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JANUARY 14 - 20, 2021

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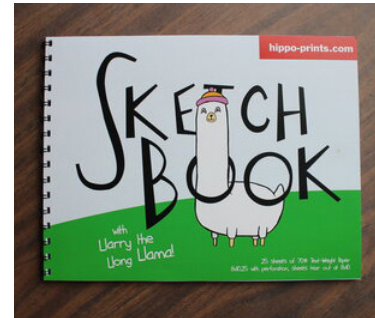
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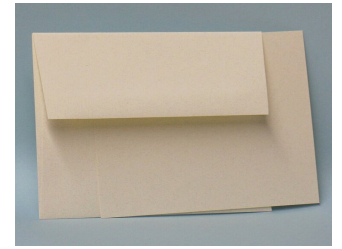
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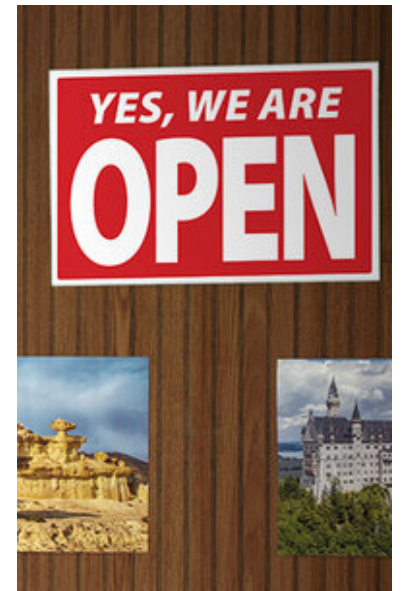
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Beyond the headlines



A few weeks ago, the Union Leader printed a story with the bold headline “NH scores among the top when it comes to race and health equality.”

The article was based on a recent report by the Health Opportunity and Equity (HOPE) Initiative and it pulled statistics stating that 67 percent of Black adults in New Hampshire have “very good or excellent” health compared to 59 percent of whites and 56 percent of Hispanics in the state.

Only at the end of the Union Leader piece was there a passing mention of the disproportionate impact of the Covid-19 pandemic on BIPOC (Black, Indigenous, People of Color) communities. I am struggling to see how these facts were not taken under consideration prior to going to print.

The Governor’s Covid-19 Equity Response Team (GCERT) provided their *Initial Report and Recommendations* to Gov. Sununu in July 2020. In their 50-page analysis, the group of public health experts from across the state provided a clear statistical case about these disparities and highlighted the full range of determinants, which often have racial bias woven into their fabric.

The GCERT report examined the cases of Covid-19 based on one’s racial-ethnic identity. Unfortunately, these are not always reliable statistics, primarily because our systems often do not do a good job of capturing demographic information accurately and completely, as we’ve seen with the Covid disparities data — as is also seen across the country according to the Covid Tracking Project. Additionally, given the reality of institutional and systemic racism, some individuals may not want to reveal their true racial-ethnic identity out of concern for potential discrimination.

One important contributing factor that wasn’t covered in the article is how our relatively rural state was impacted by the opioid crisis. In our nation’s health care model, white people are often doing “better” because we are being compared to communities of color; otherwise we, too, would have poor health outcomes. The closing line in the analysis section of the HOPE report summarized this reality: “Although white populations generally fare better on most measures of opportunity than most other populations in the state, white adults in New Hampshire have higher rates of premature mortality.”

Headlines are often not the full story. If we are truly committed to being a state where everyone has equal opportunity for good health then we are going to need to seek truth in the lived experiences of people who are suffering disproportionate impacts — including for both the Covid-19 pandemic and the opioid crisis. The GCERT report provides a solid starting place to truly create a healthy state where all structures support belonging, equity and good health for all.

Allyson Ryder serves in the state in a variety of capacities working to address social justice. She can be reached via email at almryder@outlook.com.



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ON THE COVER

18 NICE BUNS! Ooey-gooey cinnamon buns are the perfect treat for a cold winter’s day. Find out how local bakers make theirs, and get some tips for how to make your own from scratch.

ALSO ON THE COVER, as part of our month-long series looking back at some of the subjects Hippo has covered since it started 20 years ago, we talked to a few key players who have been part of the arts scene during that time, p. 10. Take a guided walk through the woods and immerse yourself in nature, p. 15. And find the perfect beer to pair with your DIY home project, p. 23.

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NEWS & NOTES

Covid-19 news

On Jan. 4, Gov. Chris Sununu issued Emergency Orders No. 79 and No. 80. Emergency Order No. 79 allows registered and certified pharmacy technicians to administer Covid-19 vaccines under certain conditions. Now through the remaining duration of the state of emergency or until the order is terminated, technicians are authorized to administer vaccines while under the supervision of a licensed pharmacist who ordered it. The technician must also have a current certificate in basic cardiopulmonary resuscitation.

Emergency Order No. 80 authorizes Medicaid disaster relief for the continued administration of Covid-19 vaccines in New Hampshire, temporarily waiving certain legislative requirements in order to allow it to move forward.

Dr. Beth Daly, Chief of the Bureau of Infectious Disease Control of the New Hampshire Department of Health & Human Services, provided an update on vaccine distributions in the state during a Jan. 5 press conference. She reported that, to date, enough vaccine doses have been distributed to vaccinate about 73 percent of Phase 1A individuals, which include first responders, high-risk health care workers and residents of long-term care facilities. Those in Phase 1B, including individuals over the age of 75, corrections officers and staff, and people with two or more high-risk conditions like cancer, sickle cell disease or chronic obstructive pulmonary disease, are expected to be

eligible for their vaccines next.

Dr. Daly said that between March and May, people in Phases 2A and 2B will be able to receive the vaccine. Phase 2A includes K through 12 school and child care staff, as well as people from the ages of 65 to 74. Phase 2B includes people from the age of 50 to 65. Then, from May into the summer and beyond, Phases 3A and 3B will be eligible. Phase 3A will include those who are under the age of 50 but are at a moderate risk of developing severe complications of Covid-19. Phase 3B will include everyone else not already vaccinated.

With its daily public health update on Jan. 8, New Hampshire surpassed 50,000 overall cases of Covid-19 since the beginning of the pandemic last March. As of Jan. 11, there are 267 people currently hospitalized with the virus, while 45,320 have recovered and are off isolation.

Chief justice nomination

Gov. Chris Sununu has nominated Attorney General Gordon MacDonald to serve as the next Chief Justice of the New Hampshire Supreme Court, to succeed Chief Justice Bob Lynn, who retired in August 2019. Since then, the Judicial Branch has been led by Senior Associate Justice Gary Hicks. "Gordon has served this State with distinction as Attorney General for the last four years, and I am honored to nominate him to lead our State's highest court," Sununu said in a press release. Sununu had previous-

ly nominated MacDonald for chief justice, but on July 10, the Executive Council voted against the nomination. At that time, Sununu issued a statement saying that he had never seen a nominee who was so supported and that "political extremism" had been behind the vote. "It is clear that we need to take a pause on the judicial nominating process and not move forward with any nominees until I have confidence there's appropriate perspective from the Council on their responsibilities to the process and to the state," Sununu said at the time. MacDonald has served as the state's Attorney General since April 2017, according to the Jan. 6 press release; prior to that, he was a partner at Nixon Peabody LLP in Manchester. "Gordon is exceptionally well-qualified for this important position. He has a long and well-deserved reputation as an outstanding lawyer. ... He also brings to the Court a proven record of service in both the private and public sectors, including his admirable performance over the last four years as Attorney General of New Hampshire," Lynn said in the Jan. 6 release.

Flags at state buildings in **Concord** and on all public buildings and grounds in New Hampshire were directed to fly at half-staff until sunset on Jan. 13, as a sign of respect for the sacrifice and service of U.S. Capitol Police Officers Brian D. Sicknick and Howard Liebengood and all Capitol police officers, according to a press release. "The American people will never forget Jan. 6, 2021 — a day when domestic terrorists attacked our nation's capital," Gov. Chris Sununu said in the release.

Disability rights activists gathered on Jan. 6 in **Durham** to protest the state's House of Representatives drive-in voting session, according to a press release. The session was held in a parking lot at UNH, which activists said was not easily accessible to some. Acting New Hampshire House of Representatives Speaker Sherman Packard had said in a Dec. 28 letter to state representatives that the House had not adopted a rule that allows it to meet remotely, so it was obligated to meet in person.

CONCORD

Though **Manchester** schools were scheduled to return to in-person learning on Jan. 19, the district announced in a letter to the school community on Jan. 8 that because the number of cases of Covid-19 in the city is "extremely high," that is unlikely to happen. According to the letter, cases must drop below the high-risk level, which is a rate of 10 or fewer new cases each day, but in recent days Manchester has seen between 65 and 72 new cases each day.

MANCHESTER

Despite having to cancel its annual plant sale and other fundraisers last year, the **Nashua** Garden Club voted to continue its tradition of charitable giving to four non-profit organizations and one that focuses on gardening and landscaping education. According to a press release, the 2020 holiday contributions of \$125 each went to Corpus Christi Food Pantry, Marguerite's Place, Nashua Soup Kitchen and Shelter, Nashua Children's Home and Grow Nashua.

Merrimack, Derry, Londonderry, NASHUA

Covid-19 update	As of January 4	As of January 11
Total cases statewide	47,328	52,307
Total current infections statewide	6,200	6,118
Total deaths statewide	781	869
New cases	5,658 (Dec. 29 to Jan. 4)	4,979 (Jan. 5 to Jan. 11)
Current infections: Hillsborough County	2,358	2,217
Current infections: Merrimack County	693	618
Current infections: Rockingham County	1,265	1,237

Information from the New Hampshire Department of Health and Human Services

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Lost and found

NH's Lisa Gardner discusses her new thriller

Lisa Gardner of Jackson, known for her bestselling Detective D.D. Warren, FBI Profiler and Tessa Leoni thriller series, releases her newest, *Before She Disappeared*, on Jan. 19. It's her first standalone novel since 2004. Gardner talked about the story and the inspiration behind it.

Q: *What is Before She Disappeared about?*

It's based on a new character, Frankie Elkin. She's a recovering alcoholic, short on belongings and long on regret. She now travels from town to town trying to help [missing] people who are forgotten. In this case, she comes to Mattapan, Boston, where a 15-year-old Haitian girl went missing almost a year ago. She disappeared in the middle of the day without a trace. The police have no leads, and it's not the kind of case that earns any media attention, but it's exactly the kind of case that [fits with] Frankie's mission. She is there to make a difference, no matter what the cost.

What was your inspiration for this story and character?

Most of my books have been ripped from the headlines, so to speak. For *Before She Disappeared*, I had read an article in the BBC on a real-life woman, Lissa Yellowbird-Chase. She had no police background, no speciality. She's just an everyday person who had grown increasingly frustrated by the number of women who were going missing on tribal lands and, in many cases, not looked for at all. ... She decided to do something about it and got involved in finding one of the women. It's now become her life work. She's an ordinary person doing the extraordinary, and I was captivated by that [and the idea] that any of us could make a difference. ... Then I found out that there are entire online forums that are populated by amateur sleuths, drone operators, people who are willing to donate their canines to help search for missing people ... and I thought, what might [a person doing that] look like? A woman who gives up all of her belongings, has no stable relationships or job, no white picket fence? I loved that in creating Frankie Elkin. She's leading an anti-life. She has none of the trappings that most of us would say are earmarks of success and yet ... she has found herself.

Is the theme of forgotten and uninvestigated missing people something you intended to address in Before She Disappeared?

Absolutely. After reading about Lissa Yellowbird-Chase, I did more research and ... became aware of such things as the Black and Missing Foundation, which has a website with hundreds and hundreds of cold cases of missing Black children, men and women. Most of these cases, we've never heard about. ... It's a really sad nationwide trend that, often because of socioeconomic or your skin color or where you live, you can really fall through the cracks.



Lisa Gardner. Courtesy photo.

This is your first standalone novel in 17 years. What made you decide to take a break from your series?

I loved this notion of writing about an everyday person trying to make a difference. All of my previous novels are about an FBI agent, a police officer, etc. ... but Frankie is like you or me, so it's [easier] to try to be in her shoes. If you showed up in Mattapan, Boston, and wanted to find a missing person, what would you do? What questions would you ask? How would you go about it? It's fun for the reader because for once the [protagonist] has the same [lack] of training, so if Frankie can figure it out, so can you.

Do you have any plans to continue Frankie's story?

Yes, at least one more [book]. I really ended up loving Frankie, and I think she is now one of my most compelling characters. ... Detective D.D. [the protagonist of Gardner's D.D. Warren Series] is aggressive and has the right as a police officer to bully people into answering questions. That's not Frankie. Frankie is very vulnerable and has to use that vulnerability as her strength. She gets people to talk to her simply by making them want to share their stories. I've just found that intriguing and powerful. So I've happened to come up with yet another book. ... It involves Frankie and has to do with a number of people who are still missing on national public lands. ... I'm writing it now and hopefully [will have it published] by this time next year.

What has it been like, releasing a book during a pandemic?

It's very different. I've worked on this book for an entire year, and I don't want to just release it out into the wild, so to speak; I want to connect with my readers, answer their questions and hear what they have to say. ... But, like all things pandemic-related, we're learning as we go and finding different ways to connect. Zoom is great. It means a great deal to still be able to connect with some of my readers virtually.

— Angie Sykeny

Lisa Gardner presents *Before She Disappeared*

Gardner kicks off her virtual book tour with a livestream book launch on Monday, Jan. 18, at 6 p.m., hosted by White Birch Books in North Conway and 93.5 WMWV with Roy Prescott. The tour continues through Feb. 4 with virtual events hosted by bookstores throughout the country. For more information, visit lisagardner.com.

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QUALITY OF LIFE INDEX

Goodbye, Ollie

The New Hampshire Fisher Cats announced Monday that one of the team's former bat dogs, Ollie, died last week. According to a press release, Ollie had been part of the Fisher Cats team since joining the front office in 2008, working as its bat dog through 2016. He was 56 in dog years when he retired, after which he made several celebrity guest appearances at Delta Dental Stadium. He was the inspiration for commemorative bobbleheads, hats and a specialty jersey. The Fisher Cats plan to host a "Celebration of Ollie the Bat Dog" game during the 2021 season.



Ollie. Courtesy photo.

Score: -1

Comment: *The announcement said that in lieu of flowers and dog treats, donations to K9 With A Mission are welcome. The nonprofit program helps fund support, service and companion dogs for veterans.*

Free coffee!

What could be better than a free cup of coffee? A free cup of coffee that benefits coffee farmers, too. On Saturday, Jan. 16, Aroma Joe's will celebrate its annual BeanAversary with a free 16-ounce cup of hot or iced coffee — and for every free coffee handed out, it will donate \$1 to the Aroma Joe's Honduras Coffee Farmers Group. According to a press release, this group of coffee farmers produces and supplies the sustainably grown and ethically sourced beans that Aroma Joe's has committed to using, and it has recently been negatively impacted by Covid-19, as well as two hurricanes and historically low coffee pricing.

Score: +1

Comment: *The more free cups of coffee Aroma Joe's gives away, the more money will go to the Honduras Coffee Farmers Group to increase their standard of living and farming practices — which means going out to get your free coffee is just the right thing to do.*

An anonymous donation to a community effort

The New Hampshire Preservation Alliance announced Monday that an anonymous donor has offered to contribute \$500,000 to help save the Concord Gasholder building, with the hope that it will be a catalyst for action from the building's owner, Liberty Utilities, and the City of Concord, and that it will inspire additional investments. Liberty had previously announced that it was planning to demolish the 1888 building, which prompted a City Council committee and the Preservation Alliance to try to work with Liberty to explore preservation and redevelopment options, according to the release. The Ad-hoc Gasholder Committee has since prepared a report outlining the recommended next steps, which include stabilizing the structurally compromised property and an "opportunity bridge phase" to discuss ownership and management issues, and to find additional funding. On Jan. 8, committee members voted unanimously to encourage the full City Council to accept the report and direct city staff to follow the report's recommendations.

Score: +1

Comment: *Because of the Gasholder building's national significance — it is the only remaining building of its kind — and its community development potential, it was relisted to the Preservation Alliance's Seven to Save list this year, according to the release.*

QOL score: 52

Net change: +1

QOL this week: 53

What's affecting your Quality of Life here in New Hampshire? Let us know at news@hippopress.com.

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Two decades of arts and culture

A look back at what's happened in art galleries, theaters and other cultural spots since the Hippo started

A lot has happened in the local arts scene since the Hippo launched 20 years ago — the Palace Theatre in Manchester went from bankrupt to thriving, comic books and gaming became mainstream in pop culture, and fine arts has become more accessible, with more galleries and a focus on local artists. In the second of our month-long series looking back at some of the subjects Hippo has covered over the years, we talked to a few people who have been part of that arts scene about how it's changed, what it might look like 20 years from now and the challenges ahead.

Robert Dionne



Robert Dionne. Courtesy photo.

Robert Dionne is the artistic director and CEO of Manchester's Majestic Theatre and is an administrator of Ted Herbert Music School, which the Majestic bought

in 2016. He's been running the Majestic for 30 years. The theater's next big event is the Majestic Mashup fundraiser, happening virtually on Saturday, Jan. 23, at 6 p.m., featuring interactive dinners, live performances and a scratch ticket raffle. Visit majestictheatre.net.

How would you describe the local arts scene 20 years ago?

All the staples were still there. ... As far as Manchester goes, you had the usual suspects, you had the Palace, the Majestic was about 10 years old. We weren't doing as much as we were doing now. ... In the year 2000 we were in the theater at Ste. Marie's and had been in that space for about five years. We had a pretty heavy production schedule, but not as involved as it is now.

... Twenty years ago there were a lot more smaller companies in the area, smaller community theater companies that sadly have since gone away, like the Acting Loft, the New Thalian Players. ... Now it seems like a lot of the Manchester theater groups are down to just a few.

What do you think the most significant changes have been over the last 20 years, pre-pandemic?

I think what's happened ... [is that] unless you have a group of people really passionate about keeping something going ... it's not [sustainable]. What ends up happening with theater companies a lot of times, unless you have a core group of people, they usually end up getting tired. ... You don't make a lot of money in the arts. People that do theater for a living ... they kind of get sick of not making money. ... I think that some of the companies, their shelf-life, it aged out. ... With Covid, the companies that are established, we're going to be around on the other side of this. I'm not going to say it's not a struggle right now, but we do have

a lot of people in our corner. We've worked way too hard in the last 30 years just to casually throw it away. It's definitely worth fighting to the bitter end. ... We need to stay alive for a few more months without programming. 2019 was our best season we've ever had ... 2020 was our worst. But [patrons] are really hungry. We've sold every seat we could for every show we've had in these past few months.

How did your venue impact the local arts scene?

Twenty years ago we probably weren't the biggest, but now we are the biggest community theater in the state. The amount of people we involve [in each production], if it's not the highest [amount in the state], it's definitely one of the highest. We offer a product that audiences in the area have grown accustomed to [and keep coming back for].

