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FEBRUARY 18 - 24, 2021

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GRANITE VIEWS **JODY REESE** Who are your favorites



We're now deep into the pandemic hoping against hope that 2021 will be the year that we'll get to see friends, family and some of our favorite places. It's too early to say how

much will return to normal or even what we'll consider normal then, but there is hope. Hope that we'll get back to some of those routines and hope that we'll discover new ones. Hope for one another.

This is Hippo's 20th Best Of and like many of you we've had to make some adjustments to accommodate this pandemic. We've changed some of the questions and pared down some categories to better reflect the current situation and past year. The goal, as always, is really to get the pulse of our readers about what they value and like about their community. As big box stores, big tech and big finance occupy more of our landscape it's all the more important to share what you think makes your community special and different from another place. It's those great hiking trails, those places to take the kids sledding, the places to grab a scoop on a lazy Sunday or the person who kicks your butt into shape. It's the coffee shop with art for sale on the walls and it's the juicy burger that you probably didn't need. It's that slice of pizza that you tell people from out of town about.

Those are the things we want to know about in our annual Best Of and it's those things that we enjoy now or look forward to enjoying when we can. You can vote in this year's best of at hippopress.com. Voting ends Feb. 28.



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ON THE COVER

13 FROM COUCH TO CARDIO Local fitness pros talk about their shift to virtual classes. Find out why you might want to get off the couch and try Zumba, Pound, yoga, group personal training and more, all without leaving your house.

ALSO ON THE COVER, voting is now open for the Hippo's Best of readers' poll! Vote for your favorite people, places and events in southern New Hampshire. See details on p. 35. And if you can whip up a delicious bowl of chili, you may want to check out the Virtual Chili Cook-Off being hosted by the Merrimack and Amherst Lions Clubs, p. 18.

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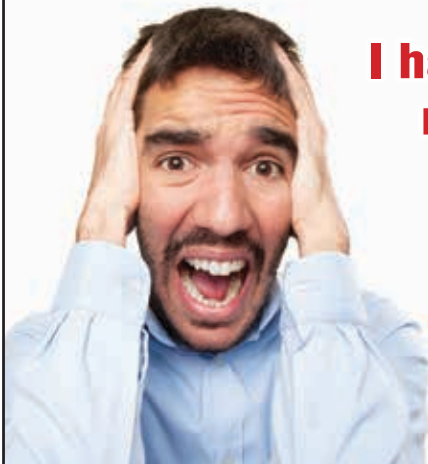
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Brady, Benny and the Betts



With the Super Bowl in the rear view mirror after Tom Brady's quest for No. 7 took up a lot of oxygen in the space over the last month, it's time to catch up on a number of stories that have been sitting on the back burner.

Is it me, or after last week's salary dump of **Andrew Benintendi** for KC castoff **Franchy Cordero** did it seem like **Chaim Bloom** just dusted off **Theo Epstein's** talking points from when he got **Wily Mo Pena** in a trade for **Bronson Arroyo**? I mean besides the "we did it because we have too many starting pitchers" part it was the same — Franchy's got awesome power with a high ceiling and just hasn't been able to unlock his potential in KC. Got it.

If you're wondering, here's the payoff for both teams in that. While all of Wily Mo's homers either were heat-seeking missiles or traveled about 900 feet, for basically a full season (157 games) split over two years it was 16 homers, 58 RBI and a .271 batting average for Pena. For the dependable Arroyo, who went eight years in Cincy without missing a start before a rotator cuff tear pretty much ended the career, it was 276 starts for a record of 108-100 and a 4.18 ERA.

One final thing on Wily Mo. He also has a kinda sorta tie to Patriots history, as he was traded to the Reds for Yankees alleged two-sport star **Drew Henson**, whom **George Steinbrenner** paid big dough to play in the Yanks system while being recruited to play football at Michigan. They thought he was going to be such an all-timer they gave him unearned 50 percent playing time at QB his first two years, which made **Tom Brady** just a split time starter his junior and senior years. However, Henson eventually flunked out in both sports. First after bouncing between the Yanks (who drafted him) to Cincy and back again, he only played a handful of major league games. In the NFL it was just 20 with Detroit and Dallas, where the kicker is that he still was drafted higher than Brady a few years later at 193 to TB's 199 on his potential. No wonder Brady has a chip on his shoulder.

The latest example showing Americans can whine over just about anything these days is the woman treating her the Super Bowl trophy her father designed as if it's the Mona Lisa and demanding Brady apologize for playfully throwing it to another boat during Tampa's SB water parade. If it were the Stanley Cup I could see it, but it would be for protecting a tradition, not for an uninterestingly designed trophy.

Exhibit B: Why does **Curt Schilling** always see himself as the victim? Sorry, but I'm with the BBWAA to keep him on the Hall of Fame ballot next year despite his demand they take him off. That happened after he came up short last month, which he attributes to his outspo-

ken political views. He might be right about that, but it's not his choice, it's theirs. Besides, what so many don't seem to get about free speech is while anyone is perfectly free to say what they want, it doesn't mean there aren't consequences for what you say. And that happened before his strong vocal support for the Jan. 6 assault on the Capitol. So kiss next year goodbye too. Which is why he really wants off the ballot.

Those of us in the NHC/SNHU basketball community have a heavy heart over the loss of **Larry Conyers** at the end of January. He played in the NHC days under **Tom Sullivan** via Sully's underground railroad from the Bronx. Outside of during running line drills, the big fella always had a smile on his face and a joke in his heart. A good man, and losing Larry C to Covid-19 made the pandemic all the more real to all of us.

If you ever wondered about this, Tampa Bay's 31-9 win over KC evened Brady's record against the spread to 5-5 in the Super Bowl.

Funniest social media trend following the Super Bowl was people on Twitter asking Missouri senator of the home state Kansas City Chiefs **Josh Hawley** if he was going to accept the results of their loss or contest them as he famously did after the election of **Joe Biden**.

With **Deshaun Watson** as their QB in 2020 the Pats win at least three more games (the first Bills game, Denver and Houston, who wouldn't have had him there to kill them) to be 10-6. Also maybe Seattle and even KC, whom they led until two titanic red zone mistakes by **Brian Hoyer**. So I'd be willing to give up a package like L.A. gave up for **Matthew Stafford** to get him. Big loss of draft picks, but they've got enough free agency money to get him a couple of receivers, so I'd do it. But he's the only one on the market I'd consider for that, including if Stafford was still available.

From the You Don't Hear That Every Day From a Pro Athlete department: How about hyperbolic Patriots linebacker dude **Chase Winovich** tweeting out not too long ago, "New Hampshire is so cool. Portsmouth is randomly the coolest city in the world," which a NESN scribe saw first and passed on.

In terms of winning, the first 10 years of the 21st century was downright amazing for Boston sports, and thanks to five more titles from the Red Sox and Patriots the second decade wasn't too shabby either. However, No. 3 hasn't started out so well. With Brady, Mookie Betts and Zdeno Chara departing in the last six months, has any city lost as many iconic players in the same calendar year as Boston? And if he'd met expectations **Gordon Hayward** would have made it one from each franchise.

I know. The Celtics are a mess. We'll deal with that next week.

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NEWS & NOTES

Covid-19 news

Dr. Beth Daly, Chief of the Bureau of Infectious Disease Control of the New Hampshire Department of Health & Human Services, said during a Feb. 9 press conference that about 172,000 total vaccine doses to date have been administered statewide, including about 123,000 first doses and 49,000 second doses. State health officials received 21,475 first doses of vaccine that week, a slight increase from previous weeks' amounts. "Going forward, we continue to expect to receive these incremental increases ... in the coming weeks," Daly said.

First-dose appointments for people in Phase 1B of the state's vaccine distribution plan are continuing to be booked in April, while those who already received it can make appointments for their second dose in late February and early March. The state is also collaborating with Walgreens, which, beginning this week, will receive around 3,400 doses across many of its pharmacy locations. "They're partnering with us to make sure that we can compress the time that folks in Phase 1B have to wait for their first shot," Gov. Chris Sununu said later during the press conference. "We are going to start kind of at the back of the list, those that are furthest

out, and start directly one-on-one calling them and rescheduling them to go get their vaccine at a much earlier date, and using Walgreens as our partners to administer that."

On Feb. 11, Sununu issued Emergency Order No. 84, an order rescinding Emergency Orders No. 37 and No. 77 and therefore lifting the hiring freeze for state employees. Emergency Order No. 37 had been issued back on April 28 of last year, temporarily halting hiring of all full-time and part-time employees of the state's executive branch. Emergency Order No. 77 was later issued on Dec. 23, restating these provisions but also adding that all full-time and part-time employee positions may be posted for internal and external applicants.

On Feb. 12, the same day New Hampshire surpassed 70,000 total Covid-19 cases, state health officials announced the first known detection of the B.1.1.7 variant of the virus, the highly contagious variant first detected in the U.K. late last year. According to a press release, the person infected with the variant is an adult resident of Hillsborough County who had close contact with someone diagnosed with the virus who travelled internationally. Although vaccines appear to be effective at preventing it, the variant, which is greater than 50 percent more

infectious and transmissible, has been identified in more than 37 states and 86 countries worldwide as of Feb. 12, according to the release.

Also on Feb. 12, Sununu issued Executive Order 2021-2, extending the state of emergency in New Hampshire due to the pandemic for another three weeks through at least March 5. It's the 16th extension he has issued since originally declaring a state of emergency last March.

Details of Sununu's emergency orders, executive orders and other announcements can be found at governor.nh.gov.

NH's budget

Gov. Chris Sununu gave his 2021 Budget Address on Feb. 11, emphasizing good fiscal management throughout the pandemic. In his address Sununu highlighted no new taxes or fees and no increased taxes or fees; tax relief across the board; a focus on core, essential services and increased funding for veterans and child support services. He said the budget shortfall to end the biennium is projected to be less than \$50 million; original projections anticipated a shortfall of about \$350 million. "Unlike other states across the country, which are now raising taxes on businesses, taxing out-of-state work-

Canterbury Shaker Village will be hosting a two- to four-mile snowshoe race on Saturday, March 6, at 10 a.m., as a bonus race for the New Hampshire Snowshoe Trail Race Series, it announced in a press release. There will be hot chocolate and treats after the race, and prizes will be awarded. The cost is \$20 at shakers.org, and there is no day-of registration.

Concord is offering limited-capacity in-person classes, according to a press release. Coming up this week are How to Make Polymer Clay Jewelry, Sewing Sundays: Winter Hats, and Hands on 3D Printing for Beginners. Visit makingmattersnh.org for details and a list of upcoming classes, or to find out how to teach a class at Making Matters.

The **Candia** Dollars for Scholars chapter is asking local businesses, organizations and individuals to help support local students who are either heading to college or currently attending. According to a press release, Candia residents will soon be able to fill out scholarship applications for the next academic year, but Dollars for Scholars is looking for financial support to continue its annual efforts this year. Visit candia.dollarsforscholars.org to donate.

The Currier Museum of Art in **Manchester** announced last week that it has purchased the George Byron Chandler House, built in the late 19th century, across the street from the museum. According to a press release, the museum plans to restore the Victorian house so it can be enjoyed by the community.

Covid-19 update	As of February 8	As of February 15
Total cases statewide	68,499	71,017
Total current infections statewide	3,245	2,953
Total deaths statewide	1,106	1,135
New cases	2,441 (Feb. 2 to Feb. 8)	2,518 (Feb. 9 to Feb. 15)
Current infections: Hillsborough County	1,106	922
Current infections: Merrimack County	292	217
Current infections: Rockingham County	771	678

Information from the New Hampshire Department of Health and Human Services

ers, or enacting draconian budget cuts to cover their massive deficits, New Hampshire managed to mitigate the worst financial impacts of the pandemic — without raising taxes," Sununu said in his address. He also said the state budget does not cut any education spending and includes "innovative funding" for mental health programs.

College merger

The University System of New Hampshire could merge with the Community College System of New

Hampshire, a plan set forth by Gov. Chris Sununu and supported by the University System of New Hampshire Board. According to a press release from the board, it is concerned about increasing costs associated with higher education and believes the merger is essential to ensuring that all residents are offered affordable and accessible high-quality education in the long term, creating "a stronger, more competitive, more efficient and more sustainable driver of the state's economic and cultural well-being than two separate systems." 🗨️

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Paws for celebration

Animal shelter observes anniversary, plans expansion

The Manchester Animal Shelter has found homes for more than 25,000 animals since it opened 25 years ago. Executive Director Kendra Paul talked about how the shelter has evolved over that time and its plans to continue expanding its facility and programs.

