on a high-speed chase ... nobody’s perfect.”

Happy ending

Residents of Sioux Falls, South Dakota, have been cheered recently by the unexpected presence of a corn stalk growing up through a crack in the pavement at a busy

intersection. Dubbed the 57th Street Corn, the stalk had its own Twitter account and was hailed as a symbol of resiliency and hope in hard times; Mayor Paul TenHaken called it “amaizing.” But on Aug. 19, the Argus Leader reported, neighbors found the plant had been ripped from the ground overnight, prompting sorrow on social media and a flower memorial. “I didn’t want to see her story end like that,” said resident Chad Theisen. Together with his children, Theisen rescued the corn stalk, renamed it Cornelia and is nursing it back to health in a 5-gallon bucket. He hopes to find a permanent home for Cornelia, now a local celebrity, with the city’s help.

Bright idea

Renowned architect Shigeru Ban is attracting attention with new public toilets he designed in two parks in the Shibuya district of Tokyo. The toilets are surrounded by transparent colored glass that turns opaque when the door is locked on the inside, Sky News reported. “At night, the facility lights up the park like a beautiful lantern,” said Ban. The technology allows users to see whether the toilet is clean and empty before entering. But users say while inside, they can’t tell that the glass has turned opaque, leaving them with an unsettled feeling.

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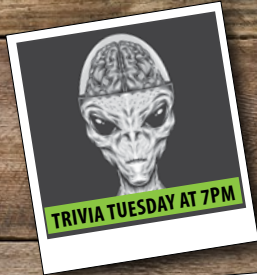


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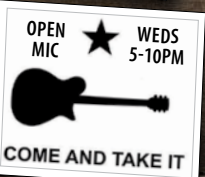
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NORTH HAMPTON Village Shopping Ctr, 69 Lafayette Rd. NORTH LONDONDERRY 137 Rockingham Rd. PEMBROKE Pembroke Crossing Place, 619 Sand Rd.
PETERBOROUGH Peterboro Plaza #1, 19 Wilton Rd. PLAISTOW Market Basket Plaza, 32 Plaistow Rd. PLYMOUTH 494 Tenney Mountain Hwy.
PORTSMOUTH Portsmouth Traffic Circle, 500 Woodbury ROCHESTER Ridge Market Place, 170-1 Marketplace Blvd. SALEM Rockingham Mall, 92 Cluff Crossing Rd.
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6 total sessions just 20 minutes each

Easy | Pain-free | Needle-Free

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