What has surprised you about the way the state's arts scene has developed?

Community theater is all about building people up and what ends up happening sometimes is, we've seen a lot of new companies coming out with just a small group [of people], putting their own money in, [which spreads resources thin]. ... Years ago [separate theater companies in] Amherst and Milford, they realized over time they were much stronger joining forces [to become the Milford Area Players]. ... Twenty years ago was a time where people had home companies in their community. ... Now, you may have a company that's closest and dearest to your heart, but [performers] now don't just do shows at one company. ... I can go do a show [for another company] and not have to worry about filling seats and marketing and paying the bills.

What do you think the arts scene will be like 20 years from now, and what challenges will it face?

I think we're going to definitely gain some wisdom from all the livestream we're doing right now. ... Twenty years from now you're going to see that theater is going to be a much more multimedia experience. ... [On the flip side], I think that 20 years from now, people are always looking for opportunities to do hands-on things, and I think you're going to find ... people are going to still want to come out for shows. ... [As for challenges], 20 years

ago when we held an audition for a show we'd get like 60 people. ... Now it's a lot different, because there are so many shows. ... You might get maybe a dozen people or maybe 20 people. The quality of the people we're getting to audition now is definitely better, because there are so many opportunities for people to learn about theater and be in shows and get experience, so we're always getting [that] quality actor that we need, it's just, we're getting less people to come out for auditions. And that's because in a normal life, pre-Covid, there might be six or seven or eight auditions happening at the same time. ... There are more shows than there are actors at this point, and it's only going to get worse. ... You might get a theater person doing show after show after show, and eventually they get to the point where they're like, yeah, I just need to take a break from doing shows. So you lose those people ... but then you gain some new people. So I think the message I would send is ... if you want to be in a show, you should audition for a show. You don't have to have mess loads of acting experience to get a part in a show. You can start with a small part and learn.

Aside from the Majestic, what's your favorite local spot to enjoy the arts?

Well, I have to say, being a native Manchester person, I love what they did with the Rex Theatre. ... Having been by that building for years when it was [night] clubs, it was [depressing]. ... So congrats to the Palace for doing such an amazing job.

— Meghan Siegler

Chris Proulx



Chris Proulx. Courtesy photo.

Chris Proulx is the co-owner of Double Midnight Comics, which he started in 2002 with his brother Scott and best friend Brett Parker. In addition to the store the trio also organizes the Granite State Comicon each September.

How would you describe the local comics and gaming scene 20 years ago?

The scene 20 years ago was quite different than it is today. When we first started, comics and games were viewed as nerdy pursuits. It was tough connecting with people that loved the same stuff [we] did, which is why we started Double Midnight Comics. Since then Marvel conquered Hollywood and brought comics into the mainstream consciousness. Dungeons and Dragons had a resurgence and became cool. Board games became a big deal.

Magic the Gathering hit the mainstream. Being a geek was suddenly cool!

What do you think the most significant changes have been over the last 20 years, pre-pandemic?

Comics and games hitting the mainstream. Never in a million years did we think Iron Man, let alone Rocket Raccoon and Groot, would be household names. Then you have major Hollywood actors coming out as D&D enthusiasts — it's insane.

How has Double Midnight impacted the local comics and gaming scene?

When we first started we were the place anyone could come in and feel welcome. You didn't need to know 30 years of Spider-Man to come in and shop, and I think that struck a chord with our customers. Our annual Free Comic Book Day grew into a wild event each year, calling more attention to comics. We never imagined on our first Free Comic Book Day in 2003 that people would be traveling from all over the Northeast and camping out for days to be a part of our event. Then there's the comic con we launched. The Granite State Comicon has become an event people look forward to each year ... and acts as a gathering for all fandoms.

Any surprises about how the comics and gaming scene has developed?

For sure. When we started we didn't have the business acumen but we knew what we wanted to do. We wanted to create a fun inclusive space where everyone was welcome to come shop and hang out. That strategy struck a chord and over time we grew our audience and learned a thing or two along the way. That plan of throwing open the gates and welcoming everyone as friends in geekdom allowed us to expand our operations, first expanding our original store and [then expanding] to two locations, which is something we never even dreamed of back when we opened.

Where do you see the world of comics and gaming 20 years from now, locally, and what challenges will it face?

Comics are at an interesting crossroads. Marvel and DC tend to cater to an older audience. I'm interested to see what the next generation of comic fans will look like. Kids these days devour Dog Man and the Raina Telgemeier books, [and] graphic novels for kids and young adults are a huge market, [so] it will be interesting to see how their tastes will change comics for the better. Gaming I can only see getting bigger. People love getting together and playing games face to face and chatting with other players. There are lots of online options, but nothing beats real-life community.

Aside from Double Midnight, what's your favorite local spot to enjoy comics or gaming?

We're big fans of Boards and Brews downtown [in Manchester]. If you had asked us 20 years ago if we would see a board game cafe/bar downtown we wouldn't have believed it. It's a cool place to hang out and try games and it's nice to be able to collaborate with a fellow geek business in town!

— Meghan Siegler

Hope Jordan



Hope Jordan. Courtesy photo.

Hope Jordan was the public relations and marketing manager at the Currier Museum of Art in Manchester from 2000 to 2005. In 2006 she co-founded the first New Hampshire poetry slam series, Slam Free or Die, and in 2007 she coached the first New Hampshire slam team to compete in the National Poetry Slam in Austin, Texas. She has served on the staff and board of the New Hampshire Writers' Project, on the New Hampshire Poet Laureate selection committee and as the statewide coordinator for Poetry Out Loud, a national poetry recitation program for high school students.

How would you describe the local arts scene 20 years ago?

We still had former Arts Commissioner Van McLeod, who was the most important advocate at the state level that the arts in New Hampshire may ever have. We still had the great poets Maxine Kumin and Donald Hall with us, writing and giving readings. The New Hampshire Writers' Project was based in Concord and was doing events and workshops that were for a wide range of writers — children's literature, nonfiction, fiction, poetry, and their annual Writers' Day was the event of the year. They were also doing statewide programs like Poetry and Politics. There weren't any venues for performance poetry, although we had some slam poets come up from Boston for showcases in Manchester from time to time. The Poetry Society of New Hampshire was, I believe, a rather different organization, much smaller, and seemed more focused on the office of the Poet Laureate and publishing their literary journal — they're quite different today.

What do you think the most significant changes have been over the last 20 years, pre-pandemic?

Twenty years ago, I would have said that New Hampshire writers were mostly white, older and interested in writing informed by the natural world. I mean, four of the U.S. Poets Laureate are from our tiny state — Kumin, Hall, Charles Simic, and I'll count Robert Frost. Today I'd say we have a far more diverse population of writers, although we still

are overwhelmingly white. But now we have younger poets who are hosting open mics. We have performance poets who are mostly younger. There is a strong cadre of writers who specialize in speculative fiction [and] amazing folks like Jennifer Militello who are producing more experimental writing like her memoir *Knock Wood* — I just think the writing community is much less homogenous in many ways. I also hope and believe that having Poetry Out Loud in high schools every year continues to demystify poetry for students. I remember sitting in a high school cafeteria in the North Country and listening to two male student-athletes sitting near me discussing line breaks. That felt extraordinary.

How did the organizations you've been involved with impact the local arts scene?

The New Hampshire Writers' Project has evolved a great deal over the years. I unfortunately haven't been in touch with them in a while, but they seem to have narrowed a focus to prose and fiction writing, offering many more online workshops, and within that, being very strong in speculative fiction. Meanwhile the Poetry Society has become the go-to for poetry workshops, readings, events and an excellent annual poetry festival that has attracted top national talent. To my everlasting delight, the people I co-founded Slam Free or Die with continue to host a weekly slam in Manchester, or they were until Covid. We celebrated the 10-year anniversary a few years ago. They have represented New Hampshire at every National Poetry Slam since, and have done quite well. I'm so proud.

What has surprised you about the way the state's arts scene has developed?

I think the recent controversy over the state Poet Laureate position surprised a lot of people. Without getting too political, I suspect there was a general feeling that poetry wasn't a big deal, not going to be a hot-button issue. But I like to joke that every third person in New Hampshire is a poet, and a great many of us spoke out when we felt that this post was not being treated as seriously as we felt it should be. This state has a fantastic literary lineage, and I think we take a great deal of pride in that. The fact that this became national news surprised me, but it also made me glad. Poetry is not inconsequential.

What do you think the arts scene will be like 20 years from now, and what challenges will it face?

In 20 years I hope the literary scene in New Hampshire is more diverse, especially in age and ethnicity. I hope we continue to celebrate the fact that our state is mostly a rural state, but that we also hear more voices from places like Manchester and Nashua. I think some of the future changes depend on what happens with higher education, which is the only place it has been remotely possible for someone to work and do any kind of creative writing, unless they have family money. We've had wonderful

CONTINUED ON PG 12 ►

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writers like Ernie Hebert, who was at Dartmouth, Simic at UNH, Liz Ahl at Plymouth State and Militello at New England College. All these writers have been able to elevate New Hampshire's literary profile because they have had positions in higher ed. And higher ed, I suspect, will go through some huge structural changes over the next two decades. Will that mean there are fewer opportunities for writers to support themselves, or more? An expanding gig economy and some kind of affordable universal health care may make it more possible for more people to do creative work. The perennial challenge is always money, and I can't imagine state funding for the arts will improve. But who knows? The pandemic may be creating a kind of reckoning. Another challenge that will probably get worse before it gets better is the perception of the literary arts — really, all the arts — by people who think they are unnecessary for economic growth. A few years ago I had a conversation with a venture capitalist who described the kind of creative thinking he looked for in entrepreneurs. I immediately thought of poets. I wonder if 20 years from now our society will value all forms of creativity.

What's your favorite local spot to enjoy the arts?

I have an abiding love for the Currier Museum, and it will always be one of my happy places in the state. That we have such a collection of art, not to mention the special exhibitions, and that they are so accessible, continues to impress and amaze me. My other favorite is Gibson's Bookstore, which always has the most amazing roster of literary events and book launches, and they just do it so well.

— Angie Sykeny

Joni Taube



Joni Taube. Courtesy photo.

Joni Taube co-founded Art 3 Gallery in Manchester in 1980 and is its current proprietor. The retail fine art gallery offers corporate and residential art consulting and custom framing services and, according to Taube, has one of the largest collections of art by New Hampshire, New England, national and international artists.

How would you describe the local arts scene 20 years ago?

When we opened in 1980, there were one or two other galleries in town and the Currier Museum of Art was then known as the Currier Gallery of Art. By 1990 the Currier had purchased the Zimmerman House and it was opened for tours. By 2000 the art scene in Manchester had expanded to include a few more galleries and framing shops like the Hatfield Gallery. The next decade saw the emergence

of Langer Place on Commercial Street, which housed several boutiques and artists' spaces. EW Poore Framing on Canal Street offered classes and supplies. The Manchester Artists Association and Framers Market were opened on Elm Street. Manchester City Hall had a rotating exhibit of art and the New Hampshire Institute of Art expanded their curriculum and offered BFA degrees.

What do you think the most significant changes have been over the last 20 years, pre-pandemic?

In 2005, in an effort to make art accessible to everyone, the Majestic Theatre, with the backing of community leaders and businesses, organized "Open Doors Trolley Night." Four times a year, galleries and museums [in Manchester] were open to the public with exhibits that celebrated the amazing diversity of artistic expression and dynamic experiences that the city has to offer.

How did Art 3 Gallery impact the local arts scene?

One of the missions of Art 3 Gallery has been to advance the arts in Manchester by hosting multi-artist exhibits. Since our inception we have had group shows with art from local, regional as well as national artists. We currently have a virtual exhibit titled "Beyond Words" in video form on our website.

What has surprised you about the way the state's arts scene has developed?

New Hampshire committed itself to enriching state-funded buildings with The Percent for Art Program, enacted by the New Hampshire State Legislature in 1979. This program authorizes one half of one percent of the Capital Budget appropriation for new state buildings or significant renovations to be set aside in a non-lapsing account for the acquisition or commissioning of artwork. For the past 88 years, the League of New Hampshire Craftsmen has promoted fine craft [and] supported craftspeople ... [and] is recognized today as one of the country's foremost fine arts organizations. ... [Its crafts] are valued throughout the United States and around the world for their creativity, authenticity and technical expertise. The New England College of Art and Design, formerly the New Hampshire Institute of Art, has a strong foothold in Manchester and a commitment to enriching the arts in Manchester and New Hampshire.

What do you think the New Hampshire arts scene will be like 20 years from now, and what challenges will it face?

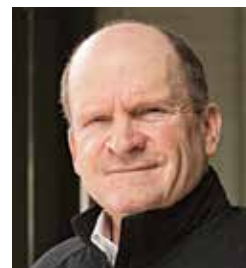
Twenty years from now, if Manchester continues to grow as a technology center, bringing in fresh people with varying viewpoints, a younger generation must take the reins and continue the celebration of the arts in Manchester and New Hampshire. A large and diverse ethnic population must add their voices to the arts, [which would add] to the rich cultural base already in place.

Aside from Art 3 Gallery, what's your favorite local spot to enjoy the arts?

The Currier Museum is still the premier place in New Hampshire to explore art in all its forms. The Currier exhibits have always tapped into the heart of the community, and it provides a calm and enlightening place to regroup, refresh and see something amazing.

— Angie Sykeny

Peter Ramsey



Peter Ramsey. Courtesy photo.

Peter Ramsey founded the Lakes Region Summer Theatre in Meredith in 1990, which he owned and operated for 12 years. In 1999 he agreed to work part time for the Palace Theatre in Manchester, which was bankrupt and closed at the time, to help reopen its doors. In 2001, after the Palace reopened, Ramsey became its CEO and president, and he still is today.

How would you describe the local arts scene 20 years ago?

Very different. ... Statewide, there were more small, local arts organizations, very active in the summers especially, and almost every town had a theater. There were very few big organizations. That's been the biggest change. Now, there are fewer and fewer local theaters and more big organizations, [like] the SNHU Arena, which has over 10,000 seats, and Meadowbrook [now called the Bank of New Hampshire Pavilion]. They tend to dominate the art scene because they have more seats, obviously, and more money to deal with. The other thing that has changed dramatically is a lack of theater and the arts in education. ... The focus in schools is on sports, and the arts are becoming forgotten.

What do you think the most significant changes have been over the last 20 years, pre-pandemic?

In Manchester ... the arts scene was dominated by three big organizations: the New Hampshire Symphony, which went bankrupt and is gone, the Opera League of New Hampshire [now called Opera New Hampshire] and the New Hampshire Philharmonic, a phenomenal volunteer orchestra. All three have changed dramatically. ... When I started at the Palace, the New Hampshire Symphony was the biggest organization. It had a \$3 million budget a year, six employees, a marketing director and an executive director, and all that went away after five years. I think the struggle for classical music is that fewer and fewer children appreciate it, and that's just a change that has happened in our society. I think the big venues have also changed things. Audiences want to go see big-name acts like James Taylor and Aerosmith at [the SNHU Arena]. ... It's a good thing that they've brought shows to New Hampshire that never would have come

before ... but think about it: with 10,000 seats, and tickets at \$100 apiece, that's a million dollars of artistic patron money going to a show. Is a person who just spent \$200 for two tickets to see Aerosmith on Friday night going to go see a [community] theater show on Saturday night? ... Community arts organizations have a bottom line and have to figure out how to pay their bills ... and it's been getting harder and harder for them to survive.

How did the Palace Theatre impact the local arts scene?

Tremendously. Twenty years ago, the Palace's doors were closed, and they [were] \$250,000 [in debt]. In 2019 we had the best year we ever had; 159,000 patrons paid to come to the Palace, and we hired over 500 artists. That's a paycheck to artists, which is important because, at the end of the day, [the survival of the arts] all comes down to, can an artist make a living? ... There have been economic studies of the city of Manchester that showed that the Palace brings about \$10 million a year to downtown. On the nights we have a show, every restaurant within five blocks is doing very well. ... An active arts scene can change a downtown; there's no debate about it anymore.

What has surprised you about the way the state's arts scene has developed?

I've been incredibly disappointed that education in New Hampshire has pretty much thrown the arts out the door. It hurts me to my core that kids no longer read Shakespeare, that they no longer debate shows like *Our Town* and *12 Angry Men*. Those are great pieces of art that should be done ... and loved by our kids, but there's just less and less of it. Online education is completely going to kill it. There aren't going to be kids playing in an orchestra or performing on stage, and I think [that has] long-term consequences in New Hampshire. It's almost impossible to [produce] a Shakespeare show now. No one comes. No one will buy a ticket. It's not depressing, but it's concerning. It could change around again, but there would have to be a lot of work done about that.

What do you think the arts scene will be like 20 years from now, and what challenges will it face?

I think the nine historic landmark theaters, [including] The Music Hall, the Palace, the Capitol Center for the Arts, will still be here. They may be different, but they'll still be here. ... I think unfortunately, there are probably going to be fewer arts organizations at a local level, just because they're so hard to run and finance. ... I think theater will still be alive ... especially summer theaters ... if they come out of the pandemic alive. ... Classical music I pray will be alive, but I wonder whether it can survive. Opera is probably going to be gone. It's very expensive to [produce] live opera, and it's going to be hard to keep it alive. ... But I'm optimistic, because one thing we have in New Hampshire is loads and loads of

people who love the arts, and I think that will continue to grow.

Aside from the Palace, what's your favorite local spot to enjoy the arts?

Red River Theatres up in Concord is wonderful. ... I love the Bookery ... and the Capitol Center for the Arts ... and the Currier. I go [to the Currier] once a month and spend a couple of hours there walking around, and I always end up smiling.

— Angie Sykeny

Joe Gleason



Joe Gleason. Courtesy photo.

Throughout the 1980s, Joe Gleason did freelance technical and stage work and lighting design for local theaters like the Palace Theatre and the Dana Center in Manchester and the Capitol Theatre in Concord, which would later become the Capitol Center for the Arts. He then served as the director of production and facilities at the Capitol Center from 1995 to 1997. After he left, he remained a member of the theater and, about 10 years ago, became a board trustee. In 2016 he accepted his current position as the Capitol Center's assistant executive director.

How would you describe the local arts scene 20 years ago?

Not as strong as it is now, but it was there. ... I'd say it was still growing. ... In Concord in particular, the Capitol Center, Concord Community Music School and the Concord City Auditorium, where the Community Players of Concord [performed], were sort of the big three for the presenting arts. Beyond that, there wasn't a whole lot. ... It took a little while before Main Street really came to life ... [with the] Main Street Renovation Project in 2016, which basically reworked all of Main Street and changed the flow of traffic in a way that made a lot of things in downtown seem more accessible and exciting to the public. ... It felt like there were more opportunities for outdoor performances after that, as well. ... Then, when the Capitol Center opened its second venue, the Bank of New Hampshire Stage, in 2019, that really brought some additional energy into downtown ... and that's really become a hub of activities, particularly for a younger demographic.