Q: *How has the shelter grown since it started 25 years ago?*

Well, it's been 25 years since we've been at this location, but actually, before that, [the shelter] used to be located across the street and was primarily run by the Manchester Police Department as more of a pound setting. When we built the [current] building on this side of the street, we made it more homey for the animals in terms of giving them nice spaces. The dogs have indoor-outdoor runs now. The cat cages are a little bit bigger. We have a community room where cats can walk around freely so that they're able to have that enrichment and socialization that they wouldn't otherwise get, just being in a cage. We've also started a lot of new programs here, such as Fix a Pit, where we spay and neuter pit bulls in the Manchester area for free. We do low-cost spay-neuter clinics called our Quick Fix program. We also have a [pet] food pantry, and that has been really utilized, especially since Covid hit; with so many people losing their jobs and unable to [provide] food for their pets, we've really seen a big need in the community in that area.

In what ways do you plan to continue growing?

We're looking to expand the shelter, because, in the 25 years we've been here, we haven't really touched the building or made any significant additions other than putting the trailer in, but we're really running out of space now. The city is growing and the programs are growing, we're seeing more animals, and we just need more space to really accommodate everyone, not only the team working here but the animals as well. We're looking to add more cage space, to have a better setup for staff to be able to work and get their stuff done, and redo the kennels so that they're less like a pound and more homey and relaxing-feeling for the dogs. Going forward, we want to have more of a community outreach program and find any ways we can to get out into the community and help and increase our presence as much as possible so that we're there when people need us.

What's in the works right now?

We're really trying to get that expansion off the ground so that we can help more animals. ... We've met with an architect, and he's going to put together some plans. Once we get those plans, we're going to be trying to get people to help us in terms of fundraising, donations —



Kendra Paul. Courtesy photo.

any way that the community can come in and help and support us.

What kinds of challenges has Covid posed for the shelter?

I'd say the biggest challenge we've had is probably fundraising. Being a nonprofit, we are really counting on the community to help us with raising money for these programs, for feeding the animals and for medical costs. Not being able to have in-person events or fundraisers

has really been an issue here for us as well as many other nonprofits. ... Another challenge is that, with people losing their jobs or getting laid off, we've seen an increase in the number of owners surrendering their pets.

How have you been dealing with those challenges?

We're trying to be really creative in thinking of ways to cut costs and save money. ... We've reached out to the community and have really had to rely on the community to come together ... [to help] when we are running low on the food pantry or need donations [to cover] peanut butter and food and toys and different things that we need for the animals. People have been absolutely amazing and very generous with that, and we're so grateful.

What makes Manchester Animal Shelter unique?

I think one of the biggest things that make us unique is our volunteer base. We just have so many dedicated people, staff and volunteers. We're always being told that we're 'the little shelter with the big heart,' and it really does ring true for us. There's so much passion and dedication with these animals and with our volunteers and team members that I think that alone kind of sets us apart. I also think that our community programs set us apart, because there aren't many places that offer things like the Fix a Pit program or being able to do offsite time with the dogs where they can go for hikes and go out on the trails to get a break from the shelter. These are programs that not every shelter gets to have, and we're very fortunate that we're able to do those things.

How can people help the shelter?

Right now, people could help us the most by donating to this [expansion] project. We're hoping to do some fundraising challenges or events that are safe in the midst of Covid, like virtual events or online raffles and things like that.

— *Angie Sykeny*



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QUALITY OF LIFE INDEX

Youth protest peacefully with art installation

A group of youth organizers hung posters and banners on the chain link fence outside a Liberty Utilities office on Feb. 13, an act of solidarity with the No Coal No Gas campaign, according to a press release from 350NH, a local climate justice organization. The posters said things like “Time for diNOsaur FOSSIL FUELS to go extinct,” and they also displayed cardboard dinosaurs to illustrate their message that fossil fuels are “antiquated and dangerous,” according to the release. The No Coal Gas campaign seeks to end the use of fossil fuels in New England and transition to 100 percent renewable energy, with the next goal being to secure a shutdown date for the Merrimack Generating Station in Bow, which uses coal.

Score: +1 (because regardless of where you stand on the matter, youth getting involved in causes they believe in — peacefully — is a good thing)

Comment: *Jordan King, a senior at Milford High School and member of the 350NH Youth Team, said in the release that he participated in the protest, “Because I’m a young person, my future is on the line and I don’t want to be the next thing to go extinct.”*

Gas prices rising

Speaking of fuel, gas prices keep going up, so filling up the tank is quickly getting more depressing. According to GasBuddy, New Hampshire gas prices have risen 2.6 cents per gallon in the past week, averaging \$2.42 per gallon as of Feb. 15 — that’s 12.5 cents per gallon higher than a month ago and 3.8 cents per gallon higher than a year ago — about a month before the country shut down.

Score: -1

Comment: *Lower gas prices was one of the few perks of the pandemic, and QOL is not excited about GasBuddy’s prediction that increased demand will raise the national average another 10 to 50 cents per gallon this spring and summer if oil production doesn’t increase along with the demand.*

On the bright side ...

One of the other benefits that resulted from the pandemic is that people are pretty used to staying home, so while this week has seen more winter storm weather, the ability to work from home and have kids do school remotely is significantly easier for many people, compared to previous winters. Last year, some schools were trying to figure out how to do remote “blizzard bags” for snow days in order to call it an official school day; now remote learning is the norm.

Score: +1

Comment: *QOL is especially happy to be writing this from home, having avoided a stressful morning commute (and now dealing with only minor interruptions from kids who are supposedly in virtual classes but seem to have a lot of free time for snacking and video games).*

Cheap-ish car insurance

New Hampshire is the 10th-cheapest state for car insurance in 2021, according to a new study from WalletHub, a personal-finance website. According to the study, full coverage car insurance costs 198 percent more than minimum coverage in New Hampshire, on average; 16-year-olds pay 453 percent more for car insurance than 55-year-olds, on average; and drivers with a DUI pay 125 percent more for car insurance than drivers with a clean record, on average.

Score: 0 (+1 for being in the Top 10, -1 for QOL, who has an almost-16-year-old and a soon-to-be-much-higher car insurance bill)

Comment: *WalletHub also listed the Top 5 cheapest car insurance companies in the state: USAA ranked No. 1, followed by Concord Group, Safeco, Geico and MMG Insurance.*

QOL score: 56

Net change: +1

QOL this week: 57

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

75

50



nutritious nibbles

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Broccoli Quick Slaw

Serves: 12

Ingredients:

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1 tsp. McCormick® Paprika
2 (12 oz.) bags Hannaford Broccoli Slaw

Directions:

1. Mix together all ingredients except the bags of broccoli slaw.
2. Pour mixture over the broccoli slaw. Mix well.

Nutritional Information

Amount per 1/2 cup serving: Calories 70; Total Fat 3.5 g; Saturated Fat 1 g; Cholesterol 5 g; Sodium 105 mg; Carbohydrate 7 g; Protein 4 g; Fiber 3 g; Sugar 4 g, Added Sugar 0 g



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Pandemic puzzles

Mother and son create interactive kids book about Covid-19

By Angie Sykeny
 asykeny@hippopress.com

Deer orienteer Stephen Stagg is on a new kind of hunt in *The COVID Paper Chase*, a special edition title of Windham children's author E.A. Giese's *Stephen Stagg Series* that Giese wrote and illustrated with her adult son B.G. Sullivan during the pandemic.

The books in the series feature interactive puzzles for young readers to do as they follow Stephen Stagg on his orienteering adventures. In *The COVID Paper Chase*, Stephen is looking around his neighborhood for an item of great importance that is in short supply due to the pandemic. It includes hidden images and pandemic-related vocabulary words to find, mysteries to solve and a special activity.

"It's meant to be more like a workbook," Giese said. "Educational for children as well as entertaining."

Giese and Sullivan said they have talked casually about collaborating on a book together for years but could never seem to find the time, so when Sullivan was laid off from his full-time job last March due

to the pandemic, they decided to finally give it a go.

"Being laid off had significantly freed up my time at that point," Sullivan said, "and I really wanted to do something productive with that time ... and do something that would be able to help other people."

Sullivan said he has "always been an artistic person," having an interest in illustration since he was a child, and going on to attend and receive his certificate from a graphic design school.

"I homeschooled my two sons through middle school and high school, and we were very creative during that time," Giese said. "We've been lifelong creatives, all of us."

In Giese and Sullivan's collaborative process, Giese came up with the story and developed the storyboards while Sullivan worked more on the script itself, which is written in rhyming verse. Giese did the hand drawn illustrations, outlined in pen and colored with colored pencils, and used a rubbing technique to give the illustrations texture. Then, Sullivan used his graphic design skills, he said, to add "the finer details, more realism, and real-

ly bring her illustrations to life."

The idea for a children's book about Covid-19, Giese and Sullivan said, came from seeing parents they knew struggle with explaining the pandemic to their young children. They wanted to create a book that could help parents "broach the subject" in an honest, but comforting way, Sullivan said.

"It's psychologically soothing for children without being too heavy and grim," he said.

"There was kind of a fine balance between giving [the book] some light-heartedness to make it palatable to children while still paying respect to the weight and seriousness of the issue," Giese added.

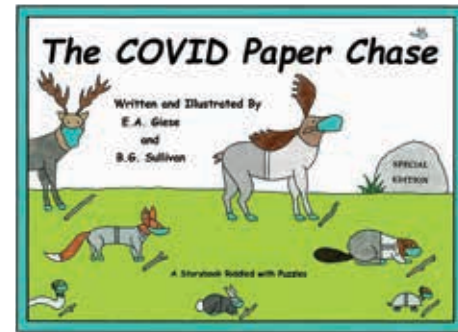
Giese and Sullivan said they plan to team up for more children's books for both the *Stephen Stagg Series* and other series.

"We're really starting to see a future in our collaborations together," Sullivan said.

"We have a lot of fun doing this together," Giese added, "and I think that really comes across in the book." 🍀



E.A. Giese and B.G. Sullivan. Courtesy photo.



The Covid Paper Chase. Courtesy graphic.

The COVID Paper Chase

The book is available at the authors' website, regalbeepub.com, and will be available on Amazon by the end of February.

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THE ROUNDUP

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

• **Architecture preserved:** The Currier Museum of Art in Manchester announced in a press release that it has purchased the George Byron Chandler House, a 19th-century architectural landmark located across the street from the museum. The main floor of the building features stained glass windows, original wallpaper and fine wood carving. "The Chandler House is one of the most beautiful Victorian houses in New Hampshire but has been almost unknown," Stephen Duprey, president of the museum's board of trustees, said in a press release. "We can now begin the challenging job of restoring the house so that it can be enjoyed by the community." The museum had worked closely with the City of Manchester's Planning and Community Development Department and supporters from the community to acquire the property. "I am thrilled that this historically and architecturally significant building in Manchester is saved for generations to come," Manchester Mayor Joyce Craig said in the release. "I'm also grateful for the support and advocacy expressed by our community in preserving this piece of Manchester's heritage." The Chandler House is the third architectural landmark to be purchased by the Currier Museum, joining two houses designed by Frank Lloyd Wright. Call 669-6144 or visit currier.org.

• **Virtual author event:** The Music Hall in Portsmouth presents a virtual event with radio host and bestselling author Diane Rehm on Tuesday, Feb. 23, at 7 p.m., as part of its virtual Writers on a New England Stage series. Rehm will discuss her new book, *When My Time Comes*, which provides a look at the Right-to-Die movement through extensive interviews with terminally ill patients, doctors, ethicists and others with personal links to the issue. She will be joined in conversation by Peter Biello, host of New Hampshire Public Radio's *All Things Considered* and *The Bookshelf*, an ongoing segment featuring local and regional authors. An audience Q&A will follow the discussion. Tickets cost \$5 for access to the event, which will be livestreamed on Crowdcast. The virtual Writers on a New England Stage series will continue with Nobel Prize winner and New York Times columnist Paul Krugman presenting his new book, *Arguing with Zombies*, on Tues-



"Winter Blues" art exhibit at The Lane House Arts Center in Hampton. Courtesy photos.

day, March 2, at 7 p.m. Visit themusichall.org or call 436-2400.

• **Storytellers unite:** *True Tales Live*, a Seacoast-based monthly storytelling showcase, has returned, virtually via Zoom, with its next show on Tuesday, Feb. 23, at 7 p.m. The series is free and open to all who want to watch or participate as a storyteller. Additionally, there are free virtual storytelling workshops every first Tuesday of the month at 7 p.m. "We think our approach — you don't have to be a professional storyteller, everybody has a story to tell and there's no rating or competition — makes *True Tales Live* fun and relaxed for both tellers and audience," Amy Antonucci, one of the program's organizers, said in a press release. Each month's showcase is centered around a different theme or featured storyteller, including featured storyteller Tina Charpentier for the February show, "Activism" on March 30, "Lessons Learned" on April 27, "Blunders" on May 25, a featured storyteller TBD on June 29, an open theme on Sept. 28, "Harbringers" on Oct. 26, "Transformations" on Nov. 30 and a holiday theme on Dec. 28. Visit truetaleslive.org to register for a workshop or attend a show, and email info@truetaleslive.org if you're interested in being a storyteller.