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What do you think the most significant changes have been over the last 20 years, pre-pandemic?

What I've seen in the theater world in New Hampshire is a real willingness of small companies and small groups to get together and generate productions. ... I've seen actors banding together to form production companies of their own and find places to perform. ... You have people like Andrew Pinard, who

started the Hatbox Theatre about five years ago by converting an old retail outlet at the Steeplegate Mall [in Concord] into a small black box theater. That just shows the creativity that we've got in the state to ... provide even more opportunities for local performers and musicians to thrive.

How did the Capitol Center for the Arts impact the local arts scene?

The longstanding presence of the Capitol Center for the Arts has been an anchor of the arts. ... It's been one of the largest venues in New Hampshire and tended to bring the best national entertainment and touring productions into the state because it has more seats than the Palace or the Dana Center or The Colonial [in Keene] or The Music Hall. ... We've had some off years, as most venues do, but generally, we've been an organization that moves forward. ... In the last five years we've had tremendous growth in the number of productions we mount each year and the quality of the entertainment that we bring in.

What has surprised you about the way the state's arts scene has developed?

The amount of variety of art that we have, for being such a small state. ... That's become more visible, I think, over the years, with a lot of artists being featured on *Chronicle* and on the news and in print. ... I think the very supportive nature of communities in New Hampshire has allowed the arts to thrive. In an age where you can get all your entertainment through the phone in your hand, people still have a great desire to see performances in person and share a live experience.

What do you think the arts scene will be like 20 years from now, and what challenges will it face?

I wish I had a crystal ball. ... I will say that if you look back in history at the Roaring Twenties after the 1918 pandemic, there was a great pent-up demand [for live entertainment] after living under restrictions like we are today. ... There is a hunger and a need to socialize with fellow human beings, and gathering in the theater and sharing entertainment is one of those things that's not easily replicated in other ways. ... So I do expect that [the arts] will come back, but we just don't know exactly when. ... I do think that livestreaming and other things that we have been doing during the pandemic are probably here to stay. That's a great thing, because it gives additional opportunities for people who may not be able to afford a ticket or get to the venue. ... I'm not sure there will be any major arenas or theaters built in the next 20 years — they're all very expensive propositions — but you never know.

Aside from the Capitol Center, what's your favorite local spot to enjoy the arts?

I absolutely love going up to the Weather-vane Theatre in Whitefield for summer stock theater. The Stockbridge Theatre in Derry is also good because it gets such a variety of entertainment. — Angie Sykeny

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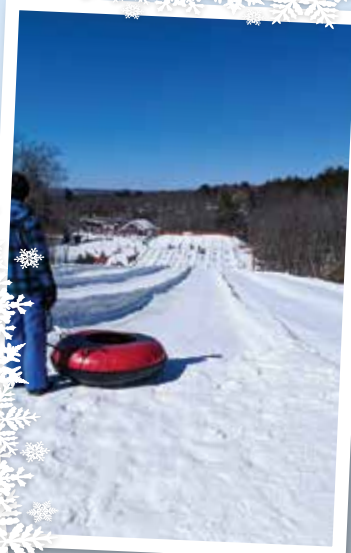
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ARTS

THE ROUNDUP

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

• **Virtual play:** Manchester-based theater company Theatre Kapow continues its 13th season with *A Hundred Words for Snow*, the first production of the season's second series of virtual one-person plays. Livestreamed performances will take place on Friday, Jan. 15, at 7:30 p.m., Saturday, Jan. 16, at 2 and 7:30 p.m., and Sunday, Jan. 17, at 2 p.m. The play by Tatty Hennessey follows a 15-year-old girl named Rory. When Rory's father, a geography teacher, dies suddenly, she sets out with his ashes to fulfill his lifelong dream of going to the North Pole. Emma Cahoon, currently in her first year at the Boston University School of Theatre, will perform the role. "It's a really important time to be making theater however we can," she said in a press release. "We're in a certain coming-of-age time of theater, a new era, and so it feels like the perfect time to explore a coming-of-age story about a young woman facing great loss. It feels close to my heart too, as the past year has sort of been my 'coming of age,' as well." Theatre Kapow's virtual plays are shot in a small studio space in Manchester and are full theater productions with sets, costumes, props, lighting design and sound effects. Tickets cost \$10 per streaming device. Ticket holders will be sent the link to watch the show. Visit tkapow.com.

• **African American poetry:** The Black Heritage Trail of New Hampshire presents the finale of its African American poetry series, "The Black Matter Is Life: Poetry for Engagement and Overcoming," on Thursday, Jan. 21, at 5 p.m. The virtual event, featuring special guest Pulitzer Prize winning poet Jericho Brown, will include a discussion of Brown's poetry and poetry by George Moses Horton, Gwendolyn Brooks and Nikki Giovanni to explore how African American poetry shows that love can overcome racism and injustice. "In the wake of our nation's current unrest, this program is designed to build bridges across the racial divide by introducing the audience to the writings of a number of African American poets whose work shines a light on a rich cultural heritage that has often gone unexplored," JerriAnne Boggis, BHTNH executive director, said in a press release. "This program asks the audience to consider African American poetry as a tool toward healing our nation's deep racial wounds." The event will close with a reading of a poem from Nashua Public Library's poetry writing collaboration. Visit blackheritagetrail-nh.org/the-black-matter-is-life to register.

• **Weekly art classes:** Diane Crespo Fine Art Gallery (32 Hanover St., Manchester) is offering in-person art classes for all levels and two-dimensional media. The classes are held with small groups of two to five students. Private classes are also available. Adult group



Art by Ben Almeida, featured in "Brave New World: Resilience in the Time of Covid" exhibit. Courtesy photo.



Emma Cahoon performs in Theatre Kapow's virtual production of *A Hundred Words for Snow*. Photo by Matthew Lomanno.

classes are on Thursday from 11 a.m. to 12:45 p.m., and 6:30 to 8:15 p.m.; and Saturday from 10:30 a.m. to 12:15 p.m. Kids group classes are on Thursday and Friday from 4:15 to 5:45 p.m., and Saturday from 1 to 2:30 p.m. Times for private classes are Wednesday from 1 to 2:30 p.m., Thursday and Friday from 1:30 to 3 p.m., Saturday from 3:30 to 5 p.m., and Sunday from 3:15 to 4:45 p.m. (availability as of press time; some classes may be full). Students are asked to wear masks in the gallery. Tuition costs \$20 per group class and \$28 per private class, with payment due at the beginning of the class. Call 493-1677 or visit dianecresposfineart.com.

• **Messages of hope:** "Brave New World: Resilience in the Time of Covid," an outdoor public art exhibit featuring paintings by about 80 student artists from the Nashua School District, is on display now through Feb. 14 at Amherst Elementary School (71 Amherst St., Nashua). The paintings, attached to a chain link fence outside the school, convey messages of hope and resilience amid the challenges of Covid-19. "The objective was simply to give someone passing by a positive thought for their day," Brentwood Academy art teacher Stephanie Sewhuk-Thomas told the Hippo in December. Sewhuk-Thomas and fellow art teachers Robin Peringer of Nashua High School South and Rodney Coffin of Nashua High School North organized the exhibit and guided the students. "It's been really important for them to be able to do something to make a positive difference, especially on a community level like this, at a time when their contact with other people is so limited," she said. Visit sites.google.com/nsd42.net/bravenewworld/home.

— Angie Sykeny

Nature bath

Milford resident leads forest bathing walks for wellness

By Meghan Siegler
msiegler@hippypress.com

For Laura Putnam, walking through the woods isn't about burning calories or reaching a specific destination. It's about sipping the air, watching a leaf twist in the wind or listening to water trickle downstream — and it's all part of a practice called forest bathing.

"Forest bathing is a guided meditation to open the sense doors and bring people into the present moment, and it offers an opportunity for people to experience nature in a different way," she said.

For the past several months, the Milford resident has been guiding small groups into the woods for forest bathing and meditation. It's still a relatively new practice for Putnam — she had never even heard of forest bathing a year ago.

"Trees really do talk through chemicals, so there are physical benefits that are emitted from trees," she said. "You're being showered with all these chemicals. ... Those chemicals help our immunity ... [and the practice] naturally lowers blood pressure, increases focus ... concentration is better [and there is] just an overall sense of well-being."

According to Putnam, the chemicals, which are called phytoncides, can also increase creativity and decrease depression. Between the chemicals and the fact that scientists have found a correlation between increased depression and anxiety and lack of time spent outdoors, doctors in Japan now prescribe outdoor therapy as part of their patients' health plan; there, it's called shinrin yoku, which translates to forest bathing.

Putnam started forest bathing before she even knew what it was. Back in April she was furloughed from her job at the Visiting Nurse Association in Manchester, where she'd been working in an administrative position, helping transition patients to and from health care facilities.

"When Covid hit, I could no longer visit all



A table set for tea to wrap up a guided forest bathing walk. Courtesy photo.

those facilities because of the risk of infecting patients," she said. "During this time ... I should have been probably devastated, really worked up, anxious, crazy, thinking about being a single mom with a son in his senior year of college, like how [am I] going to make that all happen."

And she was worked up, at first. But Putnam has forests and conservation land right outside her back door, and, trying to avoid showing her son that she was upset, she started to head outside when she felt stressed or needed to cry. Pretty quickly, both she and her son noticed that those walks outside changed her.

"He would say to me when I would come back, 'Mom what happens to you out there? Because you're so happy when you come back,'" she said.

It's not as though Putnam hadn't spent time in nature before. The avid hiker has completed all of New Hampshire's 48 4,000-footers, and until the pandemic she had never considered making those hikes about the journey rather than the destination — or not having any destination at all.

"I've exercised in the woods for years, but never had I investigated fungus ... or [looked

closely at] tree bark," she said.

Putnam started to do some research on the positive impact she was experiencing and eventually found an organization called the Association of Nature and Forest Therapists. She enrolled in the program, became a certified guide and started Biophilia Nature and Wellness, offering guided walks either privately or through local rec centers.

"This is what I feel most qualified to do, ever, in my life," said Putnam, who is also a nurse and is wilderness first aid certified.

Guided forest bathing walks

Laura Putnam has several upcoming guided walks through local recreation centers, or you can contact her directly if you're interested in a private group session. Search for Biophilia Nature and Wellness on Facebook, or email her at biophiliiawell@gmail.com.

The Amherst Parks and Recreation Department is offering forest bathing guided walks with Putnam on Fridays, Jan. 15, Jan. 22 and Jan. 29, from 9 to 10 a.m. at the Peabody Mill

At the start of her forest walks Putnam leads participants through a guided meditation, inviting them to open up each of their senses — "feeling the wind on your face, sipping in the air as our sense of taste, listening to the sounds of birds."

"Then you've sort of set the scene for, OK, now we're all here together in this moment," she said.

Throughout the session Putnam offers "invitations" to participants, sending them out to wander in the woods with specific prompts, like bringing back a small tactile object or focusing on some kind of movement, like ice going down the river. They then regroup and share what they found or the experiences they had.

"Then the day ends with tea [made with] what I have learned is safe and edible," she said — a group last week had tea made with white pine and hemlock tree.

Putnam said that while most people around here have never heard of forest bathing, it is more popular out west, and she sees it becoming more prevalent here in the near future.

"I think right now the general population is just lacking connection and kind of looking for a way out of their heads," she said. "I think there's so much fear and stress and anxiety — I can't think of anybody who [forest bathing] wouldn't be good for." 🍵

Environmental Center (66 Brook Road). The cost is \$40 for residents and \$45 for non-residents. The walk is for adults ages 18 and older. Visit amherstnh.myrec.com.

The Milford Recreation Department is offering a bathing guided walk with Putnam on Saturday, Feb. 6, from 1 to 2 p.m. and Saturday, March 6, at Kaley Field (448 Nashua St.). The cost is \$15 per class. The walk is for adults ages 18 and older. Visit milford.nh.gov.

INSIDE/OUTSIDE KIDDIE — POOL —

Family fun for the weekend

Planes and iBOTS

Beat three-day-weekend boredom at the museum! Along with their regular exhibits, two local museums are currently offering special events. The Aviation Museum of New Hampshire (27 Navigator Road, Londonderry, 669-4820, aviationmuseumofnh.org) is hosting a **Festival of Planes**, a walk-through exhibit that includes aviation-themed toys, models and puzzles,

plus vintage aircraft piloted by celebrities like Bugs Bunny and Mickey Mouse. According to a press release, the toys span the 20th century, from custom-made cast iron planes to today's mass-produced Hello Kitty airplane toys. In addition, hundreds of collectible model aircrafts will be displayed on a new Wall of Planes in the museum's learning center. This weekend, the museum will be open Friday, Jan. 15, and Saturday, Jan. 16, from 10 a.m. to 7 p.m. and Sunday, Jan. 17, from 1 to 7 p.m. The exhibit is included with museum admission of \$10 per person; \$5 for seniors 65+, veterans/active military and students under 13. Members and children under age 5 get in free.

Or head to the **SEE Science Center** (200 Bedford St., Manchester, 669-0400, see-sciencecenter.org) to watch a special demonstration of an iBOT. The center is open Saturday, Jan. 16, Sunday, Jan. 17, and Monday, Jan. 18, with sessions from 10 a.m. to 1 p.m. or 2 to 5 p.m. The iBOT wheelchair is SEE's newest demonstration and shows how technology can help people with limited mobility do things they could never do in any other wheelchair. The demonstration is part of regular museum admission, which is \$9 per person for ages 3 and up. Registration is required to reserve a time during one of the sessions; register online or via phone.

and Sunday from 5:30 to 7 p.m. Admission is \$6 for ages 14 and up and \$5 for ages 4 to 13; kids 3 and under skate for free. Skate rentals are available for \$5. Public skating has been reduced to 50 percent capacity, and masks are required inside the building and while on the ice. **Tri-Town Ice Arena** (311 W. River Road, Hooksett) is offering public skating sessions for \$6, with skate rentals available for \$4. Skating times vary and are subject to change; visit tri-townicearena.com for an updated schedule. All skaters and spectators entering the facility are now required to complete a Covid-19 screening online the day of their visit before arriving at the arena. After completing the screening, a QR code that will allow access to the entry system at the front doors will be provided. 🍵

Skate sessions

At the **Everett Arena** in Concord (15 Loudon Road, concordnh.gov), public skating hours are Monday through Saturday, 11:30 a.m. to 1 p.m.,

Know your trees

Winter is a good time to get outside and explore

By Henry Homeyer
listings@hippopress.com

This is a good time to be outdoors exploring the fields and woods. There is so much to see that will be buried in snow later on. But, you may ask, what is there to see? Trees, winter weeds, animal footprints, signs of insects, shelf fungi on trees, evergreen woodland plants and more. If I had to choose one person to show me the outdoors in winter, it would be Donald W. Stokes, who wrote *A Guide to Nature in Winter*, which covers all these topics and more.

I find that learning the names and characteristics of plants and animals makes them more interesting. Many people look at all evergreen conifers and call them "pine trees." But if you know the difference between a white pine and a Canadian hemlock or a balsam fir, you can decide whether you want to grow one or the other on your property.

Donald Stokes' book explains that if you learn to identify the six most common deciduous trees and the six most common trees with needles or cones, you will know 80 percent of the trees in most northern forests. And you can do this in winter. Bud location, size and shape are good indicators for identifying trees.

1. Maples. As on ash trees, the buds, branches and, later, leaves are arranged opposite each other, while most other trees alternate the location of them on stems. Maples have oval buds that are between 1/4 and 1/2 inch long.

2. Ash. Buds on ash trees are larger than maple buds and are dark and dome shaped. The twigs on ash trees are generally thicker than on maples.

3. Oak. These have clusters of buds at the end of each branch, and the younger trees often hold onto their brown leaves through the winter. Buds and branches appear in an alternating pattern.

4. Beech. The buds on beech are long and pointy. But the most distinguishing characteristic is its smooth, gray bark. There is a beech fungal disease that can mar the bark, making it look like a bad case of acne.

5. White Birch. Most people can recognize white birch by its bright white and peeling bark, but other birch species can have golden or greyish bark. The bark also has long horizontal lines marking it, and they often have catkins hanging from the tips of upper branches.

6. Poplar, also called aspen. These trees tend to grow in clumps in places with poor soil. The upper bark has a greenish tinge, and their buds are variable in color but always have sharp, pointy ends.

Then there are the evergreens:

1. Pines. They have clumps of needles in groups of two, three or five. White pine, the most common, has groups of five long, soft needles.

2. Hemlock. These trees have short (1/2-inch) soft needles with two white lines on the underneath side. There is a short stem between needle and twig.

3. Balsam fir. One-inch needles, also with two white lines underneath but no stem between needle and twig.

4. Cedar. Small, scale-like needles arranged along the twigs.

5. Spruce. Four-sided needles that are uncomfortably sharp to the touch.

6. Larch. No needles in winter, but cones may be present. Stubby twigs on branches.

After that basic list of characteristics, the Stokes book provides interesting details about the various species of trees, and differences within a genus. So, for example, he explains that most wooden sports equipment and the handles of our garden tools are made from ash because it is strong, relatively light, and flexible. And he notes that sycamores, known for beautiful variegated bark, are often hollow when large, and home to nesting mammals like raccoons and skunks.

I was fascinated to read that willow seeds, if washed away and deposited on a muddy bank (in spring), can germinate in two days and grow seven feet during the first year.

Poplars or aspen are often the first trees to grow after land has been burned or damaged by construction of roads. They often appear in clusters, as new trees pop up from the roots.



Birches have horizontal lines on their bark. Photo by Henry Homeyer.

They are not long-lived like maples or oaks, which can live hundreds of years: poplars, Stokes noted, generally last no more than 80 years, and frequently less.

Did you know that the sounding boards of many musical instruments are made of spruce? Stokes points out that it is especially clear of knots and imperfections, and resonates better than other woods.

If you pay attention to your trees, you will learn to identify them by shape and bark. Sugar maples, for instance, have nice rounded tops and older ones have craggy bark. I can identify a white pine from a fast-moving vehicle: branches on the lower part of the tree droop downward, upper branches reach for the sky.

So head outdoors and study the trees along a woodland path. And bring along *A Guide to Nature in Winter*. Almost anyone will learn something from it in no time.

Henry can be reached by email at henry.homeyer@comcast.net or by snail mail at PO Box 364, Cornish Flat, NH 03746. He is the author of four gardening books. 🍌

TREASURE HUNT

Dear Donna,
I have an assortment of these wood block letters in many sizes. I collected them for years and ended up with a large collection. I'm wondering if prices have changed for them and if they are still collected now. Any information would be helpful.

Angie

Dear Angie,
I can relate to how things turn into

collections easily! Collecting is a fun thing to do.

The print block letters you have served their purpose first in print shops. Now they are rarely used for that. Instead, they tend to be displayed decoratively.

I'm not sure what you paid when you collected them, but today the value on them runs from \$2 to \$4 each. Larger ones can net more, so if you have a collection of them it could

bring a bit of a value in total. They have stayed in the same value range for a while now.

One thing I have learned over the years is to never let children play with them. They were made in a time when using lead was common. The lead is still present even after washing, so keep these away from children.

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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Emergency flashers can help navigate highway hazards



By Ray Magliozzi

Dear Car Talk: I travel on a busy, dangerous, three-lane highway in our area. I like to drive in the right lane at 70 mph. People continually pass me. If there's an emergency vehicle on the shoulder, my state law dictates that I move to the middle lane. If the middle lane is clear, I move, but I continue to drive at 70 mph until it's safe to return to my beloved right lane. But before I get back in the right lane, people will pass me on the left because I'm too slow for the middle lane. If no one gives me the opportunity to move into the middle lane, the law says I'm supposed to slow down to 50 mph ("20 mph lower than posted limit") and keep driving in the right lane. That's really scary as I see drivers flying up behind me and acting angry. I'm trying to follow the law, but it seems like it's a free-for-all out there. Any suggestions? — Bonnie

You have the right to travel in the right lane at the posted speed. You're being a good, courteous driver. I do worry about you, though. There were studies done that concluded that speed differential causes accidents. In other words, it's not driving at 75 that necessarily causes people to crash, it's when some people drive at 75 and others drive at 50. So, depending on your state law,

my suggestion is to make good use of your hazard lights. Hazard light laws are, frankly, a mess. Some states allow you to use them while driving. Some allow their use while driving if there's a traffic hazard (which is your situation). And some states only allow hazard light use if your vehicle is stopped or disabled. So you'll have to check your state law (try a local AAA office).

Either way, if you see an emergency vehicle on the shoulder, first try to pull into the center lane, if it's safe to do so. And then let people pass you if they want to. Just ignore them if you're going 70. If you can't get into the center lane safely, then follow the law and slow down, and if state law allows, put on your emergency flashers while you're traveling at 50 mph. Those are easily visible to drivers behind you. They'll indicate that there's a hazard, and that you're driving slowly for a good reason. They'll also suggest to drivers behind you that it's pointless to try to intimidate you into moving faster, and they will move to the center lane and pass you without trying to intimidate you.

Dear Car Talk: I have read and enjoyed your column for years and usually agree with or learn from it. However, your explanation of why there are no four-door convertibles is wrong or misleading (lack of a structural B-pillar). Your reader is probably less

than 40 years old or not into the old car hobby. As early as 1910 through the 2000s, there have been four-door convertibles, also referred to as phaeton and touring cars. Most of these vehicles had the rear doors, known as "suicide doors," attached to the C-pillar. In "modern" times, the most well-known four-door convertibles have been the 1961-1969 Lincoln Continentals. Oldsmobile built the 1910-1912 Limited touring cars with four doors and a manually operated top, as did others through the 1940s; Frazer built a 1951 four-door convertible, as did Mercedes-Benz in 2007. The B-pillarless four-door sedan (hardtop) was introduced as the Holiday sedan in 1955 by Oldsmobile, followed by others through the 1970s. These vehicles had the rear doors attached, in a conventional style, to a reduced-height reinforced B-pillar, and this body style also had a reinforced frame. Your readers deserve a correction. — Sherman

You're correct, there have been four-door convertibles made. But our reader was asking why there are no four-door convertibles now. And the primary reason we gave is that they're structurally deficient. And due to increased demand for better safety and handling, structural rigidity is more important today than ever.

When you think about building rigidity into a four-door car, the best way to do that is with three full-length pillars — A, B and C (front

of the front doors, front of the back doors and rear of the back doors) — and a permanent, rigid roof that holds everything together. When you remove any one of those elements, you weaken the structure of the car.

Imagine if you had a cardboard box. If you remove all of the top flaps, that's like a car with no roof. The box will now bend and flex very easily. Now imagine you cut two of the side panels in half. That's like making a four-door convertible. Sure. You can reinforce the other sides or the bottom or add half a pillar in the middle. And all that helps. But you're still fighting basic physics, and you're adding a ton of weight, which creates other problems.

It's simply not easy to make a safe, rigid four-door convertible. You don't see four-door hardtops anymore for the same reason. Those cars, while structurally stronger than convertibles because they had roofs, became rattletraps over the years, as they flexed all their welds loose due to that missing half a B-pillar.

So it's not that it can't be done. It's that it is very hard, expensive and often impractical. In fact, that 2007 S-Class Mercedes four-door convertible you mention in your letter was only a concept car, for show only. It was never produced. Why? Too many engineering challenges. And probably too many rattles.

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News from the local food scene

By Matt Ingersoll
food@hippopress.com

• **Tastes of yore:** Join the Goffstown Public Library virtually for a **medieval cooking demonstration** on Tuesday, Jan. 19, at 6:30 p.m. featuring local author M. Allyson Szabo. She'll talk about the history of food from the Middle Ages and feature a recipe from her recently released book, *The Reenactor's Cookbook: Historical and Modern Recipes for Cooking Over an Open Fire*. In addition to its many recipes, the book is full of historical references, as well as practical tips on everything from creating a cooking fire to what type of cooking vessels to use and how to make the featured foods on a home electric stove. Recipes also include many vegan, vegetarian and gluten-free options available. Registration is required at goffstownlibrary.com/calendar. Email Michelle Sprague at michelles@goffstownlibrary.com for more details.

• **Restaurant Week at the Inn:** Now through Jan. 23, the Bedford Village Inn (2 Olde Bedford Way, Bedford) is hosting **Restaurant Week** in its dining room, featuring a three-course prix fixe menu of popular French- and Italian-inspired dishes. The menu will include your choice of a first course (lobster bisque, gnocchi or Giannone chicken thigh); an entree (smoked sea scallops, cider-braised pork shank or prime sirloin); and a dessert (chocolate fondant, profiteroles or lemon sorbet). The cost is \$49 per person and reservations are encouraged. Visit bedfordvillageinn.com.

• **Tucker's coming to Bedford:** Local diner chain **Tucker's** will open a new location in Bedford this summer, according to a Jan. 4 announcement on its website and social media channels, in the former Outback Steakhouse at 95 S. River Road, which closed last year. This will be the sixth Tucker's restaurant and also its largest — the other five locations are in Hooksett, Dover, New London, Concord and Merrimack. Tucker's features a menu of breakfast items like omelets and scramblers, and lunch items like sandwiches and bowls, plus a rotating selection of specials. Meghann Clifford, executive vice president of business development and marketing for Tucker's, told the Hippo that the new location is expected to be open by early July and will introduce new menu concepts like fresh juices, smoothie bowls and brunch-baked cocktails. Visit tuckersnh.com.

21 ▶

FOOD

Nice buns!

Cinnamon rolls are a warm-you-up treat for a cold winter day



Cinnamon Roll by Nancy LaRoche of Cooking Up a Storm. Courtesy photo.



Kanelbullar (Swedish cinnamon rolls) from Hulda's Swedish Baked Goods. Photo by Matt Ingersoll.

By Matt Ingersoll
mingersoll@hippopress.com

Nothing says comfort on a winter morning like a warm tray of freshly baked cinnamon rolls — and, while it can take more time, bypassing the canned dough in favor of your own scratch-made sweet treats can be a fun experience with a delicious result.

“Even a beginner can make cinnamon rolls,” said Nancy LaRoche of Cooking Up a Storm, a homestead business based in

Goffstown that specializes in made-to-order baked goods. “There are different areas you can also be flexible in to suit your own tastes.”

From the filling ingredients to the manner in which you add your icing, local bakers share some of their best tips for making your own homemade cinnamon rolls.

Rolling in the dough

Baking cinnamon rolls starts with a basic dough using ingredients you likely already have in your kitchen, including milk, eggs,

sugar, all-purpose flour and butter. Maria Bares, owner of The Baker's Hands in Deerfield, said working with each of your ingredients at room temperature can have an effect on how quickly the dough will rise, whether or not you're using yeast. A flour with a high protein content also helps to better produce a much fluffier dough.

“If you have cold eggs or cold milk right out of the fridge, then that's going to slow the rising process down,” she said. “You also want to try to handle [the dough] as little as possible, because the more you do, the tougher it's going to be.”

Letting your dough sit for a couple of hours after you've mixed the ingredients together, Bares said, will increase its volume and better enable you to incorporate your filling mixture. Colder temperatures will slow down the rising of the dough, so you can also cover it with plastic wrap and pop it in the refrigerator until you're ready to work with it.

LaRoche said she likes to spread her dough out into a rectangular shape and gently pinch its edges before adding the filling. Spreading an even amount of filling across the perimeter of the dough, as well as rolling it up slowly and tightly, can help your rolls bake more evenly.

Prepping for the oven

A typical cinnamon roll filling, to be spread onto your leavened dough before it is rolled, will often contain a mixture of brown sugar, cinnamon and butter. Jenn Stone-Grimaldi, co-owner of Crosby Bakery in Nashua, said it's especially important to incorporate a good-quality cinnamon.

“If you have a jar of cinnamon in your cabinet and you don't remember when you bought it, you should probably go out and buy a new one,” she said. “The freshness

Swedish traditions

It's unclear exactly where the first cinnamon roll originated, but the sweet treat is a long-standing tradition in several Nordic countries, especially in Sweden. Jenny Lewis of Brookline and her father, David Schur, are the owners of Hulda's Swedish Baked Goods, a baking business honoring the legacy of Lewis's maternal great-grandmother Hulda, who immigrated to the United States from southeastern Sweden in 1902. Hulda owned and operated a bakery in Chicago, where she made traditional Swedish baked goods like *kanelbullar*, or cinnamon rolls (“kanel” means cinnamon and “bullar” or “bulle” means bun or roll, according to Lewis).

The dough used for Hulda's cinnamon rolls, Lewis said, is the same basic yeast bread also used for their dinner rolls and cardamom loaf. Kanelbullar are characterized by their braid-like texture, made by twisting multiple strands of dough across one another before the rolls go in the oven. They are also known for containing cardamom and not normally having an icing on top.

“If you use some of the cinnamon rolls you might buy at the mall, like at Cinnabon, as a point of reference then ours are a lot smaller,” Schur said. “It's more the size of a dinner roll in an individual serving, so



Kanelbullar (Swedish cinnamon rolls) from Hulda's Swedish Baked Goods in Brookline. Courtesy photo.

if you eat two you're not going to feel terrible about yourself.”

Schur said cinnamon rolls in Sweden are also often enjoyed during a social tradition known as *fika*, which is popular all over the country and continues to be a major part of its culture.

“When somebody says ‘fika,’ it just means a social gathering or get-together. It's a little bit like a mid-morning or mid-afternoon coffee break at work or at home,” he said. “You're enjoying a cup of coffee or tea and in this case kanelbullar, or maybe cookies or another treat that goes with it.”

and quality of the cinnamon really makes a difference in the final product.”

Softening your butter before mixing it into the cinnamon and sugar can better help to incorporate the flavors, according to Joy Martello of Étagère in Amherst. You can also add a drizzle of heavy cream on them before baking for a more moist and gooey texture.

You can even get creative with the fillings if you want to. Jacky Levine of It’s All Good in the Kitchen, a gluten-free bakery in Salem, which offers gluten-free cinnamon rolls to order on Saturdays, said she’s experimented with raspberry compote cinnamon rolls. LaRoche said she has added ingredients like walnuts, raisins, orange zest, cardamom, ginger and even Nutella.

“There’s an infinite variety [of ingredient options]. You can go to town really with anything that floats your boat,” she said.

From here, you can cut out your individual rolls using a properly sharpened serrated knife, or you can achieve this using a strand of unflavored dental floss — yes, dental floss. Simply wrap the floss around the dough and pull as though you were tying a knot.

“It sounds weird, but dental floss ensures a nice clean cut, which is key to getting those perfect swirls you want,” Bares said. “If you try to use a dull knife, it’s just going to squish the dough.”

You can use a baking pan or cookie sheet, or even a muffin tin. Bares said she



CONTINUED ON PG 20 ► How to cut cinnamon rolls with floss, and the finished product. Photos courtesy of Nancy LaRoche of Cooking Up a Storm.

Make your own cinnamon rolls

Several of the sources for this story — including Nancy LaRoche of Cooking Up a Storm in Goffstown and Maria Bares of The Baker’s Hands in Deerfield — pointed to King Arthur Baking Co.’s products or recipes when it comes to making cinnamon rolls. The company, which sells flours and other ingredients and has a school which holds baking classes in Vermont, recently picked the “**Perfectly Pillow Cinnamon Rolls**” recipe as its 2021 Recipe of the Year; LaRoche, who tried this recipe out the day before her interview with us, reported that it indeed produced soft pillow-like rolls.

This version of yeasted dough cinnamon rolls starts with making a tangzhong, which is a blend of flour and milk that is warmed in a saucepan before being put in the mixing bowl with the rest of the flour and other ingredients added, the website explains. This technique “pre-gelatinizes the flour’s starches, which makes them more able to retain liquid — thus enhancing the resulting loaf’s softness and shelf life,” according to the recipe’s notes. The recipe follows an otherwise standard pattern of two rises (one of the enriched dough, one of the rolls after they’re assembled).

King Arthur has other takes on cinnamon rolls. There is a more straight-forward **Cinnamon Rolls** yeasted recipe, sans tangzhong.

If you’ve kept your sourdough starter alive beyond those first yeast-less weeks of the pandemic, they have a **Sourdough Cinnamon Buns** recipe that uses one cup of ripe starter along with a small amount of yeast. This recipe has a longer rise time for the dough and the assembled rolls.

For cinnamon rolls right now (-ish), King Arthur also has an **Instant Gratification Cinnamon Roll** recipe, where the dough’s rising agent is baking soda and Bakewell

Cream for a kind of soda-bread cinnamon roll which doesn’t require a rise time.

Beyond these basic rolls, King Arthur has gluten-free and keto friendly recipes as well as variations to the dough (brioche, for example) and flavors. Notes on the recipes mentioned here explain how to assemble the rolls and then refrigerate overnight so that you can have hot fresh cinnamon rolls in the morning without waking up at 3 a.m. Find these recipes (which offer photos to help with some of the tricky steps and baking notes about techniques and ingredients) at kingarthurbaking.com.



bite-sized lessons

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Cinnamon rolls by Maria Bares of The Bakers Hands. Courtesy photos.

◀ CONTINUED FROM PG 19

likes to use a kitchen scale to evenly weigh each rolled dough piece, leaving a little bit of space in between each one once the rolls are placed on the pan. As an optional step to aid in the browning of the dough, you can add an egg wash to the top of your rolls.

The icing on the cake

Depending on your oven and how many you're baking at once, cinnamon rolls can take as little as 15 to 20 minutes or as long as 30 to 35 minutes. While they're in the oven, you can make your own icing to go on top using just ingredients like butter, sugar and milk.

"That's another area where it's flexible," LaRoche said. "My favorite is a coffee maple glaze, [which is] brewed coffee, maple extract, maple syrup and powdered sugar."

Bares said she prefers a cream cheese-based icing, which she packages separately with all of her cinnamon roll orders. Vanilla and freeze-dried strawberry powder are other optional ingredients.

Whether you lightly drizzle or spread your icing over your rolls is a matter of preference, as is adding it while they are still hot or after they've cooled.

"If you put it on while they're still hot, then it will sort of melt and seep into the layers of the rolls. Some people prefer that if they don't like a real thick coating of icing," LaRoche said.

But if you'd rather be a little more meticulous with your icing spreading, Bares said all you need to do is let your rolls cool for five minutes before applying it. Your finished rolls will keep in plastic wrap for a few days to a week, depending on whether they are frosted.

"I would say that unfrosted rolls stay good for about three to four days at room temperature, and then about a week in the fridge," she said. 🍯

Where to get locally-made cinnamon rolls

This list includes bakeries and homestead businesses in southern New Hampshire where you can order cinnamon rolls. Some have them more regularly than others — contact them directly for the most up-to-date availability.

- **The Baker's Hands** (find them on Facebook @thebakershands) is a homestead business based in Deerfield that offers a variety of baked goods made to order, including cinnamon rolls.

- **The Bakeshop on Kelley Street** (171 Kelley St., Manchester, 624-3500, thebakeshoponkelleystreet.com) usually takes orders for cinnamon rolls on weekends and will sometimes have limited availability in the pastry case during the week.

- **Bearded Baking Co.** (819 Union St., Manchester, 647-7150, beardedbaking.com) has a daily offering of cinnamon rolls in its pastry case.

- **Benson's Bakery & Cafe** (203 Central St., Hudson, 718-8683, bensonsbakeryandcafe.com) takes special orders for cinnamon rolls and will often have a limited amount in their pastry case.

- **Bite Me Kupcakez** (4 Mound Court, Merrimack, 674-4459, bitemekupcakez.com) features a variety of gluten-free pastries and baked goods, including cinnamon rolls.

- **Blue Loon Bakery** (12 Lovering Lane, New London, 526-2892, blueloonbakery.com) takes orders for cinnamon rolls and pecan sticky buns on Saturdays and Sundays.

- **Buckley's Bakery & Cafe** (436 Daniel Webster Hwy., Merrimack, 262-5929; 9 Market Place, Hollis, 465-5522; buckleysbakerycafe.com) will sometimes have a limited amount of cinnamon rolls in their pastry case. Special orders of at least a dozen cinnamon rolls can be placed with a 48-hour notice.

- **Cooking Up a Storm** (cookingupastorm-nh.com, find them on Facebook @cookingupastorm.nh) is a homestead business based in Goffstown that offers a variety of baked goods made to order, including cinnamon rolls.

- **Crosby Bakery** (51 E. Pearl St., Nashua, 882-1851, crosbybakerynh.com) has a daily offering of cinnamon rolls in its pastry case.

- **The Crust & Crumb Baking Co.** (126 N. Main St., Concord, 219-0763, thecrustandcrumb.com) takes special orders for cinnamon rolls, typically on the weekends.

- **Culture** (75 Mont Vernon St., Milford, 249-5011, culturebreadandsandwich.com) will often have a limited offering of fresh baked cinnamon rolls in its pastry case.

- **Dutch Epicure Bakery** (141 Route 101A, Amherst, 879-9400, dutchepicurebakery.com) has a limited amount of cinnamon rolls available every day until they sell out. Larger custom orders can also be placed.

- **Étagère** (114B Route 101A, Amherst, 417-3121, sipshoos.com) features a rotating selection of homemade baked goods out of its pastry case, including cinnamon rolls, pecan sticky buns and stuffed cardamom buns.

- **Hulda's Swedish Baked Goods** (swedishbakers.com) is a homestead business based in Brookline that specializes in Swedish baked goods, including kanelbullar, or cinnamon rolls with cardamom. Hulda's also appears at the Milford Farmers Market in the summer.

- **It's All Good in the Kitchen** (184 N. Broadway, Salem, 458-7434, itsallgoodgf.com) takes orders for fresh baked gluten-free cinnamon rolls that are available for pickup on Saturdays.