• **In-person art exhibit:** The Lane House Arts Center (380 Lafayette Road, Hampton) has a community arts exhibit, "Winter Blues," on view in person now through Saturday, Feb. 27. The exhibit features art in a wide range of media created by more than a dozen local artists. "Community art exhibits provide much-needed opportunities for area artists, while enabling us to invite a broader segment of the community into the gallery," Karen Desrosiers, founder and curator of Lane House Arts Center, said in a press release. Gallery hours are Wednesday through Saturday from 11 a.m. to 5 p.m., and by appointment. Call 926-1111 or visit lanehousearts.com.

— Angie Sykeny 🍷



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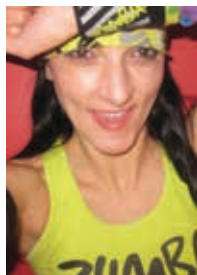
From couch to cardio

Tone up, stretch and sweat at home with virtual fitness classes and local teachers

By Meghan Siegler
msiegler@hippypress.com

There are so many reasons to avoid going to a gym or fitness studio: lack of time, fear of embarrassing yourself, no motivation to put on real clothes and get in the car and drive — the excuses are endless. Well, thanks, Covid-19 — when fitness centers were forced to shut down last March, instructors jumped online and figured out how to offer classes virtually. Local fitness pros who teach everything from group personal training to Zumba talk about what it's been like to transition to virtual classes and why now might be the perfect time to give at-home exercise a try.

Zumba



Gorica Santos

What it is: Zumba is a “dance fitness party” that’s often set to Latin and world music, according to the official Zumba website. There are also variations, like Zumba Step, Zumba Toning, which incorporates light weights, and Zumba Gold, designed

for older exercisers.

You might like it if: You want a non-traditional cardio workout, you love upbeat music and dancing and you don’t want to have to buy any equipment.

Going virtual: When her studio in Manchester shut down on March 16, Gorica Santos, a licensed Zumba fitness instructor, spent two days figuring out a Plan B, then on March 18 went to a local park with her iPhone, created a

closed Facebook group and invited her regular students to attend online. She quickly realized that Facebook had its limitations — not everyone could access it, and the platform has restrictions about music — so she moved to Zoom and continues to use that platform.

“I’ve been doing this for 12 years and I have a huge network of women who have been coming to my classes on a regular basis,” Santos said. “We see each other two or three times a week. ... Not being able to do that all of a sudden was a challenge.”

The pros and cons of virtual classes: Santos said the hardest thing about moving her classes online has been the lack of personal connection to her Zumba community.

“I generally don’t like it because I’m missing the socializing part, which is a huge part for all of us,” she said.

For in-person classes, Santos’s studio is set up like a nightclub with a big dance floor.

“Everybody’s yelling and cheering — we feed off each other,” she said. “You can’t substitute [that feeling] with online classes.”

Santos said that livestreaming classes from home, where she’s alone, is nothing like the vibe in her studio.

“People come to class because of my energy, so I have to work really hard to create a similar atmosphere [virtually],” she said.

On the plus side, she has found that it’s easier for some people to attend classes online, particularly when they lack the time or motivation to get to the studio, or if they wouldn’t normally come out because of bad weather or not having child care. She also has some former students who moved away back in class virtually.

“Right now the participation is a little high-

er, so that’s a positive,” Santos said.

Another positive is that it’s a great opportunity for people who are new to Zumba and worry that they won’t be able to keep up or get the moves right.

“Most people are intimidated — doing something in front of other people that you’ve never done before is intimidating,” Santos said. “[This way] no one can see you.”

Give it a try: To try Zumba with Santos, visit zumbawithgorica.com, email her at gorica@zumbawithgorica.com or call her at 560-6175. Her drop-in fee is \$10, and she’s currently holding classes on Mondays, Wednesdays and Saturdays. She recommends that anyone who hasn’t done Zumba before give her a call prior to class so she can go over the basics. If you’re interested in other kinds of Zumba classes, such as Toning, Gold or Strong, visit zumba.com/en-US/online-classes, where you’ll find instructors from around the world offering drop-in classes, so you can pick the most convenient time and day. Prices vary and many are by donation.

Pound



Jessica Hodgdon

What it is: A full-body workout that uses Ripstix (lightly weighted drumsticks) that combines cardio and strength training with yoga and pilates-inspired moves, according to the Pound website.

You might like it if:

You want to “rock out while you work out” — Pound’s official tagline

Going virtual: Jessica Hodgdon of East Kingston had been teaching Pound live at a studio in Fremont and a couple of places in Portsmouth before Covid hit, and even when those studios opened back up she didn’t feel comfortable returning. So she went virtual, first trying it out with her Zumba classes and then adding Pound in January — mostly because she missed doing it herself.

“Pound is a great workout because not only

are you burning calories but it is a great way to relieve stress — and it is fun being a rock star!” she said.

Hodgdon said she hasn’t had a lot of virtual students so far but attributes it to the fact that Pound is still a new form of exercise in this area.

“A lot of people are like, ‘Pound, what is that?’” she said.

But the down time has given her more of a chance to figure out the technology, learning how to use Zoom and how to share music so that it sounds good to both her and her students. And while some instructors host their classes in kitchens or living rooms or garages and don’t change the background, Hodgdon uses a backdrop and ring lights so her students can focus on her and her movements rather than her surroundings.

The pros and cons of virtual classes: Hodgdon said that prior to Covid, both Zumba and Pound wouldn’t allow instructors to teach virtually, but it’s been such a successful addition to their programs that she thinks it will likely continue even after the pandemic. And Hodgdon is on board with that. She said she and her students benefit from the convenience of not having to drive anywhere, and pretty much anyone can do it, anywhere. She also said that it’s a way to stay connected — but on the flip side, she admits that that connection pales in comparison to being in person.

“It’s not the same,” she said. “I miss teaching live classes. I like to interact with people. I like to get right up next to somebody and do the moves with them.”

Give it a try: Hodgdon hosts 45-minute virtual Pound classes every Tuesday at 6 p.m. Drop-in classes are \$8, a five-class pass is \$35 and a 10-class pass is \$60. (She also hosts virtual Zumba toning classes each Wednesday at 12:30 p.m. for the same price.) Register at befreshwithjess@gmail.com or find her on Facebook by searching for “Be Fresh with Jazzy Jess.” You can find other virtual Pound classes, hosted by instructors from around the country, at poundfit.com. Prices vary by instructor.

My Zumba experience

My completely subjective take on a few iterations of Zumba, based on my own likes, dislikes, skills and lack thereof

Zumba: I just can’t, with the dancing. That’s why I’ve only done Zumba once. By the time I got one move down, it was on to something else, and I just felt like I was too busy trying to figure out where my feet were supposed to go and how to make my hips move like that to get a really solid workout. That said, I had always wondered if I could do it, and being able to try it in my living room, where only my kids could make fun of me, was a definite plus (though of all the Zumba-ish classes, this is the one where I felt like my living room wasn’t quite big enough, even with furniture pushed to the side). I should also add that my best friend (who has rhythm) loves Zumba, as does my mother (who does not, but has been happily Zumba-ing in her bedroom since the pandemic began).

Zumba Toning: This I can do, and I feel like I’m getting a real workout. Some of the movements are still a little complicated at times for

a person devoid of dance skills, but I like that I’m working my arms, legs and sometimes core. The first time I did this, I used 5-pound weights because they were all I had. I’ve since bought 2-pound weights and I still feel the burn without worrying that I’m about to injure myself.

Strong: I first tried Strong a few years ago through my town’s rec department, and I liked it enough to keep going despite the fact that I’m not a big fan of, um, people. The music is motivating, the moves are hard but not in a complicated way — using-muscles-I-didn’t-know-I-had hard — and there are modifications if you want to make it easier or if you want to up the intensity. It’s HIIT, so your heart rate stays up while you’re toning your whole body. I like it even more virtually; some might prefer the camaraderie of in-person classes, but I’m a fan of living-room Strong, mainly because I don’t care if I look like I’m dying during ab exercises. The best part is that the moves change quickly, so if you hate one of them (looking at you, burpees), it doesn’t last long.

My Pound experience

I heart Pound. The music is loud and awesome and invigorating. Like Strong, I first tried this in person during a rec class; in fact, the instructor changed the class from Strong to Pound, and I was not thrilled. Working out with weighted drumsticks? “Rocking out while you work out?” It sounded so ... quirky and upbeat (read: not my typical MO). But I was hooked after the first class. You almost don’t notice that your legs are being tortured as you’re air drumming. My quads and glutes have never worked so hard. I wouldn’t say it’s a great arm workout, but your arms are definitely moving, and the more intensely you “drum,” the more you’ll feel

it. Since Pound hasn’t been offered in my town for a couple years and I couldn’t find an in-person class to fit my schedule, I was thrilled to find out that it’s being offered virtually for the first time ever. I got myself some Ripstix, and in the past couple months I’ve tried classes with four instructors from various parts of the country (virtual classes are listed on the Pound website, and you can almost certainly find one that fits your schedule). Each instructor leads classes a little bit differently, so I would suggest finding one who you vibe with (I couldn’t deal with the one who kept calling us “friends,” as in, “OK, friends, stand on up!”).



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Bethany Filteau-Hill

Pilates

What it is: “A fitness version of physical therapy,” according to Concord Pilates instructor Bethany Filteau-Hill.

You might like it if: You want to develop your core strength or have recurrent injuries or

soreness that you want to address.

Going virtual: Though she was just finishing up her training to become a Pilates instructor last year “when the world shut down,” Filteau-Hill said, she was able to transition to virtual classes pretty quickly, both to finish her training and to teach.

“Truly, I can’t really say that it’s harder,” she said. “I think it’s just different. ... Virtually, you have to use different senses [as an instructor]; it’s almost as if someone took my sight away. And you have to be more descriptive [when explaining the moves].”

For her virtual group classes Filteau-Hill only does mat work, and she makes sure her workouts are of average difficulty so everyone can do them and still be challenged. It’s a bit different than in-person classes at the studio, where they assess newcomers and give them individual plans and goals. Concord Pilates in particular is a bit different, Filteau-Hill said, as its workouts are done in circuit training style with different stations that have machines like the reformer and the trapeze.

The pros and cons of virtual classes: Filteau-Hill said that new students who have been going right to virtual love it, while students who had been working out in the studio prior to Covid haven’t been quite as enthusiastic about going virtual.

“They still love us, but they’re still kind of ‘eh’ on the virtual part,” she said. “When you’re in person, everything just had more of a flow to it.”

One of the positives, she said, is that by offering virtual classes, the New Hampshire-based studio has been able to “open up and be more than Concord Pilates — we can [teach] Pilates in California.”

Give it a try: Filteau-Hill offers virtual classes through Concord Pilates, which has a number of classes with different instructors. Call 856-7328 or visit concordpilates.com. Filteau-Hill also teaches dance through Royal Palace Dance Studio in Manchester, which has moved all of its classes online, including tap, jazz and wedding dances. Visit royalpalacedance.com.



Kate White

Yoga

What it is: There are several kinds of yoga that vary in intensity, like gentle yoga, which focuses on stretching postures, gentle flowing movements and breathing techniques, and Vinyasa yoga, which

flows from one posture to the next to increase the aerobic activity and build strength.

You might like it if: You want to stretch and tone your body and improve your balance, or you’re stressed out and want to try a new relaxation technique.

Going virtual: YogaBalance Yoga Studio in Manchester closed for two and a half months after the shutdown last March, but its virtual classes were up and running by April 1.

“It was very much a case of scrambling ... and kind of coming up with scrappy solutions,” said Katherine White, director of YogaBalance.

She spent some time learning to use Zoom and researching and acquiring equipment, and now the studio is offering what it calls “YBLive” virtual classes, which are livestreamed from the studio as in-person sessions are happening. There are also on demand, pre-recorded videos that clients can sign up for and access whenever they want.

“I’m really happy that we’ve kind of found our feet with it all,” White said.

The pros and cons of virtual classes: “If you can just pop it up on your phone, the convenience of it is second to none,” White said, noting that there’s no need for child care and you don’t have that drive time. And it’s a good option for anyone who hasn’t tried yoga before.

“Because it’s private [at home], we’ve been hearing from beginners that it’s less intimidating,” she said. “I think it’s a really amazing stepping stone for people to start with.”

The downside is that there’s no teacher there to help correct postures and poses, and some people don’t have equipment, like yoga blocks, or enough space to really feel comfortable. And she said from the instructors’ perspective, it’s more difficult to manage a hybrid class, when they’re trying to lead in person while staying connected with the students online.