- **Klemm's Bakery** (29 Indian Rock Road, Windham, 437-8810, klemmsbakery.com) offers fresh baked cinnamon rolls out of its pastry case daily, or you can special order them for pickup.

- **Sarno's Sweets** (416 Daniel Webster Hwy., Suite E, Merrimack, 261-3791, sarnosweets.com) accepts specialty orders for cinnamon rolls.

- **Wild Orchid Bakery** (484 S. Main St., Manchester, 935-7338, wildorchidbakery.com) offers a rotating selection of freshly baked pastries, including cinnamon rolls.

IN THE KITCHEN

WITH **SARMILA GURUNG**



Sarmila Gurung of Manchester is the owner and chef of Gurung's Kitchen (75 Webster St., Manchester, 316-1540, gurungskitchen.com), a takeout eatery offering authentic Nepalese options that opened inside Bunny's Superette in Manchester's North End in late June. A native of Kathmandu, Nepal, Gurung came to New Hampshire in 2015. Gurung's Kitchen is open for lunch and dinner seven days a week, featuring items like steamed or fried momos filled with chicken, pork or vegetables; chicken, pork or vegetarian chow mein; various flavors of thukpa (noodle soup); and shapale (pronounced sha-PAH-lee), or half-moon-shaped meat pies stuffed with either chicken or pork and deep fried. The eatery also has a small selection of non-Nepalese items like french fries, chicken wings and chicken nuggets, as well as beverages like black tea, masala tea, and mango lassi, or a smoothie-like drink featuring a blend of fresh mango, yogurt and ice.

What is your must-have kitchen item?

A knife and a pan, and also a momo steamer, because we sell a lot of momos.

What is your favorite thing on your menu?

Right now, it's the chicken thukpa [noodle soup]. I eat that pretty much every single day. When a customer orders it, I'll make some extra for myself.

What would you have for your last meal?

Steamed chicken momos.

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

Takeout, especially through DoorDash, has been going crazy for us. I also use DoorDash as a customer. It's very quick and easy.

What is your favorite local restaurant?

La Carreta [Mexican Restaurant in Manchester].

What is your favorite thing to cook at home?

I usually make something with chicken at home because my husband loves it.

What celebrity would you like to see ordering from your restaurant?

Bruno Mars.

— Matt Ingersoll 🍷

Homemade tomato sauce

From the kitchen of Sarmila Gurung of Gurung's Kitchen in Manchester

- 1 large tomato
- 2 tablespoons cooking oil
- Pinch of raw onions, cut into small pieces
- 1 clove garlic
- Ginger
- Black pepper
- Salt
- Green chiles
- Red pepper flakes
- Turmeric
- Cumin
- Coriander
- Dash of fresh lemon juice

Wash the tomato and cut into small, even pieces. Place tomato pieces and cooking oil onto a stovetop pan and slowly bring to a boil. Add onions, garlic and a pinch each of ginger, black pepper, salt, green chiles, red pepper flakes, turmeric, cumin and coriander, and a dash of lemon juice. Cover ingredients over low heat for about 20 minutes. Remove from heat and let it cool for half an hour, then blend all ingredients in a mixer or food processor.

Weekly Dish

Continued from page 18

• **New liquor store to open in Manchester:** Construction will soon begin on a new state **Liquor & Wine Outlet store** at 850 Gold St. in southern Manchester, according to a press release from the New Hampshire Liquor Commission. The 13,000-square-foot store is

due to open by the end of 2021. According to the release, the NHLC has opened new or renovated existing Liquor & Wine Outlet stores in more than 30 communities statewide over the last decade. Visit liquorandwineoutlets.com. 🍷

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FOOD



TRY THIS AT HOME

Roasted carrots with spiced yogurt

We're just about halfway through January — have you stuck to your promise of eating healthy in 2021? So far so good for me as I type. Of course, I write this column a week in advance, so I've kept that resolution for all of one week. However, I am pretty sure I'll still be good in Week 2.

The key to sticking to a healthy eating resolution, in my opinion, is to keep your food interesting. Healthy food can equal fun and tasty food. Take this week's recipe. It's basically a serving of carrots. However, between the method of cooking and the accompaniments, you have a dish that's way more exciting than regular cooked carrots. And it's done in a way that keeps the dish nice and healthy.

What makes this dish more exciting than typical carrots? First, there's the spiced yogurt. Who doesn't like a dipping sauce to accompany



Roasted carrots with spiced yogurt. Photo by Michele Pesula Kuegler.

your veggies? If you use low-fat Greek yogurt, you're adding creaminess and protein without a lot of calories. Second, the carrots are topped with a drizzle (key point: just a drizzle) of honey. That little hint of sweetness really brightens the dish. Third, you sprinkle a small amount of chopped peanuts over the dish. Now it looks fancy and also has some crunch and salt.

The finished product isn't merely a serving of carrots.

It's a fancy, yet healthy, carrot dish worthy of a tapas dinner. Throw in some candlelight, and you've transformed carrots into something really special.

Michele Pesula Kuegler has been thinking about food her entire life. Since 2007, the New Hampshire native has been sharing these food thoughts and recipes at her blog, Think Tasty. Visit thinktasty.com to find more of her recipes.

Roasted carrots with spiced yogurt

- 1 pound full-sized carrots
- 1/2 tablespoon olive oil
- Salt & pepper
- 1/2 cup Greek yogurt
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- Honey
- 3 tablespoons chopped lightly salted peanuts

Preheat oven to 400 degrees.
Remove greens from carrots, peel, and slice in half widthwise.
Then cut each half into evenly sized slices lengthwise, about 1/2" x 1/2".

Place carrots on rimmed baking sheet, and top with olive oil.
Toss to coat, and spread out on pan, so carrots aren't touching.
Season with salt and pepper.
Roast for 10 minutes.
Flip, and roast for another 10 minutes.
While carrots roast, combine yogurt, chili powder, cumin and a sprinkle of salt.
Remove carrots from oven.
Divide yogurt mixture between four plates, spreading as the bottom layer.
Divide carrots among the four plates.
Drizzle carrots with honey, and then sprinkle with peanuts.



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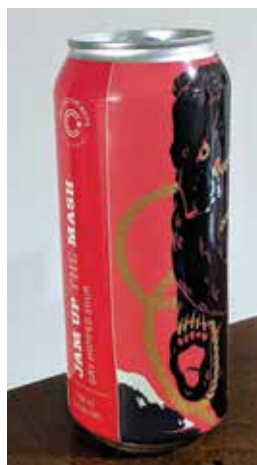
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BEER

Beer and DIY

Good beer to help with home improvement projects

By Jeff Mucciarone
food@hippypress.com



Jam Up the Mash dry-hopped sour by Collective Arts Brewing.

Over the course of several weeks, my wife painstakingly and tediously removed all the wallpaper from a stairway and second-floor hallway. She used a vinegar solution, a steamer and other products to complete the job.

I was an observer throughout the frustrating wallpaper removal process, and I did feel some guilt over that. But it is my turn now and I'm going to need some beer to get me through my role in this leg of the project.

I am currently undertaking a process that involves "sealing" the ripped up walls from all the scuffing and scraping that comes with the wallpaper removal process, and then applying a skim coat of plaster. The next step is another coat of plaster. The next step is another coat of sealer, which also acts as a primer, followed by a couple coats of paint.

Also, all of that is according to YouTube.com, for your information. I don't know what I'm doing.

The wallpaper removal was undoubtedly worse, but this is still a lot. Plus, there are ladders involved and I'm more of a "don't-go-past-the-third-rung" kind of guy.

Jobs like this, particularly ones that don't involve lots of sharp objects, need beer. You want to do a good job — I know I want to do a good job — but you also need to reward yourself for your efforts. And let's be honest, stuff like plaster and paint, well, they need time to dry before you move on to the next step.

I think most people have found themselves tackling more home improvement projects in the past nine months than they expected. I know I have, and beer has been a critical component of these jobs.

You can't just choose any beer, though. I suppose you can but I'm not sure you should. That double IPA or that imperial stout in the fridge may be tempting but the high ABV on those beers is going to slow you down — and maybe bring your efforts to a complete stop.

That's not what we want. We have to get this job done. To do so, more sessionable beers are your friend, beers that are, say, 6-percent ABV or less. The specific style, of course, is less important. The big thing, and I'm being serious, is that you want

to be able to enjoy a beer or maybe two while you work, but we still need to complete this project and do it well — at least to the best of our abilities.

Pilsners are an obvious choice: crisp, clean and refreshing. Beers like the Dirty Blonde Ale by Portsmouth Brewery, the Koastal Kolsch by Great Rhythm Brewing or the Alexandr Czech-style pilsner by Schilling Beer Co. would make excellent choices.

While an imperial stout might not be the best move,

a "regular" stout or porter would be perfect, maybe even ideal. You can slowly slip a stout or a porter over an extended period of time and still enjoy the robust, complex flavor.

The Java Roots stout by Granite Roots Brewing is very smooth and boasts huge coffee flavor. Other local options include the Robust Porter by Smuttynose Brewing Co. and the Robust Vanilla Porter by Great North Aleworks.

While sours aren't my go-to, I like how the tart brightness of a sour wakes me up in the middle of a project. The Jam Up the Mash Dry Hopped Sour by Collective Arts Brewing was a good friend to me as I painted and plastered. The SeaQuench Ale by Dogfish Head Craft Brewery would be another favorite sour of mine.

Brown ales would be perfect companions as well, with their nutty, sweet flavors.

Find something you like, that doesn't bog you down, and get to work.

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

Winter Warmer by Harpoon Brewing Co. (Boston, Mass.) This is my all-time favorite holiday beer and a very nostalgic choice. I know the nutmeg is a bit much for some and straight-up off-putting to others, but I love the holiday spice and sweetness this beer brings. It's so festive. It's also dangerously easy to drink. Cheers!

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FILM pg27

• *Sylvie's Love A*

Frank Sonic & L-Ex, "Talamanca Beach, Ming (Ger) Remix" (Amber Blue Recordings)



As if I don't mention it every other month, I'm always up for some velvet-rope techno, especially Above & Beyond-style trance, in other words "trance that's actually too slow to be properly considered 'trance' but whatever." That's Frank Sonic's trip, at least on this track, which isn't a chest-thumping floor-stomper, more one of those countless odes to the crazily decadent island of Ibiza, in this case a specific beach that struck his fancy when he visited on tour. No, Sonic isn't in the same class as Tiesto or any of those DJs with "Van" in their name, at least here in

the States. But he's been a fixture in Germany for 20 years, and stuff like this would do just fine for me if the right club ever opened up in these parts. The tune builds and swirls and dive bombs like an overly confident seagull, hitting on the right vibe to remind us that travel sure was a fun thing back before the plague hit, you know? **A** — *Eric W. Saeger*

Trillionaire, Romulus (Nefarious Industries Records)



I hesitate to dub this band a supergroup, but it does have all the markings of some sort of mutant hard-rock Toto, being that it brings together a bunch of guys who've been through the ring for a collective period of many decades. If you're hip to bands like Inter Arma, Fuligin, A F---ing Elephant and such, you may have been exposed to parts of this whole, which reads like a tech-savvy (in a Linkin Park sense) version of Metallica (in a the-singer-sounds-like-Hetfield sense). No, it's not a lot like Tool, so get that out of your head before you decide prematurely to bail on this, and

besides, I can't stand Tool. No, it's like if Mastodon had gone in a near-emo direction, but no, it's not emo either. The riffing is sharper than a paper cut, befitting a band that's been together a really long time, but they haven't. The tracks were passed around from and recorded in Boston, Seattle, Richmond and Nashville, thus it's a Covid baby, and quite the great one, in fact. **A** — *Eric W. Saeger* 🍷

PLAYLIST

A seriously abridged compendium of recent and future CD releases

• Jan. 15 arrives this week, on a Friday, which can only mean one thing: New albums will be arriving in the Pandoras and whatever, to soothe your aesthetic sensibilities and of course make you wish good music were coming out instead! Take for example *Suckapunch*, the seventh album from English pop-punk/post-hardcore (could we possibly dispense with all the superficial, superfluous genre-labeling this year and just call all this stuff "emo" whether the band likes it or not?) band **You Me At Six!** They are certainly likeable enough for what they do; they sound sort of like Fall Out Boy, but with nothing new to add, so you might like them, I have no idea whatsoever. I could have sworn I'd written these guys up before, but maybe I didn't, who cares, like, I thought they were a tiresome hipster-indie band until I went back and listened to their biggest songs, which were like Fall Out Boy. Whatever, and then I checked to see if some WWE wrestling dude had used one of their songs as an "entrance theme," you know, the sophisticated part where the wrestler runs out of the arena tunnel and starts barking at the moon and throwing chairs at the referee. Anyway, the title track is actually OK, like a cross between Coldplay and Linkin Park (please don't pretend you couldn't possibly imagine what that would sound like, seriously, I beg you), even if the video is just a trope-dump of sci-fi nonsense, like first there's a random Darth Maul dude, and then they get unplugged from their Matrix brain implants, blah blah blah. You might like it, like I said. I do not know.

• Hmm, let's see what else is here. Wait, guys, this looks interesting, some British indie band called **Shame**, with their second album, *Drunk Tank Pink*, this might actually be cool, because NME takes them seriously. Yep, on their first album, *Songs Of Praise*, they were sort of like a drunk version of Elbow that was trying to sound a bit like the Hives, like a mutant strain of oi-indie. The new single, "Water in the Well," is like old Madchester yell-pop, a lot cooler than Gang Of Four (is that OK to infer, or am I risking my critic's license?). I like these guys and would be most keen on joining them if they ever assemble a flash mob with the intent of invading a big electronics store and throwing golf balls at everything that looks expensive.

• **Midnight Sister**, you say? Never heard of them? Hmm, neither has Wikipedia. Eh, maybe it's cool, given that their record label is Jagjaguwar Records, which has sent me good records in the past, or am I thinking of the Cheatahs? I swear, my brain is like an episode of *Hoarders*, except everything in my packed-to-the-ceiling guest room is nothing but boxes of bad, redundant albums without any redeeming artistic qualities. Meanwhile, this new album, *Painting The Roses*, has a new single, called "Foxes," a cabaret-rock tune that's sort of like 1970s Electric Light Orchestra. I don't hate it, does that help any?

• Wrapping up, let's look at "Mork & Mindy," the new single from *Spare Ribs*, the latest LP from **Sleaford Mods!** OK, it's awesome, like imagine a brain-damaged Cockney "punter" rapping gently over a wicked cool EDM chill beat. No, I'm serious, this is cool, in its way! — *Eric W. Saeger* 🍷

Retro Playlist

Weird coincidence, but if you noticed my talking about the **Cheatahs** in the weekly rundown, here they are again, coming up in a search for old stuff I haven't talked about in a dog's age. Their 2013 album *Extended Plays* was actually a rollup of the band's earliest EPs, showcasing the initial volleys in the British indie-shoegaze-pop four-some's attempts to take over the world. That hasn't happened, to date, and they're way overdue for a new album these days; their second LP, *Mythologies*, came out in 2015. With regard to my first exposure



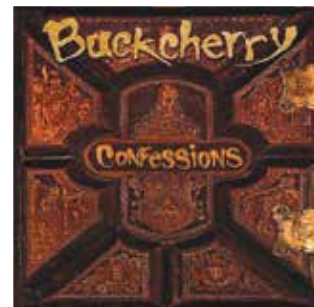
to them, I described them as "Foo Fighters on Drive Like Jehu's budget, but it's beyond that; these guys are fantastic riff-writers, as heard in album opener "The Swan", which rides one hellaciously awesome guitar line for most of the tune and then stops to riff something even more cool, after a Sabbath-y Foo Fighters-ish

fashion." As for the last album, it rated a 73 on Metacritic's aggregate score, meaning they were considered pretty freaking good. To be honest, it wasn't until I was today years old that I finally caught up with *Mythologies*, or at least some quick

samples thereof; it's a bit more formulaic than their older stuff but still worth a stream if you'd be down with clean, blissy, over-reverb-ed shoegaze sung by a dude who's trying to nick Simple Minds (who wouldn't?).

Not so awesome was **Buckcherry's** *Confessions* album, which I reviewed that same week in 2013.

They were doomed in my eyes from the start anyway; I don't trust throwback hard-rock bands that can't come up with riffs to save their lives, and these L.A.-based imbeciles were lucky I didn't throw the book at 'em and give them an F grade for



being "very much like 3 Doors Down if that band had been exposed to too much Papa Roach." Did it help that the singer, Whatsisname, ripped off Staind's stupid sourball inflection? No, it did not.

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. 🍷

Beginners, by Tom Vanderbilt (Knopf, 320 pages)

If you've ever considered learning something after the age of 8, chances are you've been told how difficult it would be. It's easier to learn a language or how to ski, or start to play an instrument, with the benefit of a young brain and the absence of fear.

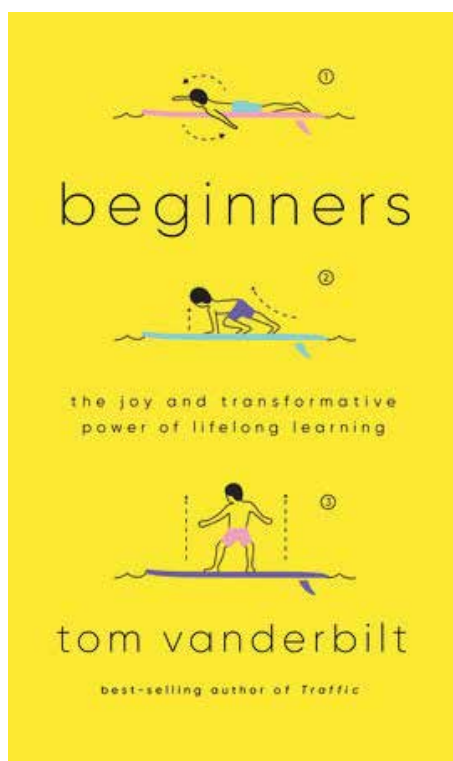
Tom Vanderbilt acknowledged the challenge before him when he decided in his late 40s to learn to play chess with his young daughter. One researcher told Vanderbilt that his daughter would learn the game twice as fast as he could.

But, as they say, age and treachery can overcome youth and skill. And Vanderbilt wasn't willing to accept being consigned to the indignity of being an "adult learner," with the expectation that he was going to learn a new skill poorly, if at all. He decided to put up a fight. And what he learned, presented in *Beginners*, challenges the idea that our brains are on conveyor belts headed down after we reach a certain age, and that it's not worth the effort to learn new skills.

Vanderbilt argues that we all should be learning new things right up to the time when the hooded guy with the scythe shows up. It doesn't matter whether we have time, or if the things we learn have any obvious connection to our jobs, he says. Learning anything new, whether a skill or fact, delights our brains, which crave novelty. And it's not just the things that we learn that benefit our lives, but the act of learning itself. There's evidence, in fact, Vanderbilt writes, that taking on the challenge of learning multiple things at once — for example, signing up to learn Italian in the same month you're also taking up crocheting — is even better for the brain than undertaking one new thing. And while that may sound stressful, taking up new pursuits actually alleviates stress, research has shown.