Still, White said, virtual classes have been a long time coming.

“[Before the pandemic] there was definitely a



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My yoga experience

OK, technically speaking, I have never taken a yoga class, either in person or online. But I’ve been doing yoga in my living room to the same handful of DVDs for about 15 years, with instructors like Jillian Michaels (*Yoga Meltdown* and *Yoga Inferno*) and Bob Harper (*Weight-Loss Yoga*), both from *The Biggest Loser*. I’m more of a fan of faster-paced yoga that’s slightly less focused on breathing (yoga instructors everywhere are cringing right now) and more focused on stretching, strength and flexibility, and bal-

ance. While I can’t speak to the livestreaming class experience, I can say yoga in general has so many benefits. The older I get, the more it helps alleviate back pain and loosen up muscles that are tight from running. When I need to relax, I go for my “easier” DVDs that help me slow down a bit and really focus on slow, purposeful movements. I know I could find all of these variations of yoga through higher-quality and more effective virtual classes, and I will try one eventually — as soon as my DVD player dies.

desire in the fitness industry for online classes,” she said. “Now it looks like they are here to stay.”

Give it a try: There are numerous YBLive virtual classes. The cost to livestream is the same as in-person, which is \$18 to drop in (\$13 for students and seniors 62 and older), \$39 a month for new clients for one month, and \$99 a month thereafter (\$69 for students and seniors). On-demand videos are \$3.99 each; unlimited access is \$14.99 a month. Visit yogabalance.info.

Group personal training



Meagan Sbat

What it is: Classes-based personal training that allows each member of the group to train and progress to their own abilities.

You might like it if: You want the benefits of having your own personal trainer for a fraction of

the cost, or you think you'd benefit from being part of a fitness community that will push and encourage you.

Going virtual: At Get Fit NH in Concord, owner Meagan Sbat said she was “forced to become a tech person” when she had to shut down last March in order to connect with her clients. Since then, she’s fine-tuned the online offerings pretty successfully, and many of her clients are taking advantage of it.

“It’s almost like, why haven’t we been doing this the whole time,” she laughed.

Virtual programming includes a system called True Coach that delivers training emails to her clients every morning.

“We also record our live class at 5 a.m. and email it out to all our clients ... and we have a livestream option, eight classes a day,” Sbat said.

All the coaches have earpieces in so clients at home can communicate directly with them, whether it’s to ask questions or ask for modifications based on the equipment they have at home.

The pros and cons of virtual classes: Sbat said she has been reaching out to her virtual clients on a regular basis to see if there’s anything they can improve with their online programming.

“Most of them reply back that they feel very connected,” she said. “We’re still engaging in front of the camera to the people at home. They miss talking to people, but the community aspect is still present.”

Several clients who have gone virtual because they work remotely, or they go out of town and want to jump on a livestream class.

“It’s definitely something that’s never going to go away,” Sbat said.

There are some benefits to in-person classes in a group personal training setting, though.

“You get to know the people around you,” Sbat said. “You want to perform better because there are other people in the room pushing themselves.”

Get Fit NH also has a brand-new facility that opened Nov. 30; located on Terrill Park Drive. It’s 10,000 square feet compared to the 4,000 square feet in their previous facility on Main Street.

Give it a try: Get Fit NH is now offering an

online-only version of its group personal training program, starting at \$89 a month. An in-person or hybrid membership ranges from \$147 to \$177 a month. Call 344.2651, email getfitnh@gmail.com or visit getfitnh.com.

Strength and toning



Sue-ElLEN Maher

What it is: There’s a wide variety of strength and toning classes, from HIIT (High Intensity Interval Training, which combines body weight exercises for toning with that high intensity for cardio burn) to toning with weights.

You might like it if: You’re more interested in building and strengthening muscles than doing straight-up cardio.

Going virtual: When Hampshire Hills Athletic Club in Milford shut down, the instructors first moved some of their classes to Facebook.

“We loved it because we were able to still have that connection with participants,” said Sue-ElLEN Maher, Group Fitness Coordinator.

Eventually they switched to Zoom, and now the club offers several virtual strengthening and toning workouts, like BodyPump, which is a barbell workout using light to moderate weights.

“People have been using milk jugs for weights,” Maher said. “They make steps for the BodyPump platform. ... As members adapted, we were able to adapt and add more.”

Other strengthening and toning virtual classes include Les Mills Grit Strength, which is a 30-minute HIIT workout; BodyFlow yoga; Pilates; and Forever Fit Strength & Balance, which uses dumbbells, balls and tubing and focuses on functional strength.

The pros and cons of virtual classes: While the facility is still open at 50 percent capacity, the addition of livestreaming classes has been well-received.

“Parents appreciate having that virtual option, and [some] of our members are just not ready to come back yet, and we want to keep them engaged,” Maher said. “They’re still able to log on and see their instructors and their friends.”

Still, she said, there is a disconnect when you’re working out online.

“[Students] have their cameras on when they first log on, they wave and say hi, and then they turn them off,” Maher said.

She said that can be a challenge because she’s not able to directly correct alignment.

“Some members could get more out of it if I saw what they were doing,” she said.

Give it a try: There are no drop-in options at Hampshire Hills; you must be a member to access any of the virtual classes, though Maher said they’re looking to add a virtual membership option for a smaller fee. For membership information and costs, visit hampshirehills.com. For similar class offerings, you can also check out your local YMCA’s website. Individual chapters are offering livestreaming classes for members, and there’s also a new organization-wide option called YMCA 360, which includes a full library of on-demand videos. 🍌



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INSIDE/OUTSIDE

Garden soup

Winter veggies by the bowlful

By Henry Homeyer
listings@hippopress.com

— THE GARDENING GUY —

There is something about a bowl of warm soup on a cold winter day that warms the heart and soul as well as filling the tummy. And if the ingredients are from your own garden, the soup tastes even better! Here is a soup I made largely with ingredients from my garden.

This is a vegan recipe, but you can include some of your favorite sausage in it, or cook sausage on the side and add it to your bowl at mealtime if other members of your household don't want meat.

The quantities listed below are enough for a large pot of soup able to feed six or eight, but they are only intended to give you an idea of proportions. You can cut the recipe in half. Or double it if you have half a dozen ravenous teenagers. Each time I make it I vary the ingredients and spices.

Henry's Homegrown Winter Soup

- 4 cups cooked dry beans such as Jacob's cattle beans or black beans
- 2 cups leeks
- ½ cup chopped shallots
- 2 tablespoons smashed and chopped garlic
- 2 cups chopped kale

5 medium carrots (about 12 ounces by weight)

30 ounces tomatoes, either frozen whole or one large can

1 medium butternut squash (about a pound)

¼ teaspoon chipotle pepper powder

1 tablespoon fennel

1 teaspoon each oregano and marjoram

2 tablespoons tomato paste

1 to 2 cups sweet peppers

2 tablespoons finely chopped jalapeno

pepper

Salt and pepper to taste

A day ahead of "soup day" I measured out a cup and a half of our home-grown dry beans and soaked them overnight. Then I drained and rinsed them, and cooked them in water for an hour and a half. They produced four cups of beans when cooked. They should not be hard or crunchy, but not mushy when the soup is done, either. Beans stored longer take longer to cook.

Other dry beans can be used, but pinto beans tend to get mushy when cooked a long time. And if you forget to soak dry beans, you can use canned beans — three standard 14-ounce cans would be needed — after draining and rinsing.

I cooked my soup in a six-quart heavy enameled cast iron French cooking pot. I started by sautéing the leeks, shallots and garlic in a little olive oil on low heat. You can use onions instead

of leeks, but leeks freeze well and I grow a lot of leeks. My supply of onions from my garden is low by now, so I used leeks. When the garlic started to brown I added a quart of water and the beans, and cooked at medium heat.

While that was happening I chopped two cups of kale that I had picked that day from my garden. Yes, even in early February my kale was still OK, despite freezing and thawing many times. I also have bags of kale in my freezer. I remove the mid-rib before chopping. I added it to the soup, along with five medium carrots cut in rounds, not too thinly.

Carrots and onions come in lots of varieties, including those labeled "for storage." Storage carrots last for months in a spare fridge or cold cellar (so long as you keep them protected from mice). The classic storage carrot is a variety called Bolero. Plant on the Fourth of July weekend for fall harvest. Patterson is the yellow storage onion I grow.

Next I added a little hot pepper — not enough to notice, but enough to add complexity to the broth. I had frozen chopped jalapenos peppers I grew in 2018, and added some along with a smoky dry pepper I buy called chipotle. Fennel seeds complement carrots well in a stew, so I added a tablespoon of them, and some marjoram and oregano we had grown and dried.

Tomatoes are central to most soups and stews I make, so I freeze large quantities of them whole and store in zipper bags for winter use. I used nine two-inch tomatoes that weighed 30 ounces — roughly one big can from the store if you don't have your own. To thaw them I submerged the tomatoes in a bowl of hot water for five minutes or so, and I chopped them coarsely.

Why are tomatoes a key ingredient? They



Ingredients from the freezer. Photo by Henry Homeyer.

contain the fifth flavor our tongues recognize, one called umami. Americans seem not to know much about it. We recognize sweet, sour, salty and bitter, but not umami, which is Japanese for "essence of deliciousness." So I used not only those frozen tomatoes but a cup of dried Sungold tomatoes and two cubes of tomato paste I froze in an ice cube tray.

I have a few winter squash I've been storing in a cool room, but they don't last forever, so I peeled and cut one in small chunks for the soup. After peeling and coring, it weighed about 12 ounces.

Lastly I added two cups of sweet peppers. I bought a half bushel last fall and froze it all in zipper bags. No blanching required, and they add a lot of sweetness to the recipe.

Use whatever veggies you have in your freezer and larder. Keep tasting, and add spices, salt or sweet things (like more carrots or dried tomatoes) until you have it just right. Bon appetit!

You may reach Henry at henry.homeyer@comcast.net or PO Box 364, Cornish Flat, NH 03746. 🍅

INSIDE/OUTSIDE

KIDDIE POOL

Family fun for whenever

Vacation week fun

Let the kids explore hands-on exhibits that show the science behind motion, light, space exploration, the ocean, human genetics and more at the SEE Science Center in Manchester (200 Bedford St., 669-0400, see-sciencecenter.org), which is open daily for the remainder of this week through Feb. 28. Visitors can reserve morning or afternoon sessions in advance, 10 a.m. to 1 p.m. or 2 to 5 p.m. Pre-registration, either via the website or by phone, is required as capacity for each session is limited. Admission is \$9 per person ages 3 and up.

While the hours at the Children's Museum of New Hampshire (6 Washington St. in Dover; childrens-museum.org, 742-2002) are still limited (Thursdays through Saturdays, 9 to 11:30 a.m. or 1 to 3:30 p.m.) and all visitors must pre-register online, the

museum's website is full of fun activities to keep the kids busy during vacation. There's a **Books Alive** literacy program that includes videos of book characters who visit during storytime (Pete the Cat makes an appearance!) as well as craft activities related to the books and characters. It's also **Dental Health Month** at the museum, and there are videos related to that, as well as hands-on activities for those who visit in person. Admission is \$11 for adults and children over 1, \$9 for seniors 65+, and free for museum members and children under 1.

Socialize and exercise

Every Friday from 10 to 11 a.m. the Health Club of Concord (10 Garvins Falls Road, 224-7787) hosts a free **Parent and Me Play Date** that's open to the public. Get together with other parents in a safe and fun environment and socialize or just relax while your children play. The next play date is happening Friday, Feb. 19. The club also offers a free **kids Zumba class** on Thursdays at 10 a.m. when a parent attends the adult Zumba class at 9 a.m. on that day (\$15 for non-members; free child care during the adult class). Visit healthclubofconcord.com. 🍅

TREASURE HUNT

Dear Donna,
My 95-year-old father recently sent me this antique creamer. (At least I think it's a creamer!) It was handed down to him from his mother. It's about 5.25 inches long, four inches wide and 2 inches high. My dad was curious about it and wondered what it's worth. I would appreciate any information you can find out about it; I'd love to share it with my dad.

Carol from Nashua



a fortune for a new one today, though the secondary market for the antique and older ones is slim, partly because there are so many pieces still around today and this generation has no interest in large sets of dishes. So the value

of your creamer is in the \$5 range (not damaged). Priceless, though, to have gotten it from your dad!

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. 🍅

If you were to replace this set it would cost

The mystery of Jeep's elusive 10th gear



Dear Car Talk:
 We have a 2019 Jeep Cherokee with a 10-speed automatic transmission. The car never goes into 10th gear, even at 100 mph.

The dealer we bought it from now acts like he no longer knows us when we try to complain about this or the fact that the Cherokee never gets close to the gas mileage that's posted for it. Got any ideas? — Denny

Yes. I can tell you, with 100% certainty, why it never goes into 10th gear, Denny.