In any new or difficult endeavor, people often advocate "baby steps," and Vanderbilt begins by drilling down on how children actually learn to walk. It's not a side gig. Babies spend about a third of their day practicing walking for six months, and they don't actually get it down perfectly until several years later, he says. They don't learn to walk by marching about in straight lines, but by wandering across different surfaces in different patterns. And, of course, they fall down a lot. Learning for adults is much like that, Vanderbilt says. "Development does not always march uniformly in one direction. Infants may learn to walk, then briefly revert to crawling. Always be on the edge of the impossible," he writes, adding, "Remember: If it feels easy, you're probably not learning."

Vanderbilt's own journey of being a beginner began with chess but then expanded to singing, surfing, swimming and jewelry making, among other things. Given that his explorations were done in pursuit



of a book, he had the blessing of a supportive wife and tax deductions to support his research. He took singing lessons, for example, from a New York voice coach who also teaches famous actors, and he acknowledges that the lessons were not cheap. He later joins a chorus to enjoy the twin benefits of using his new skills and learning in a social setting (which is even better for us than learning on our own).

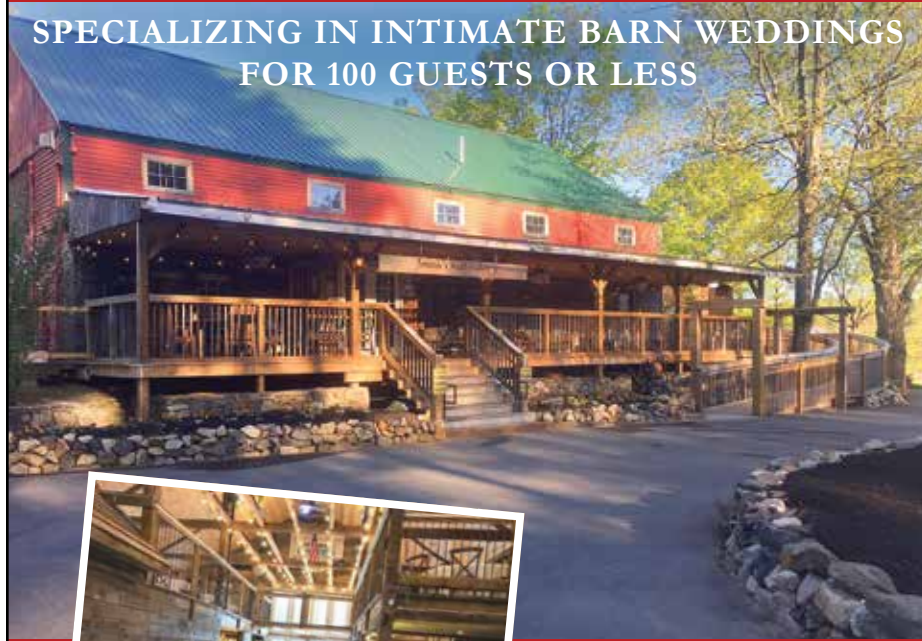
People who don't have the time or resources to learn new things under the tutelage of coaches in idyllic settings (he engages in "wild swimming," for example, off the coast of Greece) may experience *Beginners* as a somewhat impractical guide to what aspirational Americans do when they have too much time on their hands. But we live in a time when virtually any skill can be acquired via YouTube; in fact, one 70-year-old woman Vanderbilt met in the Bahamas had taught herself to swim by watching videos online. As such, *Beginners* is a useful and engaging companion to any new pursuit, validation that even if you don't turn into an Ironman or Grandmaster, no, you're not wasting your time learning how to swim or play chess.

As a bonus, Vanderbilt offers aid and comfort to anyone who finds their memory isn't what it used to be. Our brains are less efficient as we age, not merely because of biological degradation but because they contain so much stuff, he writes. "You've no doubt found, as you've gotten older, that you sometimes struggle to retrieve the name of a film or person. Of course you do! It's because you've seen thousands of films and met thousands of people. Try implanting five decades of raw data into a kid and let's see how they do," he says. **B+**

— Jennifer Graham

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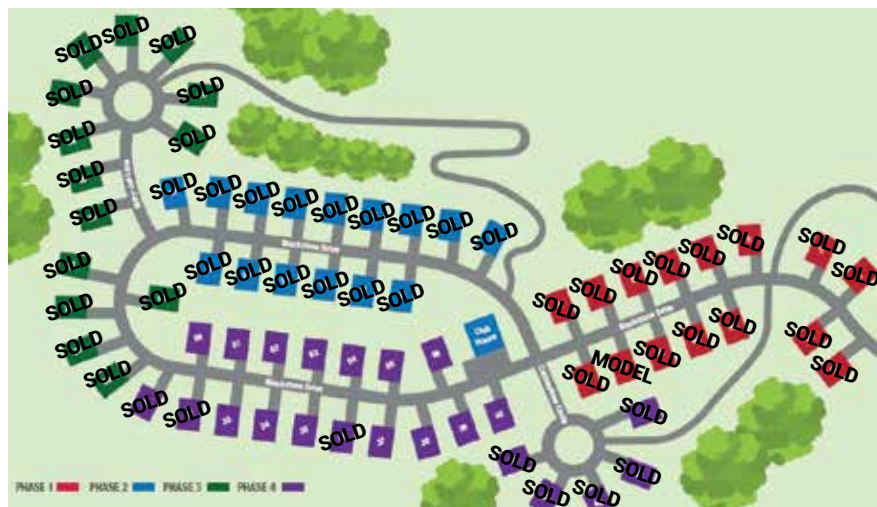
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BOOK NOTES

People on both sides of the political divide reverently quote him, so it's easy to forget that Martin Luther King Jr. was a controversial figure in his day.

It's even harder to fathom how controversial he was when you read some of what King actually wrote and said, which often reaches the heights of poetry.

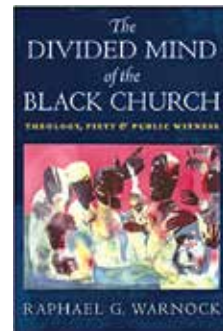
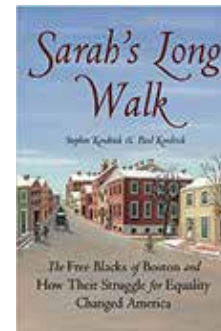
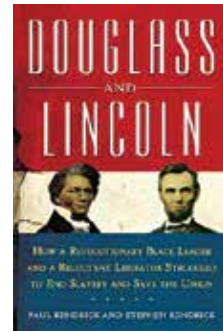
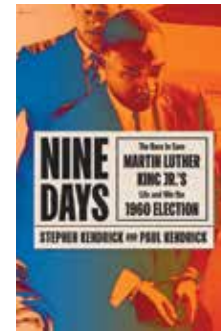
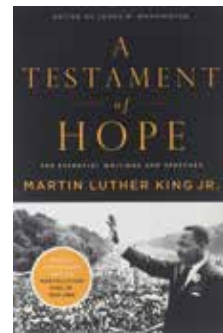
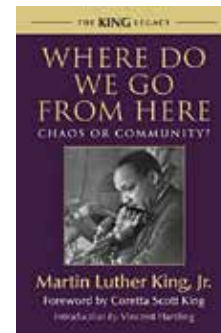
For anyone who has only read *about* the civil rights leader we honor on Monday, and not actually read what he's written, there's a rich library of his words that has aged especially well, beginning with *Where Do We Go From Here? Chaos or Community?* (Beacon Press, 256 pages).

Another good option for the novice King reader is *A Testament of Hope, The Essential Writings and Speeches*, edited by James M. Washington (HarperOne, 736 pages).

Meanwhile, adding to multiple substantive biographies about King, there's a new book out this month that looks promising. *Nine Days: The Race to Save Martin Luther King Jr.'s Life and Win the 1960 Election* is something of a historical thriller (Farrar, Straus and Giroux, 368 pages). It's by Paul Kendrick and Steven Kendrick, a father-son team who have collaborated on two other historical books: *Douglass and Lincoln: How a Revolutionary Black Leader and a Reluctant Liberator Struggled to End Slavery and Save the Union* and *Sarah's Long Walk: The Free Blacks of Boston and How Their Struggle for Equality Changed America*.

Also of note in the month we honor King: One of King's successors at Ebenezer Baptist Church in Atlanta is Raphael Warnock, who recently won one of the hotly contested U.S. Senate seats in Georgia.

It remains to be seen if Warnock has King's rhetorical gifts, but he's got a book, *The Divided Mind of the Black Church*, which was released in paperback last month (NYU Press, 278 pages). Promotional material says it's an exploration of what the priority of the Black church should be: saving souls or transforming the social order. — Jennifer Graham



Books

Author events

• **DR. JARED ROSS HARDESTY** Author of *Black Lives*, *Native Lands*, *White Worlds: A History of Slavery in New England* (2019) presents a virtual lecture, "Confronting Slavery in Early New England: History, Sources and Interpretation." Thurs., Jan. 14, 6:30 p.m. Part of The Mofatt-Ladd House and Garden's free public winter continuing education series. Registration is required. Email education.moffatt.ladd@gmail.com to receive the link to the Zoom event.

• **REBECCA CARROLL** Author presents *Surviving the White Gaze*. Virtual livestream hosted by The Music Hall in Portsmouth. Tues., Feb. 2, 7 p.m. Tickets cost \$5. Call 436-2400 or visit themusichall.org.

• **SUSAN CONLEY** Author presents *Landslide*. Hosted by Gibson's Bookstore in Concord. Online, via Zoom. Thurs., Feb. 11, 7 p.m. Registration required. Visit gibsons-bookstore.com or call 224-0562.

• **DIANE REHM** Author presents

When My Time Comes. Virtual livestream hosted by The Music Hall in Portsmouth. Tues., Feb. 23, 7 p.m. Tickets cost \$5. Call 436-2400 or visit themusichall.org.

• **THERESA CAPUTO** the star of TLC's *Long Island Medium* will present "Theresa Caputo: The Experience Live" at the Capitol Center for the Arts (44 S. Main St. Concord, ccanh.com) on Wed., April 7, 7:30 p.m. Tickets start at \$39.75 (with option for a VIP Photo Op for an additional \$49.95).

Book Clubs

• **BOOKERY** Online. Monthly. Third Thursday, 6 p.m. Bookstore based in Manchester. Visit bookerymht.com/online-book-club or call 836-6600.

• **GIBSON'S BOOKSTORE** Online, via Zoom. Monthly. First Monday, 5:30 p.m. Bookstore based in Concord. Visit gibsons-bookstore.com/gibsons-book-club-2020-2021 or call 224-0562.

• **TO SHARE BREWING**

CO. 720 Union St., Manchester. Monthly. Second Thursday, 6 p.m. RSVP required. Visit toshare-brewing.com or call 836-6947.

Language

• **FRENCH LANGUAGE AND LITERATURE CLASSES** Offering remotely by the Franco-American Centre. Six-week winter session runs Jan. 21 through Feb. 25, with classes held Thursdays from 6:30 to 8:30 p.m. Spring session dates TBA. \$225. Visit facnh.com/education or call 623-1093.

Special events

• **EXETER LITFEST** Literary festival will feature local authors, keynote speaker Victoria Arlen, book launches, a Saturday morning story hour for kids, and programs on various topics including publishing tips, mystery writing and homeschooling. Hosted virtually via Zoom by Exeter TV. Thurs., April 1, through Sat., April 3. Free and open to the public. Visit exeterlitfest.com.

Sylvie's Love (PG-13)

A jazz musician winds through the life of a woman who loves him in *Sylvie's Love*, an almost miraculously good romance on Amazon.

This movie is beautiful to look at, beautifully romantic, sweet and joyful. For whatever reason, romances that are this straightforwardly romantic without any dressing up of comedy or tragedy or whatever are so rare that it feels like something of a miracle that this exists at all, and that it exists in an accessible way, and not as some released-and-it-disappears indie.

Sylvie (an excellent Tessa Thompson) is a young woman who seems to just radiate energy and possibility, living in Harlem in the late 1950s. Her mother, Eunice (Erica Gimpel), literally uses Sylvie as an example of poise to the young girls at the etiquette school she runs, but Sylvie loves music and television and hangs out with her father, who goes by Mr. Jay (Lance Reddick), at his record shop where she can have access to both. She's engaged but the movie suggests that the engagement was more a way to placate her mother when Eunice thought Sylvie had gone too far with a boy than the result of a desire to be married. What really gets Sylvie beaming is television and the desire to work as



Sylvie's Love

a producer, a dream that seems far-fetched for a Black woman in the mid-century, as her father says, but TV is her passion nevertheless. Well, television and Robert Halloway (Nnamdi Asomugha), a talented young saxophonist who takes a job at the record store to hang out with Sylvie. Though she's engaged and he is friendly with a girl angling to be a girlfriend at the club where he plays with a jazz quartet, the two are drawn to each other.

The romance of Sylvie and Robert doesn't

go smoothly and part of what makes this movie work is that we can believe both in the depth of their love and in the reality of the things that keep them apart. The movie starts in the early 1960s and then jumps back five years and then moves forward. We see these two people love each other while pursuing life goals that they also love. It's all so kind, gentle, sweet, beautiful — not words that maybe sound like you should be pumped to see this movie but it is such a warm and rosy story that it is a nice world

to be in for a while. The movie has an almost old-fashioned romance movie feel, like something you might see from the late 1950s or early 1960s, but without the overtly stylized showiness of a *Mank*.

Thompson is one of those actresses I don't think I've ever disliked in a movie but she really is a delight here. She is able to convey strength and confidence even in moments where her character doesn't fully know the right answer. Likewise, Asomugha is able to sell us on both his character's devotion to Sylvie and all the decisions the character makes that pull him away from her. And they create a kind of glow around themselves as a couple.

The movie also has some strong supporting performances, including from Eva Longoria, who seems to be having a lot of fun as the wife of one of Robert's bandmates.

Sylvie's Love is a bottle of Champagne, a box of chocolates and a bouquet of roses — a perfectly executed romance classic. **A**

Rated PG-13 for some sexual content, and smoking, according to the MPA on filmratings.com. Written and directed by Eugene Ashe, Sylvie's Love is an hour and 54 minutes long and is distributed by Amazon Studios and available via Amazon Prime. 🍷

AT THE SOFAPLEX

Herself (R)

Clare Dunne, Harriet Walter. Also Conleth Hill, probably best known as Lord Varys from *Game of Thrones*. Dunne plays Sandra, a mother of two daughters who is living in a hotel paid for by housing assistance, scraping by on two jobs and generally scrambling to make some kind of normal life for her kids after separating from her husband, Gary (Ian Lloyd Anderson). Their fraught marriage finally ended when he beat her up, breaking her hand, while their young-

est daughter, Molly (Molly McCann), watched and their older daughter, Emma (Ruby Rose O'Hara), ran for help. She still has shared custody of the kids with Gary, who vacillates between being an aggressive jerk and a manipulative jerk who tries to guilt her into getting back together. Her hotel is so far away from the kids' school and her jobs that her life is a constant schedule of long travel times and being late for everything. Then she has an idea: What if she builds her own house? The assistance organization can't help her but Peggy (Walter), the woman she cleans for, offers to let her build what is essentially a tiny home on her property and loans her

the cash for building materials. People point out to both women that there are oodles of reasons this won't work, but Sandra is determined to find a way to take control of her own destiny.

To some extent this movie is exactly what it sounds like — a gritty but heartwarming feel-good movie. But it has some excellent performances — in particular, Dunne's — that make it come together and be optimistic without being sap- py or melodramatic. The child actors do decent work and the movie is able to suggest details about the lives of its characters without having to explain every element, creating a well-rounded and well-paced film. **B+** Available on Amazon Prime.

Film

Movie screenings, movie-themed happenings & virtual events

Venues

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

Cinemagic

with IMAX at 38 Cinemagic Way in Hooksett; 11 Executive Park Drive in Merrimack; 2454 Lafayette Road in Portsmouth; cinemagicmovies.com

Red River Theatres

11 S. Main St., Concord 224-4600, redrivertheatres.org

Wilton Town Hall Theatre

40 Main St., Wilton wilontownhalltheatre.com, 654-3456

Shows

• **Red River Virtual Cinema** Red River Theatres is currently offering indie, foreign language and documentary films via a virtual cinema experience. Recent additions include *City Hall*, a documentary about Boston city government. See the ever-changing lineup on the website.
• **The Storytellers** a week-long series of silent films accompanied by live music performed by Jeff Rapsis at Wilton Town Hall Theatre, through Friday, Jan. 15, at 7:30 p.m. each night. Admission is free but a \$10 donation per person is suggested. Films: Wednesday is *Spiders* (1919) from Lang; Thursday is *Way Down East* (1920) from Griffith; Friday is *The Saphead* (1920) starring Buster Keaton.
• **Princess Bride Trivia Night** Thursday, Jan. 14, at 7:30 p.m. at Chunky's Manchester, 21+.

Reserve a spot by purchasing a \$5 food voucher per person.

• **Peter Pan** (1924) silent film accompanied by live music performed by Jeff Rapsis screens on Sunday, Jan. 24, at 2 p.m. at Wilton Town Hall Theatre. Admission is free but a \$10 donation is suggested.
• **Dawson's Creek Trivia Night** Thursday, Jan. 21, at 7:30 p.m. at Chunky's Manchester, 21+. Reserve a spot by purchasing a \$5 food voucher per person.
• **Star Wars Trivia Night** Thursday, Jan. 28, at 7:30 p.m. at Chunky's Manchester, 21+. Reserve a spot by purchasing a \$5 food voucher per person.
• **The Freshman** (1925) silent Harold Lloyd film accompanied by live music performed by Jeff Rapsis screens on Sunday, Feb. 7, at 2 p.m. at Wilton Town Hall Theatre. Admission is free but a \$10 donation is suggested.



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By Michael Witthaus
mwitthaus@hippopress.com

• **Strumming:** Offering a range of tunes from pop to rock, reggae and country, **Acoustic Tandem** features Tom Colantuoni and David Hoffman trading guitar licks and singing; Hoffman keeps rhythm with a pair of claves. Their set list includes classics — Creedence’s “Bad Moon Rising” is done as a harmony-rich rave-up — and newer hits like Little Big Town’s “Boondocks.” Friday, Jan. 15, 8 p.m., Chantilly’s Restaurant & Pub, 1112 Hooksett Road, Hooksett, 625-0012.

• **Drumming:** The instrument played by **Senie Hunt** is many things, including a guitar, which he loops through a sound machine to produce a mini symphony, and uses for percussion in amazing ways, drawing from rhythms of his native Sierra Leone. As a five-year-old refugee from the Diamond Wars, he was adopted by a Stateside family that owned an instrument import business. Saturday, Jan. 16, 8 p.m., Backyard Brewery & Kitchen, 1211 S. Mammoth Road, Manchester, 623-3545.