Because you have a 9-speed automatic transmission. Mystery solved! All 2019 Jeep Cherokees came with 9-speed transmissions.

So if your Jeep ever did shift into 10th gear, it would be big news at Fiat/Chrysler headquarters. Oh, wait. This just in: They're calling the company "Stellantis" now that they've merged with Peugeot and Renault. My advice is if you have Stellantis, talk to your doctor.

What I can't explain is why your dealer wouldn't just tell you that you have a 9-speed transmission rather than hide in the men's room every time you come in. Wouldn't that be simpler?

In terms of fuel economy, you're not alone in failing to achieve the Environmental Protection Agency's fuel economy rating for your car. The EPA even says that their standardized mileage tests are primarily for comparison purposes, allowing you to see how similar cars stack up against each other. Those tests are performed under what we call "ideal conditions," that most of us will rarely duplicate.

Oddly, some cars we test DO manage to get their EPA rated mileage or very close. But most fall short. Some by a wide margin.

What can you do to improve your mileage, Denny? First, make sure your tires are properly inflated and make sure your car is in good working condition — which we'll assume it is since you just bought it. And then, drive the car gently and at reasonable speeds.

Don't drive 100 mph. Even if you're in high-speed pursuit of the elusive Jeep 10th gear.

Dear Car Talk:
 I have a 2006 Nissan Frontier with about 146k miles on it. Two months ago, the brake pedal started going to the floor after stopping if I kept foot pressure on the pedal. My thinking was that the master cylinder was bad, so I had it replaced.

That didn't solve the problem, so I took

the truck to a Nissan dealer. After more than \$1,300 for calipers, disc and pads, the pedal still goes to the floor! The dealer says "This is normal" and "All Nissans do this!" This truck did not have this brake problem for the six years I owned it until now. A friend has a Frontier and the pedal does not go to the floor on his truck. Would appreciate your thoughts on this issue. Thanks a lot. — Alan

Have you considered moving the seat forward, Alan?

I think you need to make an appointment to see the service manager at that Nissan dealer. But approach the meeting calmly. Remember, these are human beings, even if their knuckles scrape on the ground and all they say is "They all do that."

If you come in screaming and yelling about how they're crooks or idiots, human nature dictates that they're going to leave a fish taco in your ventilation system. But I do think they owe you.

As a knuckle-scraping mechanic myself, here's the way I'd like to be approached by a customer in your situation: Ray, I appreciate the work you did trying to figure this out. But I spent \$1,300 at your suggestion to fix the sinking brake pedal and, for some reason, it's still sinking. I checked out a friend's Frontier,

and his brake pedal doesn't sink like mine, so it does seem like something is wrong. Would you be willing to spend some more time with it and figure out if there's something we missed?

Of course, no customer ever approaches me like that when I screw up. They start by telling me a crook and an idiot. And I have to tell them that I'm pretty sure I'm not a crook.

Anyway, your dealer needs to check his work. He needs to make sure the master cylinder that was installed wasn't defective. We would do that by replacing it again. He needs to check the calipers again, because a sticky caliper slide or piston — even on just one wheel — can cause this problem and can be hard to diagnose. And he needs to bleed the system again to make sure that there's no air in it.

He should also check your rear drum brakes. If those aren't adjusted properly, that can create a soft pedal, too. And it could be some combination of those things. But after spending a mortgage payment and replacing much of the brake system, I think the dealer owes you a more satisfying answer.

Just seek it gently, rather than by force. I think you'll have more success by being one of their rare, pleasant, reasonable irate customers. Good luck.

Visit Cartalk.com. 🗨️



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News from the local food scene

By Matt Ingersoll
food@hippopress.com

• **Local Greek eats:** Assumption Greek Orthodox Church (111 Island Pond Road, Manchester) will host its next **drive-thru food fest** on Saturday, Feb. 27, from 11:30 a.m. to 2 p.m., featuring a half-roasted chicken dinner or a pastichio (Greek lasagna) dinner. Both are \$15 per person and come with rice, a Greek salad and bread. Rice pilaf and Greek salads are also available a la carte, as well as spinach petas, kataifi (nut rolls with shredded phyllo dough and honey lemon syrup) and koulourakia (crisp braided butter cookies). Orders are online only and must be placed by Feb. 23. The event is pickup only (no walk-ins). Visit foodfest.assumptionnh.org.

• **Beach Plum coming to Salem:** **The Beach Plum**, a local eatery known for its wide array of fried seafood and ice cream options in addition to lobster rolls, burgers and chowders, is due to open a new year-round location in Salem's Tuscan Village plaza (72 Rockingham Park Blvd.) by mid to late April, director of marketing Lorraine Petri confirmed. This will be The Beach Plum's fourth location — the others are in Epping and Portsmouth, both of which are open year-round, and in North Hampton, which is open from March to October. Visit thebeachplum.net or follow them on social media for updates.

• **Taco Time restaurant opens in Milford:** A new eatery offering authentic Mexican cuisine and cocktails is now open in Milford. **Taco Time Cocina & Cantina Mexicana** opened at 11 Wilton Road, in the former space of the Rivermill Tavern, on Jan. 27. Rosana Vargas and her husband, Reymundo "Rey," launched Taco Time, specializing in tacos, taco salads, burritos, quesadillas, nachos, chilis and other fresh Mexican options, in 2018. The new and expanded menu also features items like fajita plates, carne asada plates and a line of specialty margaritas, as well as desserts, like churros and tres leches cakes. Taco Time is open Wednesday 20 ▶

FOOD

May the best chilis win

Amherst, Merrimack Lions Clubs to host "virtual" chili cook-off

By Matt Ingersoll
mingersoll@hippopress.com

If a hot bowl of chili has been one of your favorite go-to at-home meals, you'll be able to showcase your creation during a special "virtual" cook-off. The event, a collaborative effort of the Amherst and Merrimack Lions Clubs, will be video recorded on Tuesday, March 2, at the former Buckmeadow Recreation and Conservation Area Clubhouse in Amherst.

"Covid has taught us to be very creative," Amherst Lion and event co-captain Joan Ferguson said. "We said, 'What can we do to continue the tradition?,' and we kind of got more creative with it as we went along. There were a lot of combined resources to make this fall into place."

One of the first tasks in organizing this event involved recruiting local chefs and restaurateurs to serve as "celebrity" judges, a significant change from the people's choice voting of previous cook-offs. Merrimack Lion Adam Jump, who has been a participating chili maker in the past, helped select the three judges — Jay Smith, executive chef of the Copper Door Restaurant in Bedford; Dan DeCoursey, owner of the Up In Your Grill barbecue food trailer in Merrimack; and Alan Frati, owner of Crack'd Kitchen & Coffee Eatery in Andover, Mass.

Now through Feb. 24, anyone can register their chili by filling out an entry form on the Amherst Lions Club's website and emailing a copy of their recipe. Chili cooks will then

be invited to the March 2 taping at a designated time. Submissions will be divided into three categories for judging: individuals, restaurants and Lions Club members. Smith, DeCoursey and Frati will rate each chili on a scale of 1 to 5 in a variety of factors, like taste, smell, creativity and presentation. "They'll be judging everyone from each category at one time frame," Ferguson said. "The entrants will get to receive constructive comments from these chefs, which is another thing that's different this year and can be valuable as well."

To promote social distancing, participants will be given a time within the two-hour event window for when their presentation will be recorded. Tables, napkins, spoons and gloves will be provided, but you must bring your own bowls, serving ladle, electrical cords and heating elements, in addition to at least one quart of your chili.

Among the restaurant contestants is Smokehaus Barbecue in Amherst — last year's winner in the Restaurant category — as well as The Common Man of Merrimack, Tomahawk's Butchery and Tavern in Merrimack, the Alamo Texas Barbecue & Tequila Bar in Brookline and Bobby and Jack's Memphis Barbecue in Tewksbury, Mass.

Shortly after its taping, the recorded video of the cook-off will be uploaded onto the Amherst Lions Club's website and social media pages. Viewers will be given the opportunity to purchase recipes from each of the cook-off entrants, with all proceeds



going to the Lions Sight and Hearing Foundation of New Hampshire. Winners of each cook-off category will receive an engraved trophy and bragging rights for a year. 🍷

"Virtual" Chili Cook-off

When: Tuesday, March 2, 5 to 7 p.m. (open to chili registrants only, with recorded video of the cook-off to be posted online soon after; enter your chili by Feb. 24 to participate)

Where: 30 Route 101A, Amherst (former Buckmeadow Recreation and Conservation Area Clubhouse)

Cost: No cost to register; participants' recipes will be sold online (\$5 for one recipe, \$12 for three recipes and \$25 for 20 recipes), with proceeds going to the Lions Sight and Hearing Foundation of New Hampshire

More info: Email amherstlionsclub@gmail.com, or visit e-clubhouse.org/sites/amherstnh

““ We said, 'What can we do to continue the tradition?' and we kind of got more creative with it as we went along.”

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Tastes of Africa and beyond

Mola Foods to open new tasting room and kitchen

By Matt Ingersoll
 mingersoll@hippopress.com

Since launching Mola Foods in 2016, Jeannette Bryant of Nashua has opened a retail store, established a culinary scholarship program and published a cookbook offering ideas on how to best utilize her globally inspired spice blends and chili relishes into one's meals. Now Bryant is expanding her "culture in a bottle" theme even further in the form of a new space, which will serve as a combination store front, tasting room and commercial kitchen.

Set to open on Saturday, Feb. 20, the new Mola Foods location is much more than a larger retail spot for Bryant's products.

You'll also be able to order traditional meals from her home country of Cameroon in Central Africa as well as other nations, prepared fresh in the kitchen and available weekly through a grab-and-go model.

Bryant, who has been offering a similar meal service at Creative Chef Kitchens in Derry, known as Jals Cuisine Bantu, said the transition to Nashua allows her to do everything under one roof.

Although she expects meals to be available on the first day for visitors stopping in to the store, orders going forward will be accepted by 10 a.m. every Thursday, for pickup on Saturdays, either fresh out of the oven or out of a refrigerated case.

"People can experience Cameroonian cuisine right here in Nashua," she said. "[Meals] will be from other countries too, so you'll be able to taste different things from different countries, but you'll always find at least one Cameroonian meal that you can try."

One such meal is ndole — because it's a dish made with a plant that's indigenous to Cameroon, Bryant said, she uses spinach as a substitute, stewed together with peanut sauce, shrimp and beef, and served with boiled plantains.

A vegan version of ndole will also be available.

Other options will include a black bean and mango rice bowl with cilantro vinaigrette and red bell peppers; a Cameroonian peanut soup, made with tofu or beef and served with basmati rice; and a blackened sauce, known as mbongo, that will be cooked with bone-in pork.

New menus will be updated on Sundays for the following week. All of them will be used with Mola Foods spice blends, each of which is inspired by a different country, from African nations



Cameroonian ndole (spinach cooked with peanuts and served with boiled plantains). Photo courtesy of Mola Foods.

like Cameroon, Nigeria, Ethiopia and Morocco to those in Asia, like India, Sri Lanka and Vietnam.

"Everything here is made fresh. There will never be meat in here that is conserved or frozen," Bryant said. "That's why we have people place the orders on Thursday. It gives us time to go to the market, purchase everything and start cooking."

In the front of the retail store, small standing tables will be set up for designated tasting events of Mola Foods products, and the space can be used for private tastings for larger parties too.

Bryant said the concept of her company started when she was experimenting with a hot sauce recipe made from a Cameroonian ghost pepper.

The feedback she received from it was so positive that she began working with other world-inspired spice blends, sauces and marinades, and she has continuously expanded her product line ever since.

Most recently she has introduced hibiscus and golden milk turmeric tea, as well as a new sweet and spicy wing sauce. 🌶️

Mola Foods

Where: 9 Simon St., Suite 103, Nashua
Hours: Retail store hours are Monday through Friday from 10 a.m. to 5 p.m., and Saturday from 9:30 a.m. to 5 p.m. Order meals by 10 a.m. on Thursdays for pickups on Saturdays
Visit: molafoods.com or jalscuisinebantu.ecwid.com

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IN THE KITCHEN WITH JASON DUFFY



Jason Duffy is the executive chef of Bistro 603 (345 Amherst St., Nashua, 722-6362, bistro603nashua.com), which opened last August. Born in Brighton, Mass., and raised on Cape Cod, Duffy got his start in the industry at the age of 14 as a dishwasher at the Chart Room restaurant before moving up the ranks there over the course of a decade. He and owner Jeff Abellard are also part of a close-knit restaurant team that has run Bistro 781 on Moody Street in downtown Waltham, Mass., since 2015. Like its predecessor, Bistro 603 features an eclectic menu of items out of a scratch kitchen, ranging from small shareable plates to larger meals with optional wine pairings.