• **Supporting:** A weekly series of pre-recorded concerts kicks off with **Soggy Po’ Boys** and runs through the end of March with a goal of helping the regional music scene’s beleaguered members raise some money and provide them with a well-produced, multi-camera video to showcase in further endeavors. Fans receive a great snapshot of a vibrant community and the chance to make difference. Premieres Saturday, Jan. 16, 7 p.m. on facebook.com/winterwarmer-music, \$20/show; season passes available.

• **Brightening:** Enjoy a snack, a beverage and a midweek performance from **Jessica Olson**, a New Hampshire native who calls herself an “uncaged song bird.” When she’s not playing solo — like most everyone these days — Olson fronts her eponymous band. She recently joined the lineup of streaming musicians at session-slive.com, so those interested in her sound can check her out there. Wednesday, Jan. 20, 8 p.m., Homestead Restaurant, 641 Daniel Webster Hwy., Merrimack, 479-2022.

NITE

Brooks plays Brooks

Virtual tribute show promises the best of Garth



Courtesy photo.

By Michael Witthaus
mwitthaus@hippopress.com

There’s an emphatic mood these days at the Palace Theatre: The show must go on.

Since the pandemic has again ended performances for live audiences, some postponed events are now being repurposed to happen virtually at the Manchester venue. One scheduled for Jan. 15 is a night of Garth Brooks hits performed by local musician Brooks Young.

Two more evenings of music are set, an *All New Piano Men* tribute to Elton John, Billy Joel and others Jan. 22, and the Feb. 5 *Divas Through the Decades*, reprising singers from Etta James to Gloria Estefan, Tina Turner and Madonna. All shows premiere on Friday night, and later are made available to stream on demand.

A singer, guitarist and songwriter, Young is no stranger to the impact that national events can have on the arts. His breakout gig, opening at Singer Park for B.B. King, was nearly canceled the day it happened: Sept. 11, 2001. But the concert had already been rescheduled from 12 days earlier, and the blues legend wasn’t going to let it slip again.

Along with his musical prowess, Young has worked as technical director for the Pal-

ace and Rex theaters for the past two years.

“It was a good fit with my background,” he said in a recent phone interview, noting that he’s currently studying for a music business degree. “I love all the people. ... I feel like I haven’t worked a day since I started here; I just get up and do something that I love every day.”

One of Young’s latest projects was overseeing the installation of a new state-of-the-art video screen for the Palace stage; it will be behind him at his Brooks Plays Brooks show. He promises a high-tech performance, with a socially distanced band that includes a steel guitarist and a fiddle player.

“It’s going to be your typical Garth Brooks show with the fancy lights, the video wall, the smoke, the whole nine yards,” he said. “We’re not just going to be standing up there like deer in headlights.”

The event’s name was a natural choice, as was the artist being lauded.

“I grew up listening to him and I’m familiar with all his music. He was one of my first CDs in the ’90s. I always thought if I were to do a country show, it’s definitely going to be Garth Brooks,” Young said, noting that his grandfather was in a touring country group when he was younger.

So the longtime blues ace decided, “I’m going to try it. So I got myself a cowboy hat,



Brooks Young. Courtesy photo

and we’ll see what happens.”

One result is a new song with a country flavor called “Ask Me How I Know” that recently debuted on Spotify. Young has plans for more studio work in the spring.

“I always thought I’d play some country music, and my grandmother always asked me, ‘Hey when are you going to have a country group, because you love it,’” Young said. “She passed away last July, so I said ... ‘Maybe now is a good time to do it.’”

The new tune follows a Christmas song that arrived last month, reflecting a strategy of putting out a lot of material, one track at a time.

“You can’t just release something once every two or three years,” Brooks said. “Things need to come out a couple of times a year, singles and stuff like that — that’s how the algorithms work with all the streaming services. I’ve been learning a lot and trying to adapt with these new times.”

Brooks Young Plays Garth Brooks

When: Friday, Jan 15, 7 p.m.

Where: Palace Theatre, 96 Hanover St., Manchester (virtual event)

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MUSIC THIS WEEK

Auburn Auburn Pitts 167 Rockingham Road 622-6564	Concord Area 23 State Street 881-9060	Exeter Sawbelly Brewing 156 Epping Road 583-5080	The Goat 20 L St. 601-6928	Luk's Bar & Grill 142 Lowell Road 889-9900	Fratello's 155 Dow St. 624-2022	Nashua American Social Club 166 Daniel Webster Hwy. 255-8272	The Goat 142 Congress St. 590-4628
Bedford Copper Door 15 Leavy Dr. 488-2677	Cheers 17 Depot St. 228-0180	Sea Dog Brewery 9 Water St.	Shane's BBQ 61 High St. 601-7091	Londonderry Coach Stop Restaurant & Tavern 176 Mammoth Road 437-2022	Penuche's Music Hall 1087 Elm St. 932-2868	Fratello's Italian Grille 194 Main St. 889-2022	Rochester Porter's Pub 19 Hanson St. 330-1964
Bow Cheng Yang Li 520 S. Bow St. 228-8508	Concord Craft Brewing 117 Storrs St. 856-7625	Goffstown Village Trestle 25 Main St. 497-8230	Wally's Pub 144 Ashworth Ave. 926-6954	Stumble Inn 20 Rockingham Road 432-3210	South Side Tavern 1279 S. Willow St. 935-9947	Liquid Therapy 14 Court St. 402-9391	Salem Copper Door 41 S. Broadway 458-2033
Brookline The Alamo Texas Barbecue & Tequila Bar 99 Route 13 721-5000	Epping The Community Oven 24 Calef Hwy. 734-4543	Hampton Community Oven 845 Lafayette Road 601-6311	WHYM Craft Pub & Brewery 853 Lafayette Road 601-2801	Manchester Backyard Brewery 1211 S. Mammoth Road 623-3545	Meredith Hart's Turkey Farm 223 Daniel Webster Hwy. 279-6212	New Boston Molly's Tavern & Restaurant 35 Mont Vernon Road 487-1362	Seabrook Chop Shop Pub 920 Lafayette Road 760-7706
	Telly's Restaurant & Pizzeria 235 Calef Hwy. 679-8225	CR's The Restaurant 287 Exeter Road 929-7972	Hudson The Bar 2B Burnham Road	Cerle National Club 550 Rockland Ave. 623-8243	Twin Barns Brewing 194 Daniel Webster Hwy. 279-0876	Newmarket Stone Church 5 Granite St. 659-7700	Red's Kitchen + Tavern 530 Lafayette Road 760-0030
				Derryfield Country Club 625 Mammoth Road 623-2880	Merrimack Homestead 641 Daniel Webster Hwy. 429-2022	Portsmouth The Gas Light 64 Market St. 430-9122	Stratham Tailgate Tavern 28 Portsmouth Ave. 580-2294
				The Foundry 50 Commercial St. 836-1925			

Thursday, Jan. 14
Brookline
Alamo: Matt Borrello, 4:30 p.m.

Portsmouth
The Goat: Isaiah Bennett, 9 p.m.

Meredith
Twin Barns: Sweetbloods, 5 p.m.

Goffstown
Village Trestle: Brother Seamus, 6 p.m.

Seabrook
Chop Shop: Jodie Cunningham, 7 p.m.

Merrimack
Homestead: Amanda Cote, 5:30 p.m.

Concord
Area 23: NH Vintage Vinyl spins records, 6:23 p.m.
Cheers: Team Trivia, 9 p.m.

Friday, Jan. 15
Auburn
Auburn Pitts: Lisa Guyer, 7 p.m.

Merrimack
Homestead: Marc Apostolides, 5:30 p.m.

Hampton
The Goat: Jonny Friday, 9 p.m.
Wally's: Chris Toler, 9 p.m.

Sunday, Jan. 17
Bedford
Copper Door: Marc Apostolides, 11 a.m.

Nashua
Fratello's: Jessica Olson, 5:30 p.m.

Brookline
Alamo: Randy McGravey, 4:30 p.m.

Nashua
American Social Club: Chad LaMarsh, 8 p.m.
Fratello's: Dave Zangri, 5:30 p.m.

Hudson
The Bar: Joel Cage, 7 p.m.

Brookline
Alamo: Ryan Hood, 4:30 p.m.

Portsmouth
The Goat: Isaiah Bennett, 9 p.m.

Epping
Telly's: Tim Theriault, 7 p.m.

Concord
Area 23: swapping sets with Nate Cozzolino & Michael Hauptly-Pierce, 7 p.m.

Newmarket
Stone Church: Wood & Bone, 8 p.m.

Londonderry
Coach Stop: Mark Lapointe, 6 p.m.
Stumble Inn: Jodee Frawlee, 8 p.m.

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m. (acoustic sessions)

Wednesday, Jan. 20
Brookline
Alamo: Brian Weeks, 4:30 p.m.

Epping
Telly's: Eric Grant, 8 p.m.

Portsmouth
The Goat: Chris Toler, 9 p.m.

Manchester
Backyard Brewery: Senie Hunt, 6 p.m.
Cerle National Club: Johnny Angel, 6:30 p.m.
Derryfield: Chad LaMarsh, 7:30 p.m.
Foundry: Andrew Geano, 6 p.m.
Fratello's: Tim Kierstead, 5:30 p.m.
South Side Tavern: Eric Grant, 8 p.m.

Hampton
WHYM: Max Sullivan, noon

Concord
Area 23: open mic, 6:23 p.m.

Goffstown
Village Trestle: Brad Bosse, 6 p.m.

Exeter
Sawbelly Brewing: Brian Walker, 5 p.m.

Rochester
Porter's Pub: Max Sullivan, 6 p.m.

Merrimack
Homestead: Marc Apostolides, 5:30 p.m.

Portsmouth
The Goat: Rob Pagnano, 9 p.m.

Epping
Community Oven: trivia night, 7 p.m.

Hampton
CR's: Steve Sibulkin, 6 p.m.
Shane BBQ: Brad Bosse, 5 p.m.

Goffstown
Village Trestle: April Cushman, 6 p.m.

Seabrook
Chop Shop: American Ride, 7 p.m. (country)

Manchester
Fratello's: Ralph Allen, 5:30 p.m.

Salem
Copper Door: Yvonne Aubert, 11 a.m.

Hampton
Community Oven: trivia night, 6 p.m.
Wally's: Chris Toler, 6 p.m.

Londonderry
Stumble Inn: Eric Grant, 7 p.m.

Hampton
CR's: Jeff Auger, 6 p.m.
The Goat: Rob Pagnano, 9 p.m.
Wally's: Josh Waterman & Adam Fithian, 9 p.m.

Saturday, Jan. 16
Bow
Chen Yang Li: Justin Cohn, 7 p.m.

Meredith
Twin Barns: Music Bingo, 6 p.m.

Monday, Jan. 18
Manchester
Fratello's: Ralph Allen, 5:30 p.m.

Manchester
Fratello's: Ryan Williamson, 5:30 p.m.

Manchester
Fratello's: Austin McCarthy, 5:30 p.m.
Penuche's: EDM on Elm, 9 p.m.

Londonderry
Coach Stop: Jeff Mrozek, 6 p.m.
Stumble Inn: Jonny Friday, 8 p.m.

Brookline
Alamo: Justin Jordan, 4:30 p.m.

Merrimack
Homestead: Marc Apostolides, 5:30 p.m.

Merrimack
Homestead: Ryan Williamson, 5:30 pm.

Merrimack
Homestead: Jessica Olson, 5:30 p.m.

Meredith
Hart's Turkey Farm: Game Time Trivia, 7 p.m.

Manchester
Backyard Brewery: Justin Cohn, 6 p.m.
Cerle National Club: Lewis Goodwin, 6:30 p.m.
Derryfield: Emily Rae Shively, 7:30 p.m.
Foundry: Josh Foster, 6 p.m.
Fratello's: Jodee Frawlee, 5:30 p.m.

Concord
Area 23: Saturday jam with Ross Arnold, 2 p.m.; Brian Booth & Joe Pero, 7 p.m.
Concord Craft Brewing: live music, 4 p.m.

Nashua
American Social Club: DJ Night with Social Beats, 9 p.m.
Fratello's: Jon-Paul Royer, 5:30 p.m.
Liquid Therapy: Klipper, 6 p.m.

Nashua
American Social Club: Bar Bingo, 7 p.m.
Fratello's: Chris Lester, 5:30 p.m.

Nashua
Fratello's: Ralph Allen, 5:30 p.m.

Newmarket
Stone Church: George Brown, 6 p.m.

Penuche's: EDM on Elm, 9 p.m.
South Side Tavern: Chris Perkins, 8 p.m.

Epping
Telly's: Lewis Goodwin, 8 p.m.

Newmarket
Stone Church: A Night of JGB & the Dead, 5 & 9 p.m.

Portsmouth
The Goat: Musical Nation Bingo, 7 p.m.; Alex Anthony, 9 p.m.

Meredith
Twin Barns: trivia night, 6 p.m.

Portsmouth
The Goat: Alex Anthony, 9 p.m.

Exeter
Sawbelly Brewing: Max Sullivan, 1 p.m.

Exeter
Sawbelly Brewing: Max Sullivan, 1 p.m.

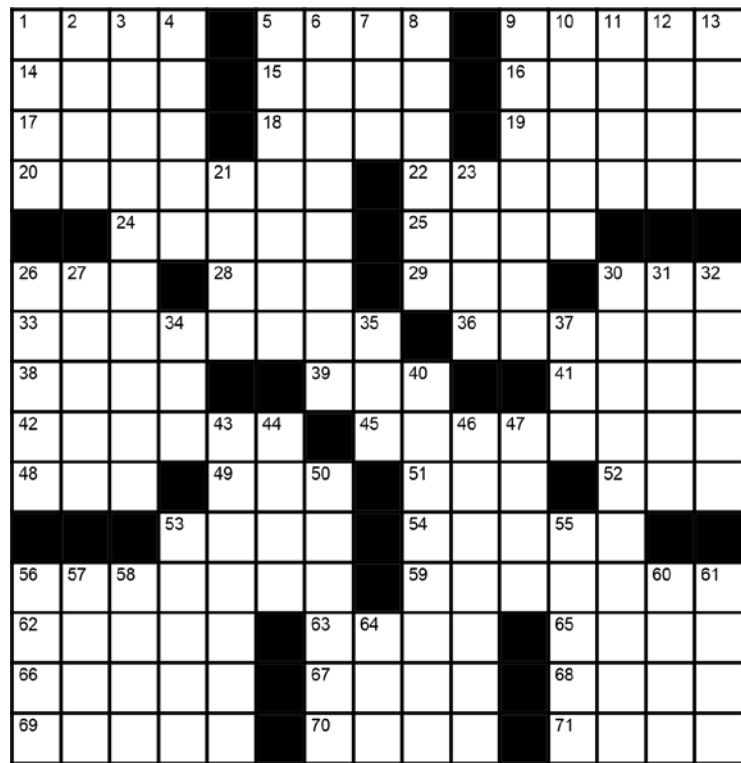
Portsmouth
Gas Light: Alex Roy, 7:30 p.m.
The Goat: Alex Anthony, 9 p.m.

Tuesday, Jan. 19
Hampton
Wally's: Musical Nation Bingo, 7:30 p.m.

Stratham
Tailgate: Musical Nation Bingo, 6:30 p.m.

Manchester
Fratello's: Matt Luneau, 5:30 p.m.

BOUGHT A TICKET FOR A RUNAWAY CLUE



69. Willie Nelson 'How I ___ Up With A Classical Guitar'
 70. Soul Asylum '93 'Grave Dancer's Union' hit 'Black ___'
 71. The Eels 'Last ___: This Town'

Down

1. San Franciscan 'Good Day' tband
 2. Jerry Lee Lewis '___ Be Me'
 3. Phish 'Stealing Time From The ___' (6,4)
 4. '08 Springsteen hit 'Girls In ___ Summer Clothes'
 5. Don Henley 'All She Wants To Do ___' (2,5)
 6. '66 Simon & Garfunkel album '___ Silence' (6,2)
 7. Come with ahs
 8. Lead single off Blink-182 'Greatest Hits' they wanted to wait on? (3,3)
 9. '72 Jethro Tull album '___ A Brick' (5,2)
 10. Yelp user does it to venue they went to (w/"it")
 11. A cocky Kanye West said 'I Am ___' (1,3)
 12. Mexican pop rockers meaning "where" in Spanish
 13. Dead Kennedys sang of predator victim 'The ___'
 21. 'Excuse ___' No Doubt (2,2)
 23. Guided By Voices '___ Scientist' (1,2,1)
 26. English alt rockers that got 1st and won a gold one?
 27. Lostprophets "So sick of waiting, for us to make ___" (1,4)
 30. The Color Red song that needs a Vicks' (4,6)
 31. Not so nice UK thrash band?
 32. Jeff Keith 'What You Give' band
 34. Soul Asylum "If I want your opinion ___ ask ya, I can get myself down"
 35. 'Water & Solutions' band that was not near?

37. '84 Howard Jones album 'Human's ___'
 40. '10 Elvis Costello album '___ Ransom'
 43. Left out facts in interview or did this
 44. 'Do-Wah-Doo' Kate
 46. Kelly of Destiny's Child
 47. 'Aerie Faerie Nonsense' band named after Idylls Of The King character
 50. Prince's backing band from 1990-2013 (abbr)
 53. Fairy tale figure Pink Floyd sang of on debut

55. Contract signers' foes
 56. Aerosmith is 'Living On' this, when they look over the cliff
 57. Musical category or this
 58. 'Business Never Personal' East coast hip-hoppers
 60. Wailin' Jennys needed 'Something To Hold ___'
 61. Might do this to a song that reminds you of your ex
 64. Jeff Lynne 'Turn To Stone' band (abbr)
 © 2020 Todd Santos

Across

1. Rockin' song gives you a boost or this
 5. When challenged, Grateful Dead said 'The Race ___' (2,2)
 9. Lady and the ___
 14. Western state Royal Bliss is from
 15. Foo Fighters found a secret behind a door in this Manhattan neighborhood
 16. 'Your Love Is Driving Me Crazy' Sammy
 17. I give you a musical one, you give me the answer
 18. '92 Faith No More album 'Angel ___'
 19. Soul Asylum "She's walkin' away, just give ___ more try" (2,3)
 20. 'If I Can't Have You' Yvonne
 22. Happy '05 Bon Jovi album 'Have A ___' (4,3)
 24. What's happening presently is called this
 25. Punks Halifax is from Thousand ___, Calif.
 26. Soul Asylum "I ___ never get what I want"
 28. Rappers (abbr)
 29. Acronym-y Pearl Jam song off 'Vs.' album
 30. 'Love Like Woe' The Ready ___
 33. 'Walking On A Dream' ___ The Sun (6,2)
 36. Jimi Hendrix Experience 'Axis: Bold ___' (2,4)
 38. Soul Asylum sticks pins in a 'Voodoo' one
 39. Devotee
 41. "I don't want the world to see me" Goo Goo Dolls song
 42. Controversial 'Jane Fonda' rapper Mickey
 45. Drummer Herman of Scorpions
 48. Canadian 'Songs From A Room' sing/songster Cohen (abbr)
 49. 'City Of Black & White' Kearney
 51. Tour freight unit of weight
 52. What 'Mama Kin' smoked, to Aerosmith
 53. Smashing Pumpkins debut '91 'Rhinoceros' album

54. Soul Asylum "All is well in hell, ___ you were here" (1,4)
 56. Air Supply '___ Nights Are Better' (4,3)
 59. 'Volunteer' ___ Medicine Show (3,4)
 62. '98 Jerry Cantrell debut 'Boggy ___'
 63. German '99 Luftballons' band
 65. "And ___, and a two" (1,3)
 66. Me First and the ___ Gimmes
 67. Pop punkers Simple ___
 68. Fellow member, slang

WORD★Roundup™

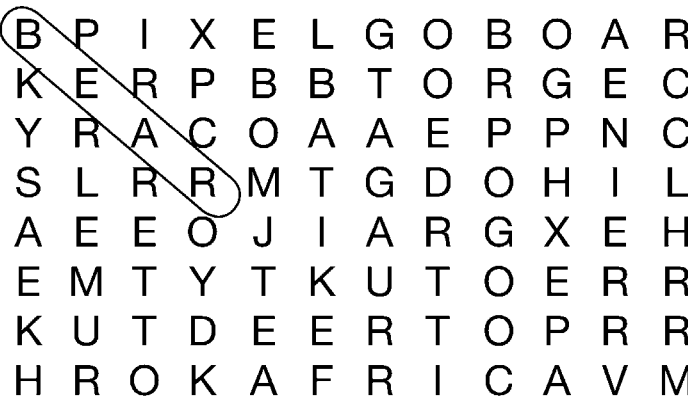
by David L. Hoyt & Jeff Knurek

Find and Circle...