What is your must-have kitchen item?

Tongs, a side towel and a knife. You can get most things done as long as you have that stuff on hand. ... The tongs are like extensions of my hand. I do a million things with them.

What would you have for your last meal?

Probably a big crab boil, with corn on the cob and whatever shellfish I can get.

What is your favorite local restaurant?

In N Out Burritos [in Nashua] has great aguachile. It's basically heavily marinated citrus-spiced shrimp. We also recently went out to Michael Timothy's [Local Kitchen & Wine Bar] for my birthday, which is a really cool place.

What celebrity would you like to see eating at your restaurant?

I am a book nerd at heart. I would love to have Stephen King in here.

What is your favorite thing on your menu?

Our braised short ribs. It has tender fall-apart beef, our house made gnocchi, truffled mushroom cream sauce and roasted Brussels sprouts. It's one of our biggest sellers. Every part of it just always comes out great and consistent.

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

Scratch-made comfort food with a twist. ... We can spend all day coming up with all sorts of intricate stuff, [but] I try not to use all sorts of terms on the menu that people wouldn't recognize. We've noticed that the recognizable stuff sells tremendously at the outset, but as you build a client base and people know who you are then they start to trust you more.

What is your favorite thing to cook at home?

I love all kinds of soups. I'll spend a couple of days making a really nice chicken stock.

— Matt Ingersoll



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Smoked tomato chimichurri

From the kitchen of Chef Jason Duffy of Bistro 603 in Nashua

1 cup smoked tomatoes (halved and smoked at 200 degrees for two hours)
1 tablespoon raw garlic
1 tablespoon raw shallot
½ teaspoon crushed red pepper
½ tablespoon dry oregano
½ tablespoon sugar
1 tablespoon lime juice

1 cup vegetable oil
Salt and pepper to taste

Combine everything but the oil in a blender and puree. While running the blender, trickle in the oil to emulsify it all together. According to Duffy, the chimichurri is great as a sauce or a marinade for meats.

Weekly Dish

Continued from page 18

through Saturday from 11 a.m. to 9 p.m. and Sunday from 11 a.m. to 8 p.m. Visit tacotimennh.com.

• **Doughnuts by the Docks:** The Town Docks Restaurant (289 Daniel Webster Hwy., Meredith), normally closed for the winter season, announced the launch of **The Common Man Doxside food truck** earlier this month, according to a press release. The truck can be found in the Town Docks' parking lot on Fridays, Saturdays and Sun-

days, from 9 a.m. to 3 p.m., serving a menu of homemade doughnuts, like the Flying Monkey (banana cream pie filled doughnut topped with vanilla icing and bruleed banana) and the Chocolate Wasted (chocolate cake doughnut filled with brownie batter and finished with chocolate ganache). Other menu items include breakfast tacos, sandwiches, loaded fries and hot or iced coffees. Visit thecoman.com/town-docks.



Wines for meatless meals

Veggies and seafood pair well with white wines

By Fred Matuszewski
food@hippopress.com

Grilled steak or spaghetti and meatballs call for a robust wine such as a cabernet sauvignon or a Chianti. Easy enough. But when the dishes are lighter fare, such as a baked or broiled fish or seafood, a salad, a cheese plate, the selection of the wine becomes a bit more complicated and can result in either a perfect pairing of flavors and richness or sheer disaster.

Often wines for these dishes tend to be white wines, although a bright, light red pinot noir or Beaujolais can be paired with some seafood, such as grilled salmon, grilled scallops and tuna, or a mushroom risotto. White wines can be light and crisp or fuller in body with some creaminess to the mouth. They span the spectrum from the dry citric notes of sauvignon blanc of Bordeaux to the less acidic notes of whites from the Venezia district of Italy, to Alsatian whites with their minerality, to California chardonnays, with their full mouth feel along with the possibility of oak.

The first wine is Bertani's 2018 Velante Pinot Grigio (originally \$14.99, reduced to \$7.99, at New Hampshire Liquor & Wine Outlets). As the name suggests, this may be considered the "Italian white wine" as pinot grigio is the most imported variety of wine in America. The grape variety is indigenous to Burgundy but is now grown throughout northern Italy and has migrated to the rest of the world. In Italy it is found in Veneto, Trentino, Friuli, and south to Umbria and Emilia-Romagna. This wine is mildly acidic, with a low alcohol content of 12.5 percent. The grapes come from the Venezia Giulia region, grown vertically trellised, harvested, and fermented in steel containers for three months, followed by another three months in bottle maturation.

To the nose it has an aroma of green or golden tart apples along with the subtle sweetness of pear and peach. It remains light and crisp to the tongue



and to my palate is a bit like an unoaked chardonnay. This wine is perfect with light plates like a salad with greens, oranges and nuts, or broiled fish, pasta dishes and risottos. It is a pleasure to be enjoyed when cooled to 45 to 50 degrees.

Our second wine is Substance 2019 Washington State Chardonnay (originally \$18.99, reduced to \$14.99 at state stores). Charles Smith, winemaker and former rock concert tour manager, respects hard work and puts that hard work into his wine. This is a chardonnay that is aromatic with some citric, apples and flowers to your nose. The mouth is rich and creamy, with oak and vanilla and a bit of yeast that you would find in a Champagne. At 14 percent it is higher in alcohol than the pinot grigio, nudging the alcoholic content of rich cabernet sauvignons.

The wine is sourced from several vineyards in the Columbia Valley, all at elevations from 1,350 to 1,650 feet above sea level. Interestingly, the high elevations allow the vineyards an extended growing season as early late-summer harvest frosts can settle into the valleys before reaching the hillsides. This results in a higher sugar content in the grape and a full, rich flavor that excels beyond the citric notes a less mature chardonnay would have. This is an excellent wine to pair with lobster or salmon, but it can also hold up to a Caesar or vegetarian Cobb salad, and perhaps a simple green salad of lettuces and herbs, with a creamy and not too acidic dressing.

Fred Matuszewski is a local architect and a foodie and wine geek. 🍷

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FOOD



TRY THIS AT HOME

Bourbon sugar

Sometimes on the weekend, if it's a lazy sort of day, it's fun to add a little Irish cream or hazelnut liqueur to your coffee. However, that's probably not happening on a weekday as you head to the office, whether you're working from home or not.

Perhaps on a weekday you make your coffee more exciting by brewing flavored coffee, adding flavored syrup, or topping your mug with some flavored creamer. Let me suggest another way of making your coffee more exciting: bourbon sugar. This recipe is so simple I don't know if it counts as a recipe, but it also is truly transformative. Once you make a batch of this bourbon sugar, you're probably going to want to always have a jar of it on hand.

What's to like about this recipe for bourbon sugar? It's pretty simple: You get to sweeten your coffee while also imparting a hint of bourbon flavor. This sugar also can be added to tea, both iced and hot, for a nice bit of sweetness and bourbon flavor. It also makes a lovely gift. Parcel the prepared sugar into half-pint containers, and with this recipe you have presents for four people.

The sugar is key in this recipe. You have to use Demerara (raw sugar), as granulated sugar will clump. As for the bourbon, use a brand that you enjoy sipping on its own. If you're not a fan of bourbon but like the idea



Bourbon Sugar. Photo by Michele Pesula Kuegler.

of a flavored sugar, try a different liquor. I am pretty sure that spiced rum, coconut rum, or cognac would work well.

The most difficult part of this recipe is waiting seven days while you shake the jar and get the flavors to infuse. After that, you have almost 200 teaspoons of flavored sugar to use in your morning beverage.

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.

Bourbon sugar

Makes 192 teaspoons

4 cups raw sugar
3 teaspoons bourbon*

Pour 1 cup sugar into the bottom of a quart canning jar.

Sprinkle 1/2 teaspoon bourbon on sugar.

Add 1/2 cup sugar, and top with 1/2 teaspoon bourbon.

Repeat 4 more times.

Top with final 1/2 cup of sugar.

Close securely, and shake well (at least 1 minute).

Place in pantry or cupboard and shake twice daily for 7 days.

At the end of the week, the bourbon sugar is ready for use.

*I used Blanton's



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DRINKS WITH JOHN FLADD

Honolulu Cooler

Early on in the Covid lockdown, I decided to take ice cream to the workers at my dump. I wanted to do something for someone in essential services and I have a lot of respect for people who do hard, thankless work.

Every week during hot weather I would swing by the general store in our town on the way to the dump and grab them some ice cream bars or cold sodas. A small gesture of thanks.

So I was at the dump transfer station, dropping off our trash and talking with one of the guys there, telling him some sort of stupid joke, something like:

Q: Why did the dolphin flunk out of ballet school?

A: Poor poise.

My friend laughed loudly enough to get the attention of one of the other guys working behind a giant stack of cardboard.

“IS THAT THE JOKE GUY?”

“YEAH!”

“DID HE BRING ICE CREAM?”

I’d kind of like that on my grave: THE JOKE GUY. HE BROUGHT ICE CREAM.

Anyway, one of my friends at the transfer station gave me a gift one week, a 1963 copy of *The Barmen’s Bible* — a well-worn cocktail manual from the time when bartenders could reasonably be expected to wear bowties.

This week, I was looking through *The Barmen’s Bible* and ran across a drink recipe that stopped me cold. Under a section devoted to “coolers” was something called a Honolulu Cooler — a solid name. A promising name. Until you get to the Southern Comfort.



The Barmen’s Bible. Photo by John Fladd.

Crushed ice — check
Lime juice — check
Pineapple juice — check
Southern Comfort ... ?
Really, Oscar Haimo, President of the International Bar Managers Association, circa 1963? Southern Comfort?

As my wife pointed out, though, this drink is obviously because of the pineapple juice. It doesn’t necessarily have anything more to

do with Hawaii than that. It could have been invented in an Elks Club in Akron.

So, this is what I figured. I’d make this clearly awful drink, figure out what was wrong with it (the Southern Comfort), then reformulate it to taste better.

As it turns out, there was a flaw in that plan.

The Honolulu Cooler is a solid, tasty drink. It’s shockingly good. You would think that Southern Comfort and pineapple juice would be cough-syrupy sweet, but the fresh lime juice keeps them on a leash. “Shhhh, boys,” it says, “these are our friends; be nice.”

It is refreshing and delicious. You could easily drink an injudicious number of these.

Honolulu Cooler

- Juice of half a lime, about 1 oz.
- 1 jigger (1½ oz.) Southern comfort
- Approximately 5 oz. pineapple juice

Fill a tall glass with cracked ice.
Add lime juice and Southern Comfort
Fill to the top with pineapple juice
Stir with a bar spoon.



Photo by John Fladd.

A little research on this drink hints that it was actually invented and served in a large hotel in Honolulu. The more I thought about it, the more this made sense. It would be incredibly fast and easy to make for wide-eyed tourists and the use of a name-brand alcohol would allow the hotel bar to bump the price by a good 30 percent.

Of course, the fact that this is a perfectly good drink already did not stop me from reconfiguring it anyway.

My version uses lime syrup instead of lime juice, which would make the drink too sweet, but I countered that with the bitterness from Campari and a bracing note from gin.

Existential Luau

- 1 oz. lime syrup (see below)
- 1 oz. Campari
- 2 oz. gin (I like Death’s Door)
- 4 oz. pineapple juice
- cracked ice or tiny ice cubes

Fill a tall glass – a pint glass or a Collins glass – with ice.

- Add lime syrup, Campari, and gin.
- Top off with pineapple juice.
- Stir with a bar spoon.

This drink is pink, but not bubble-gum pink. It’s the color of a sunset. An apricot

that someone has whispered a dirty suggestion to. The color of contentment at the end of a hot, trying day. The ingredients have a tendency to separate very slightly, so the Luau starts out a little bitter-sweet, then becomes more limey as you drink it.

As do your thoughts.

Lime Syrup

- Juice of 3-4 limes
- An equal amount (by weight) of white sugar
- Zest of 2 limes.

In a small saucepan, bring the lime juice and sugar to a boil. Stir until the sugar is completely dissolved, about 10-15 seconds, once it’s boiling.

Remove from heat and add lime zest. Let it steep for 30 minutes.

Strain the zest from the syrup, so it doesn’t get bitter.

Label your jar so you won’t have an awkward moment a week from now, when your wife wants to know what’s in that jar in the door of the fridge. Or maybe that’s just me.

John Fladd is a veteran Hippo writer, a father, writer and cocktail enthusiast, living in New Hampshire. 🍷

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CDs pg24

• Disco Shrine, *xxoo*

Disco A-

• Trance Wax, *Trance Wax*

B+

BOOKS pg25

• *Doomed Romance* B

• **Book Notes**

Includes listings for lectures, author events, book clubs, writers' workshops and other literary events.

To let us know about your book or event, email asykeny@hippopress.com.

To get author events, library events and more listed, send information to listings@hippopress.com.

FILM pg26

• *Judas and the Black*

Messiah A

• *Barb and Star Go to*

Vista Del Mar B+

Disco Shrine, *xxoo Disco* (self-released)

Man, the world just needs to stop a second so I can catch my breath. This week I had to deal with a string of disasters, including two different hacks of critical life stuff, then it was the news about the “Robin Hood” subreddit Wallstreetbets helping desperate people make big money by trolling hedge funds, and today, this came into my mailbox with little explanation, the first EP from a day-glo Los Angeles-based girl who, I’m told, “bops,” in other words writes songs that have a lot more to offer

than most of the corporate-run ridiculousness you usually hear on dance radio. The Iranian immigrant does have a great formula if you can get past the many trap beats (I still can’t, I’m sorry); the song structures and hooks are more like MIA and Gwen Stefani than anything else, marinated in hip-hop but with an eye toward ’90s-throwback radio. She’s getting big overseas and will probably take down a good number of slow-moving Taylor Swift fans as things progress. A- — *Eric W. Saeger*

Trance Wax, *Trance Wax* (Anjunabeats Records)

Here we have a Belfast-based DJ specializing in more-or-less throwback trance and meanwhile being touted as an innovator. That didn’t sit well with me for obvious reasons, but I was going to inspect this album anyway, being that it’s on my beloved Anjunabeats imprint, the home of the Above & Beyond dudes, whom I’ve talked about plenty of times here. It is a throwback record for sure, made of ’90s rave afterparty chill as opposed to more modern, immersive hypnotics. And that’s OK; if you’re big on

slightly stripped-down electro, you came to the right place. Toward that, it can feel a bit cheesy here and there, not that that’s necessarily a bad thing. Wish they had put the single Clannad’s Moya Brennan. I’m sure it’s gorgeous, which I’m off to verify now, but again, that tune’s not on here, so it doesn’t even apply. B+ — *Eric W. Saeger* 🍷

PLAYLIST

A seriously abridged compendium of recent and future CD releases

• Just like every Friday, Feb. 19 will see a few new albums, from bands and people and self-aware robots with Soundcloud accounts. One of the albums is from **The Fall**, and it is titled *Live At St. Helens Technical College ‘81*. If I’m still the professional music critic I’ve always been, the consummate tastemaker who can identify what an album is going to sound like just by looking at its title, I predict that the songs will all be live versions of old Fall songs, probably at a technical college of some sort, recorded circa 1981, or perhaps 1881, when this music was relevant to people other than those brothers who made the *Stranger Things* TV show. I don’t like The Fall and, um, uh, never really did, like it was always too messy, like Captain Beefheart on mood stabilizers. Feel me, guys? I know, I know, I’m supposed to be the noise-rock connoisseur around here, but The Fall isn’t noise rock, it’s just awful and gross. It’s OK if you like them, and if you do have that particular brain malfunction, I hate to tell you, but you’ll be sad to know that their landmark tune “Hip Priest” is not part of this package. Bummer, dude, but lots of other stupid Fall songs are on there, like “City Hobgoblins” and blah blah blah whatever, I don’t know.

• I think Brooklyn indie-rock band **The Hold Steady** sounds like They Might Be Giants with a Pennywise (lack of) personality, at least going by the only song of theirs you’ve probably ever heard, 2013’s “The Bear and the Maiden Fair,” the punkish spazz-out that was pretty popular back then. Fast forward to today, and their eighth album, *Open Door Policy*, which streets on the 19th and is propelled by the Mighty Mighty Bosstones-ish horns of leadoff single “Family Farm.” It’s more along the lines of Barenaked Ladies, that kind of thing, stompy and danceable. I can deal with it.

• Scottish post-punk crew **Mogwai** have always been pretty cool, don’t you think? Buzzy, loud and all that stuff. But it is a new year, and a new album, *As The Love Continues*, which has a single, called “Dry Fantasy.” This tune is something of a surprise, like ’90s radio-techno-chill, not a lot of meat to it, but that’s OK, it definitely works if you want to relive all those afterparties where you passed out on your roommate’s futon while talking about French philosophy, and then talk turned to how much the both of you love *Ren & Stimpy*, which is basically the same concept as Foucault but with better graphics.

• Lastly, it’s Australian indie-folkie **Julia Stone**, who often records albums with her brother Angus, but not this time. She had some modicum of fame last year when she re-did the Midnight Oil song “Beds Are Burning,” but it didn’t save her from the fate that befalls all decent Australian musicians, specifically the problem with American audiences taking Australians seriously unless they’re in the band AC/DC. Her third solo record, *Sixty Summers*, will include the song “Dance - Alone,” which I assume is a variation on the wispy, angelic tune “Dance” that was on her last EP, a romantic trifle about picking someone up at a bar. It’s music for moonbats, but it’s nice. — *Eric W. Saeger* 🍷

Retro Playlist

Going back to Feb. 17, 2011, your not-so-humble Playlist guy here (moi) was babbling something about Boston oi-pop band **Dropkick Murphys**, who “have made a career out of making Jonathan Papelbon into a tutu-wearing dancing bear.” The new album at the time was *Going Out in Style*, a concept album about some



Irish guy, because as we all know, there are no other types of people in Boston except for Irish mill-workers who work 78-hour shifts. Thus a departure, more or less, but I

did note that there were a few songs Bruins fans could sing at the top of their lungs “while the Bs get pasted by horrible teams like the Panthers” (that sentiment has changed now, of course, being that the team has no good scorers these days except for a few 40-year-olds and maybe the mascot).

Not that my B- grade reflected it as much as it deserved, but truly

the loser album up for discussion that week was *Native Speaker*, from Montreal-based indie band **Braids**. The buzz over this, their debut album, was deafening,

which made me instantly suspicious. And they did get some blowback from the press, which surprised me. The haters (I was one of them) thought these guys were too much like **Animal Collective**, “indulging in the sort of repetitive robot arpeggios you hear during the happier moments of nature documentaries.” In other words it was nice, sappy and disposable.

I mean, it’s not a horrible album; I guess what surprised me was that no one jumped on the band for the album’s title track. It sounded too much like a **Fever Ray** tune,



which is, admittedly, not shocking, being that the band’s singer sounds so much like Karin Dreijer Anderson (i.e. part Sinead, part Bjork).

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. 🍷

Doomed Romance: Broken Hearts, Lost Souls and Sexual Tumult in Nineteenth-Century America, by Christine Leigh Heyrman (Knopf, 304 pages)

Perform a Google search for “Martha Parker” and “Dunbarton, New Hampshire” and nothing especially interesting comes up. There’s just a smattering of obituaries and grave-marker sites related to assorted Parkers from the Merrimack County town near the intersection of Interstates 89 and 93.

What a difference a century or two makes.

Had there been Wikipedia in her day, Martha Parker would have been at the top of Google search results. For a time, she was one of the most famous young women in this part of New England, and a couple of men tried to make her one of the most scandalous. Let’s just say, if reality TV had been a thing in the early 19th century, there might have been a show called “Keeping Up with the Parkers.”

Historian Christine Leigh Heyrman discovered the story by accident, while studying correspondence to and from “pious Yankees set on saving the world,” missionaries originating in New England. In multiple letters, there were tantalizing mentions of the beautiful, young Parker, spurned suitors, broken engagements and a reputation in danger.

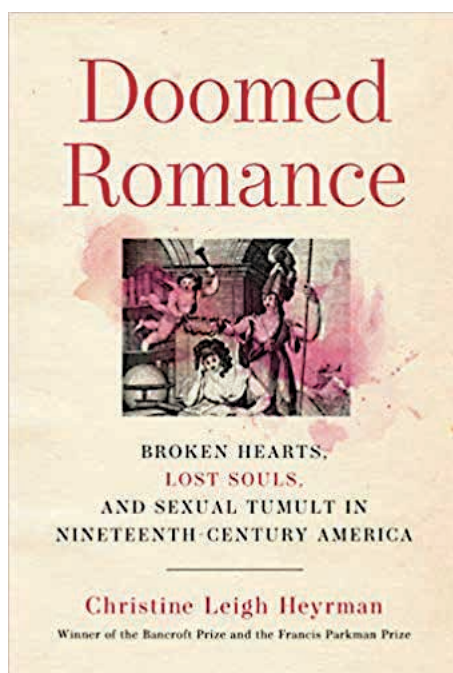
This was all the more interesting because Parker was no Jezebel; she was a pious, educated young woman who hoped to be a missionary’s wife in the Ottoman Empire. America may have been the promised land, but many of its 20-somethings, as it turns out, were clamoring to leave. For girls who grew up in a culture steeped in Calvinism, Heyrman writes, becoming a missionary’s wife was a prime aspiration, and these “assistant missionaries,” as they were called, were celebrities in New England villages, their adventures written up in the local newspapers.

“Years spent in the company of high-minded people have given me a taste for low gossip,” Heyrman says, and she wanted to learn more. Her investigation led to an archived box of correspondence that had been collected by the American Board of Commissioners for Foreign Missions, the powerful organization that controlled which pious New Englanders would be sent overseas to save the heathens.

The story was all there but in pieces, like a puzzle: letters, disarries, depositions and testimony the board had collected about Parker’s character.

That was difficult work, but then came the hardest part: convincing a publisher that all this antique correspondence would make an interesting book.

Fortunately, Heyrman succeeded, on both counts. *Doomed Romance* loses points for the titular spoiler, but it’s a surprisingly compelling account of a messy love triangle, examined through the mores of the time. Heyrman knits the travails of a 21-year-old



who grew up in Dunbarton, bent on obtaining “assurance” of her salvation, into a tapestry of what New Hampshire was like in the early 1800s, as aspirational young women pushed back against the men who were bent on keeping them busy on the home front.

In the process, she makes clear the differences between a culture defined by religious faith and a culture defined by the lack of it, but also that despite the chasm between 1821 and 2021, a basic human nature prevails, with or without social media.

Heyrman at one point describes Parker and one of her suitors as “supremely self-absorbed, steeped in hothouse emotions and skilled at working up themselves and each other.” They had, she said, “over many years, become addicted to the drama of their relationship.”

Not that any of us would know anyone like that.

Like most of her contemporaries, Parker was in the market for a spouse, and because she was by all accounts (there are no photographs) comely and whip-smart, there were multiple men competing for her hand. The two that figure most into this story are Thomas Tenney and Elnathan Gridley, and for a time she was engaged to both.

Although Tenney, Heyrman writes, emitted an “odor of sanctity,” Gridley was richer and had better prospects on the mission field. (And, can we agree, a much better name?) So despite Tenney’s remonstrations — which included an hour-long dramatic reading of his account of their relationship to that point, delivered to Parker and her sister — Parker settled on Gridley. And then the fireworks began.

An anonymous tattletale reported to the American Board that one of their aspiring missionaries had, basically, the morals of an alley cat. Was it Tenney who filed the report? That’s one of the small mysteries that drives

this story, as well as what will become of the three central parties.

Heyrman does superb work in piecing together this obscure, 200-year-old story, made even more challenging because, as she writes, “private lives were much more private then.”

“For centuries, stoicism served as the default mode for nearly everyone in the Western world, ordinary people especially. The harder life was, the more crucial to hold emotion in check: sometimes survival itself demanded restraint, even hiding the heart’s desire.”

While the book bogs down at points, weighted by the quaint language of the day and a historian’s penchant for mind-numbing detail, it is frequently enlivened by Heyrman’s light touch. She writes, for example, of the melodramatic exchanges between Parker and her suitors echoing “the purple prose of those novels evangelicals were not supposed to be reading.”

Overall, however, while this is a well-crafted history, let the buyer beware: *Doomed Romance* is no romance novel. It’s a serious book for the serious minded. **B**

— Jennifer Graham

BOOK NOTES

Because the federal government doesn’t understand that none of us are emotionally equipped to deal with taxes during a pandemic, the tax filing season began last week.

Maybe you’ve already filed yours and are just waiting for the check to show up. For everyone else, let this be the year you take advantage of every possible deduction. There’s a wealth of books, some newly updated, that promise to help you do that.

How to Pay Zero Taxes by Jeff Schnepfer, billed as “The IRS’s Worst Nightmare” (McGraw-Hill, 928 pages), is said to be the guide to every tax break the federal government allows. Given that one chapter is on cattle-breeding programs, that appears to be true.

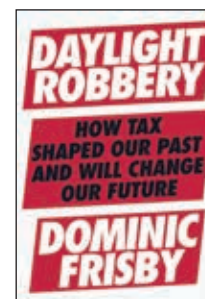
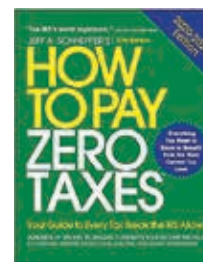
If 928 pages is too daunting, there’s *J.K. Lasser’s 1001 Deductions and Tax Breaks 2021* by Barbara Weltman (Wiley, 464 pages).