- Eight mammals ending with R
 Two words with X in the middle
 ___ soup (rhyming words)
 Two continents
 Opposite of difficult

Last Week's Answers: FOLIAGE BRANCH SHADE TRUNK ROOT LEAF BARK LIMB / CAMEL HORSE HYENA / ABBOTT COSTELLO / ICARUS / FELINE

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EASY

4×		2	5+
	36×		
5+		3-	
	2÷		1

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CHALLENGING

2÷	1-	9×	5-		
	4-			5	
2÷		3÷	11+	5	24×
11+	1			3+	
	2÷				5+
3÷		5	2-		

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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÷	24×	3	3-
1	2	3	4
2	3	4	1
1-	3-	6+	2
3	4	1	2
4	1	2	3

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“Must Be ‘21 to Enter” — happy new year to you!

Across

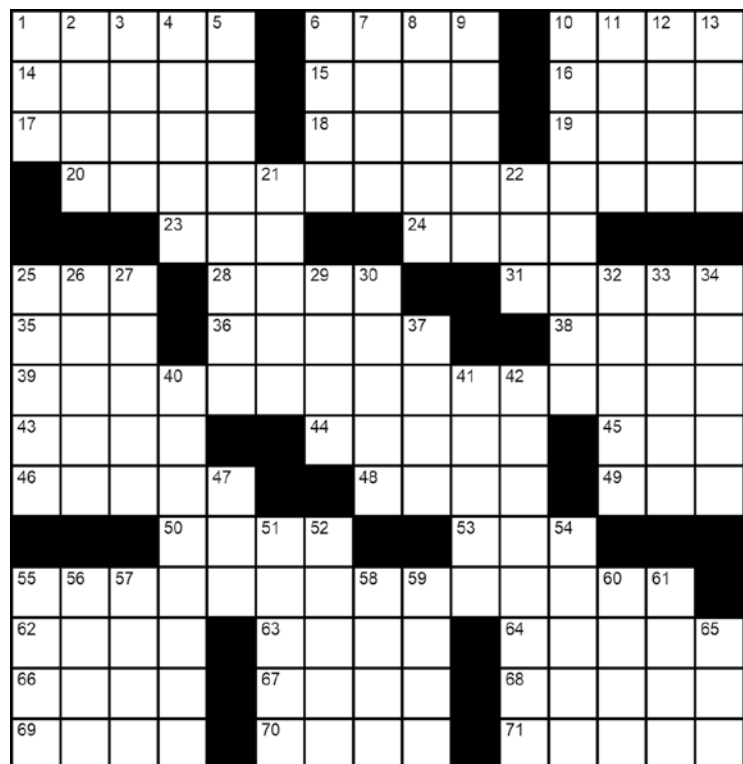
- 1 “21 ___” (2003 Sean Penn film)
- 6 Go on and on
- 10 1982 movie with a 2010 sequel
- 14 Quick text that’s usually abbreviated even more
- 15 Pilot’s prefix
- 16 Mandlikova of tennis
- 17 “Raging Bull” boxer Jake La ___
- 18 Person, place, or thing, in grammar
- 19 One of many for “Game of Thrones”
- 20 Band whose album “No Need to Argue” features the track “Twenty One” (followed by their biggest hit, “Zombie”)
- 23 ___ de los Muertos
- 24 Largest continent
- 25 Trivia locale, once (and hopefully

in the future)

- 28 “Frozen” snowman
- 31 “Great British Bake Off” fixtures
- 35 Ending for suburban
- 36 Rattled
- 38 Actress Falco of “The Sopranos”
- 39 1950s news involving Charles Van Doren and “Twenty-One”
- 43 Primal calling
- 44 Holiday spread
- 45 Kind of wind or will
- 46 Opposite combatant
- 48 “Live!” cohost for 20+ years
- 49 1994 and 1997 U.S. Open winner Ernie
- 50 Icicle lights locale
- 53 “Skyfall” actor Rapace
- 55 Place to play Twenty-One
- 62 Penguins’ milieu
- 63 Former “Whose Line” host Carey
- 64 “Spunk” author Zora ___ Hurston
- 66 Present prefix

- 67 “Rondo ___ Turca” (Mozart piece)
- 68 Casual goodbyes
- 69 Calamities
- 70 Bigfoot’s Tibetan cousin
- 71 Singer with the Grammy-winning album “21”

- 13 Some House votes
- 21 “Lord of the Flies” leader
- 22 2014 World Cup final city
- 25 Irritated state
- 26 Half a 360
- 27 Neutral, blah color
- 29 Starting on
- 30 Less numerous
- 32 Murphy of 2021’s “Coming 2 America”
- 33 Former One Direction member Horan
- 34 Markets successfully
- 37 Public TV chef Ming ___
- 40 “Back to the Future” director Robert
- 41 \$100 bill, in old slang
- 42 Fleet-footed heroine of Greek myth
- 47 It’s milked in Tibet
- 51 Truman declaration of 9/2/45
- 52 Country-blues guitarist Steve
- 54 Draw ___ on (take aim at)
- 55 Waxing target
- 56 Chauffeur-driven vehicle
- 57 Rice who writes of vampires
- 58 Ancient British Isles settler
- 59 “The Bridge on the River ___”
- 60 Hurrying, maybe
- 61 Airline to Jerusalem
- 65 Language suffix



R&R answer from pg 35 of 01/07



Down

- 1 Workout facility
- 2 Square or cube follower
- 3 Short story-writer?
- 4 Inaudible on Zoom, maybe
- 5 Full of legroom
- 6 “Munich” star Eric
- 7 Florida explorer Ponce de ___
- 8 Caribbean island near Venezuela
- 9 Skeletal makeup
- 10 Poem with the line “Darkness there and nothing more”
- 11 “Mr. Robot” actor Malek
- 12 “The joke’s ___!”

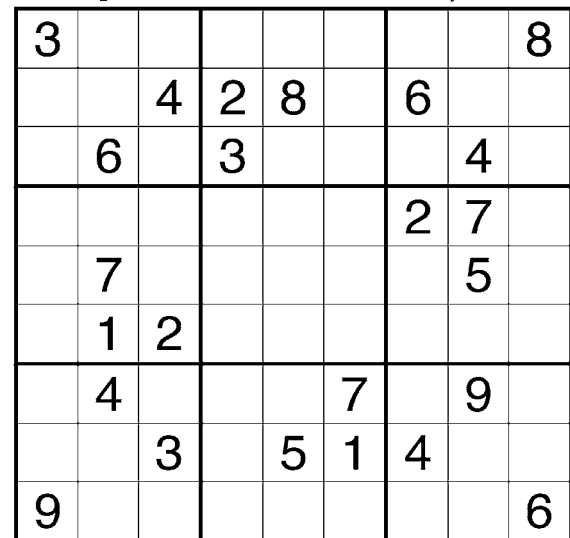
Jonesin’ answer from 36 of 01/07



NITE SUDOKU

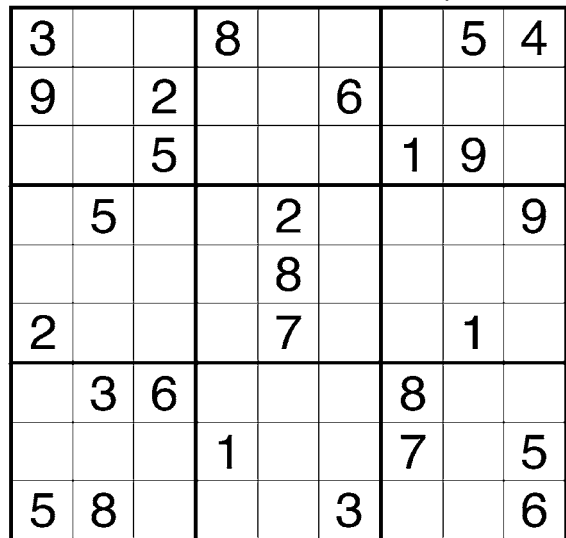
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. See last week’s puzzle answers on pg 33.

Conceptis Sudoku Puzzle A By Dave Green



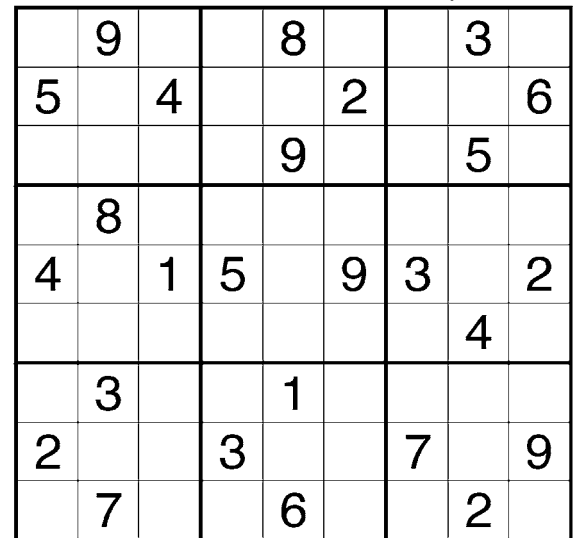
Difficulty Level ★★★★★

Conceptis Sudoku Puzzle B By Dave Green



Difficulty Level ★★

Conceptis Sudoku Puzzle C By Dave Green



Difficulty Level ★★★

SIGNS OF LIFE

All quotes are from *The Tenant of Wildfell Hall*, by Anne Bronte, born Jan. 17, 1820.

Capricorn (Dec. 22 – Jan. 19) Had I forgotten my own prospects, my ardent love, my pertinacious hopes? Don't!

Aquarius (Jan. 20 – Feb. 18) ... she somewhat appeared me by doubting my taste and judgment about some doubtful matter in her drawing. My opinion, happily, met her approbation, and the improvement I suggested was adopted without hesitation. Your opinion has value.

Pisces (Feb. 19 – March 20) ... one bright February morning, during twenty minutes' stroll along the moor, she laid aside her usual asperity and reserve, and fairly entered into conversation with me, discoursing with so much eloquence and depth of thought and feeling on a subject happily coinciding with my own ideas, and looking so beautiful withal, that I went home enchanted.... Good conversations will be had.

Aries (March 21 – April 19) But if he intended the speech to be hailed as a master-stroke of wit, he signally failed, for nobody laughed. A failed attempt at humor could be an opportunity for new communication.

Taurus (April 20 – May 20) But it was time for me to be going: make what haste I would, I should still be too late for tea; and my mother was the soul of order and punctuality. If you can't be on time, be early.

Gemini (May 21 – June 20) Such stormy thoughts — so many different resolutions crowded in upon me, that my mind was little better than a chaos of conflicting passions. Try some calming tea.

Cancer (June 21 – July 22) Without knowing anything about my real disposition and principles, she was evidently prejudiced against me, and seemed bent upon showing me that her opinions respecting me, on every particular, fell far below those I entertained of myself. Just put your best foot forward.

Leo (July 23 – Aug. 22) Mr. Millward was mighty in important dogmas and sententious jokes, pompous anecdotes and oracular discourses, dealt out for the edification of the

whole assembly in general.... You can sneak away when he's not looking.

Virgo (Aug. 23 – Sept. 22) Mrs. Wilson was more brilliant than ever, with her budgets of fresh news and old scandal, strung together with trivial questions and remarks ... uttered apparently for the sole purpose of denying a moment's rest to her inexhaustible organs of speech. Mrs. Wilson needs to make a podcast.

Libra (Sept. 23 – Oct. 22) Our party ... passed off very well, in spite of Mrs. Graham's refusal to grace it with her presence. Your party will be grand!

Scorpio (Oct. 23 – Nov. 21) During the next four months I did not enter Mrs. Graham's house, nor she mine; but still the ladies continued to talk about her, and still our acquaintance continued, though slowly, to advance. Networking happens little by little.

Sagittarius (Nov. 22 – Dec. 21) My mother, as usual, was cheerful and chatty, full of activity and good-nature, and only faulty in being too anxious to make her guests happy, thereby forcing several of them to do what their soul abhorred in the way of eating or drinking, sitting opposite the blazing fire, or talking when they would be silent. Nevertheless, they bore it very well, being all in their holiday humours. True happiness finds itself. 🍷

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 Sat. Jan. 16th 6-9pm - Brother Seamus
 Sun. Jan. 17th 3:30-6:30pm - Bob Pratte

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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 upholstered footrest (7)	_____
2 seat at the table (5)	_____
3 where the queen sits (6)	_____
4 comfortable seat (8)	_____
5 seat at the bar (5)	_____
6 two-person sofa (8)	_____
7 long, low seat (5)	_____

NE VE RE BE IR
 TH CL STO ER LO
 OM CHA OL OTT AT
 NCH AN IN RO SE

1/10 Last Week's Answers: 1. HEARTBROKEN 2. BEARHUG 3. CLEARANCE 4. DISAPPEARED 5. PREARRANGE 6. BEARDED 7. TEARJERKER

Sudoku Answers from pg 36 of 01/07

Puzzle A

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

Puzzle B

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

Puzzle C

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

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Home of your dreams

The house for sale at 43 Courthouse Drive in Guildhall, Vermont, has four bedrooms, two bathrooms, an updated kitchen and seven jail cells, complete with barred windows, toilets and cots. United Press International reported that the property, listed for \$149,000, used to serve as the Essex County jail, with the jailer's quarters attached to the back of the house. Out of use since 1969, the cells are now covered in dust and, according to the listing, just waiting for a creative buyer to "bring ... ideas on what this 28-foot-by-40-foot wing could be!"

Unsocial media

Caleb Burczyk, 29, of Williston, North Dakota, was arrested and charged with burglary and terrorizing on Dec. 26 for allegedly kicking in the front door of a former co-worker's home after the man apparently failed to answer Burczyk's Facebook friend requests, according to court documents. "Accept my friend request or I'm going to murder you," read one message, according to the affidavit, and another message said Burczyk would "come at" Thomas if he didn't accept. The Smoking Gun reported Burczyk pleaded not guilty and is scheduled for an April appearance in District Court.

Compelling explanations

Holly Venderley, 20, of Bloomington, Indiana, told park rangers that she knew Mount Rushmore National Memorial was closed, and she knew she wasn't allowed to climb the South Dakota monument — which is why she did it at night. The Rapid City Journal reported that a ranger monitoring security cameras saw a flashlight's beam moving along the slope of broken rocks just beneath George Washington on Jan. 3 and ran to the area, where he saw Venderley climbing to the base of Washington's lapel, about 200 feet up. The ranger demanded she get down, which she did. Venderley was sober and cooperative, and the next day she was fined \$1,250 after pleading guilty to climbing the monument in federal court.

Government in action

Massachusetts already has an official fossil, reported NECN-TV, and now state Rep. Jack Lewis, of Framingham, is proposing the selection of a state dinosaur as well. "With so much uncertainty in our world today, can you think of a better way to help kids (and those young at heart) learn about the legislative process than (by) naming an official Massachusetts State Dinosaur?" he wrote on Twitter on Jan. 4. Lewis posted links to an online survey where citizens can choose the species they'd like to represent them and said it got 150 votes in the first two hours.

Questionable judgment

Cam Faust and Kevin Joiner weren't sure at first how to react when, during a fishing trip on Jan. 3 near Darwin, Australia, they "heard this faint like 'ahhh ahhh,'" Faust told 9News, and found a naked man clinging to branches in the mangrove forest, filthy and covered with bug bites. Luke Voskresensky, 40, told them he'd gotten lost on his way to a New Year's Eve party a few days earlier and had been eating snails to stay alive. Faust and Joiner offered him a cold beer and a ride back to town where they found out the real reason Voskresensky was stranded in the croc-infested waters: He had been arrested for armed robbery and fitted with an ankle monitor, which he had allegedly broken before escaping bail. "I was going to go visit him in hospital," Faust said, but a paramedic said "he's in hospital with handcuffs on, two cops babysitting him' so ... maybe we'll leave it."

Creme de la weird

Ending a dispute that began in 2014, Judge Luo Shengli of the Beijing Xicheng District People's Court ruled in late December that a man identified only as Tian and his family must leave the hospital room they had been squatting in for six years. Tian had undergone a medical procedure at the hospital and spent a few days recovering there, accompanied by his family, but

at discharge, Tian disputed the hospital's bill and refused to leave, Oddity Central reported. Tian's parents settled in with him, bringing pots and pans, groceries and other personal items from home. Over the years, the hospital took the family to court on multiple occasions and in 2019 even waived its fees in an effort to expel them, but the family countersued. In his ruling, the judge found the family was entitled to compensation of about \$73,000, which they accepted, and they were taken home in a hospital ambulance.

Bright idea

Thomas Dodd, 30, of Tamworth, Staffordshire, England, got into his cups over the Christmas holiday and was watching Celine Dion concerts on YouTube when he had a brainstorm: He would pay the 89 pounds to officially change his name to Celine Dion. Dodd forgot all about it until the papers arrived in the mail on Dec. 30, Metro News reported. "I wish I knew what happened, but it was a hazy night," Dodd/Dion said. He admits being concerned about the reaction he'll get at work, and says his mother isn't too pleased, but "if it gives people a laugh this year, then I don't care. I think we could all do with a laugh after the year we've just had."

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