And, if you want to hear it straight from the horse’s mouth, so to speak, the IRS and Department of the Treasury publish their own paperback book, *Tax Guide for Individuals* (“Independently published,” it says; 137 pages). Infuriatingly, the IRS wants us to pay \$12.99 in order to understand how to file our taxes instead of making all this information free on its website. At least it’s only 99 cents on Amazon Kindle for those inclined.

For a lighter take on the subject, take a look at *Daylight Robbery: How Tax Shaped Our Past and Will Change Our Future* by Dominic Frisby (Penguin Business, 288 pages). Frisby is a British comedian who apparently moonlights as a financial writer. He had me at the first page, in which he genially explains how in 1696 British monarchs William and Mary replaced the hated “hearth tax” (literally a tax on every fireplace in a home) with a tax on windows. Not surprisingly, people started building homes with fewer windows.

Daylight Robbery was published in hardcover last year, but a paperback version is out this month.

— Jennifer Graham



Books

Author events

- **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.
- **PAUL KRUGMAN** Author presents *Arguing with Zombies*. Virtual livestream hosted by The Music Hall in Portsmouth. Tues., March 2, 7 p.m. Tickets cost \$5. Call 436-2400 or visit themusichall.org.
- **C. J. BOX** Author presents *Dark Sky*. Virtual livestream hosted by The Music Hall in Portsmouth.

Tues., March 9, 7 p.m. Tickets cost \$5. Call 436-2400 or visit themusichall.org.

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. Month-

ly. Second Thursday, 6 p.m. RSVP required. Visit tosharebrewing.com or call 836-6947.

- **GOFFSTOWN PUBLIC LIBRARY** 2 High St., Goffstown. Monthly. Third Wednesday, 1:30 p.m. Call 497-2102, email elizabethw@goffstownlibrary.com or visit goffstownlibrary.com
- **BELKNAP MILL** Online. Monthly. Last Wednesday, 6 p.m. Based in Laconia. Email bookclub@belknappmill.org.
- **NASHUA PUBLIC LIBRARY** Online. Monthly. Second Friday, 3 p.m. Call 589-4611, email information@nashualibrary.org or visit nashualibrary.org.

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POP CULTURE FILM REVIEWS BY AMY DIAZ

Barb and Star Go to Vista Del Mar (PG-13)

Everybody is wonderfully game in the delightfully silly *Barb and Star Go to Vista Del Mar*, a movie co-written by Annie Mumolo and Kristen Wiig, the writers of *Bridesmaids*.

Comparatively, *Bridesmaids* played it straight. *Barb and Star* goes all in on its weirdness.

Barb (Mumolo) and Star (Wiig) are poofy-haired besties whose favorite flavor is “plain,” whose wardrobe is built on culottes and who work together at a Jennifer Convertibles in Nebraska. When their store is closed and they are kicked out of Talking Club (run with an iron passive-aggressive fist by a woman played by Vanessa Bayer, so well used here as so many of the movie’s supporting roles and cameos are), Barb and Star decide to throw caution to the wind and go on an exotic vacation — to the middle-aged-vacationer-friendly Vista Del Mar, Florida. They end up at a hotel with a real “cruise ship but on land” vibe and, during their first night, end up at the bar sharing a giant hallucinogenics-containing scorpion bowl with Edgar (Jamie Dornan). Edgar is drowning his sorrows over his would-be girlfriend, Sharon Gordon Fisherman (also Wiig, looking very “Dr. Evil meets 2013’s *Snowpiercer*” but chic). Sharon won’t become an “official couple” with him until after he helps her release a swarm of genetically modified mosquitoes meant to kill the residents of Vista Del Mar because they were mean to Sharon when she was a kid.

Other things that happen in this movie: A character has a conversation with a crab. Andy Garcia shows up in a cameo, still in *Mamma Mia! Here We Go Again!* mode. A human cannon serves as a significant plot point. Dornan shows an almost superhuman lack of vanity (there’s a power ballad! on a beach! I have never liked him more than I do here).

I did wonder, occasionally, if this movie was being cruel to Barb and Star, if it was punching down at these ladies with their haircuts and their general middle-ness. But I don’t think it is, ultimately. Through all the silliness, Wiig and Mumolo, who seem to be having such a sunny great time here, give these characters a core that includes general decency and their deep love and friendship for each other.

Barb and Star Go To Vista Del Mar is great goofy fun and I highly recommend it. **B+**

Rated PG-13 for crude sexual content, drug use and some strong language, according to the MPA on filmmratings.com. Directed by Josh Greenbaum with a screenplay by Annie Mumulo & Kristen Wiig, *Barb and Star Go to Vista Del Mar* is an hour and 47 minutes long and is distributed by Lionsgate. It is available to rent.



Barb and Star Go to Vista Del Mar

Judas and the Black Messiah (R)

Daniel Kaluuya and Lakeith Stanfield do standout work in *Judas and the Black Messiah*, a movie about the real-life activism and death of Fred Hampton of the Black Panther Party.

In the late 1960s, Bill O’Neal (Stanfield) is arrested after a rather inventive car theft and given a choice by FBI agent Roy Mitchell (Jesse Plemons): prison time or becoming an informant for the FBI. Bill picks not-prison and is sent to join the Black Panther Party in Illinois, where Fred Hampton (Kaluuya) is the Illinois party chairman. As Bill finds his way into the party and Fred’s inner circle, he sees Hampton attempt to unite different social-political factions in Chicago to work for similar goals, largely related to poverty and police brutality.

We also see the charismatic Hampton begin a relationship with Deborah Johnson (Dominique Fishback), now known as Akua Njeri. They try to build a life of activism together while the FBI relentlessly pursues Hampton and the Panthers however they can.

Judas and the Black Messiah shares some of the same historical space as fellow award-season hopeful *The Trial of the Chicago 7*. But where that movie was filled with big Aaron Sorkin speeches and cutesy Aaron Sorkin character notes, this movie feels like it is about real people with real motivations and personalities. There are little moments, particularly with Kaluuya and Fishback as Fred and Deborah, where you feel like you’re watching a fully-formed person wrestle with not just Big Political Ideas but with what those ideas mean to them and the course of their life. Stanfield makes you feel O’Neal’s uncertainty about what he’s asked to do by the FBI and his growing difficulty of balancing what seems like a genuine respect for Hampton and the aims of the Black Panthers with his willingness to help Mitchell (and his desire to stay out of jail).

This is a well-told story filled with strong performances about a slice of history the movie makes feel fresh and relevant. **A**

Rated R for violence and pervasive language, according to the MPA on filmmratings.com. Directed by Shaka King with a screenplay by William Berson and Shaka King, *Judas and the Black Messiah* is two hours and five minutes long and distributed by Warner Bros. It is in local theaters and on HBO Max until mid-March. 🍷

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NITE
Write through it

Tyler Allgood shines on soul-baring *Through The Empty*

By Michael Witthaus
mwitthaus@hippopress.com

• **Serenading:** Check out a recent Facebook Live stream from **Jessica Olson** for an idea of her musical outlook. The Granite State native can switch from a classic Carpenters song to Carrie Underwood country pop and pivot to a vintage rocker like Stealers Wheel's "Stuck In the Middle With You." She has a few originals, too, such as the lover done wrong scorcher "Worth It." Thursday, Feb. 18, 5:30 p.m., Fratello's Italian Grille, 194 Main St., Nashua, 889-2022; more at facebook.com/JessSongBirdOlson.

• **Localized:** Musician, promoter and Capitol City booster **Lucas Gallo** has a six-song EP ready for mastering and due to drop next month. Darlingside's Don Mitchell helmed the project, a follow-up to *From The Attic*, an album assembled from many years' worth of material while Gallo was hunkered down early in the pandemic. He plays an acoustic set at a favorite scene spot. Friday, Feb. 19, 8 p.m., Penuche's Ale House, 16 Bicentennial Square, Concord, facebook.com/penuches.concord.

• **Welcoming:** Guitar man **Chris Lester** has built a lengthy resume, from '90s rockers Wild Horses to backing Godsmack's Sully Erna and playing "Faux Walsh" in tribute act Dark Desert Eagles. He's earned a reputation for talent and versatility as a player, singer and producer. Most recently, his band Ghosts of Vinyl released a pair of songs, "Amnesia" and "Zero Gravity." Tuesday, Feb. 23, 5:30 p.m., Homestead Restaurant & Tavern, 641 Daniel Webster Hwy., Merrimack, 429-2022.

• **Irelander:** A weekly tradition continues with **Marty Quirk** performing Irish music in the afternoon. The "Marty Party" is preceded by a brunch that includes traditional Irish fare like black sausage and white pudding, washed down with a pint of Guinness if the mood suits. Optimistically, the downtown haven will have corned beef dinners ready the week of St. Patrick's Day. Sunday, Feb. 21, 3 p.m., Shaskeen Pub, 909 Elm St., Manchester, facebook.com/theshaskeen. 🍷

By Michael Witthaus
mwitthaus@hippopress.com

Surgery and its aftermath are often challenging; for a recovering addict, the experience can be harrowing. As Tyler Allgood faced a spine operation in early 2019, he worried about whether essential pain medication would lead to relapse. For six to eight months prior to entering the hospital, this fear had him "staring at the ceiling ... going crazy wondering if my life was ever going to change," Allgood said in a recent phone interview.

"Knowing I'd have to take drugs again to go through this," he said, "I kind of had to revisit my past and revise it."

The answer came through his music, on songs like "Downtime" and "Who Am I Now." The latter is a dreamy meditation about being "always off, lost in the fixtures," while keeping vigilant. Both appear on Allgood's soon to be released album *Through The Empty*, a 13-track cycle that's both starkly honest and expertly composed.

"The writing saved me," Allgood said. "I had to keep writing; it's really saving my life."

Though this is his second LP, Allgood feels the new effort is a lot like a debut.

"It's kind of a wrap-up of all those years," he said, noting that 2019's *The Weight of Thunder* "was whipped together kind of quickly [when] a friend of mine had had an opportunity and he was an engineer. It's still very meaningful, but on [this] record I finally bring my composing all together ... and really produce the sound that I'm going for."

Allgood, who also deals with alcoholism, "depression, PTSD and plenty of other mental issues," said his songwriting is "ninety percent personal experience and stories." Some can be heartbreaking — "Love In Vermont" deals with a love affair

that ends in suicide.

There's also hope. One of the record's highlights, "No Visions of Fear," contains the memorable line, "I'm too miserable to die." Allgood is quoting a friend who succumbed to breast cancer.

"I don't think he knew how powerful it was coming from him as he was dying," he said, adding the statement was a reflection of his friend's giving nature. "He hadn't done all of his work helping people ... that was the reason he was miserable. That he would have to leave other people behind."

Along with strong songwriting, what distinguishes the new album most is its music: densely layered guitars, delicate keyboards, deft time changes and Allgood's haunting vocals. He played and sang nearly every note.

Through The Empty was recorded at Loud Sun Studios with producer Ben Rogers, who also plays drums on the record. Dan Labrie, from Allgood's old group BandBand, played slide guitar on a couple of tracks, and Eliot Pelletier contributed guitar as well.

Allgood got into music as a teenager. "A friend of mine, Kyle Weber, was this really talented guitar player right from the get-go," he said. "He played the talent show at our middle school, and that was where I realized that I really wanted to do that as well."

He agrees that most listeners will detect a clear influence running through the new album.

"Jerry Garcia was hugely important finding my way through whatever it is I'm doing with music," Allgood said. "The Grateful Dead, George Harrison's solo stuff, all helped open my eyes to what was possible on my own, to create, to not have limits."

When a release event happens — never a certainty these pandemic-limited times — Allgood plans to assemble a band to back



Tyler Allgood. Courtesy photo.

him. For now, though, he plays solo and eschews looping sounds.

"I might incorporate that soon, but I tend to keep it as original as I can, I suppose," he said.

His shows also include judiciously chosen covers of artists like The Beatles and Johnny Cash.

"I try to cater to everything, and then also mix in my original work," he said.

Allgood expects to release the album in early March — "It's coming as soon as possible," he said.

He'll play a lot of it during a livestream show hosted by Nova Arts on March 19 (novaarts.org). 🍷

Tyler Allgood

When: Thursday, Feb 25, 6 p.m.
Where: Village Trestle, 25 Main St., Goffstown
More: instagram.com/tgood_extrabetty

Allgood also appears Saturday, March 6, 6 p.m. at Village Trestle in Goffstown

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MUSIC THIS WEEK

Bedford Bedford Village Inn 2 Olde Bedford Way 472-2001	Concord Craft Brewing 117 Storrs St. 856-7625	Exeter Sawbelly Brewing 156 Epping Road 583-5080	Shane's BBQ 61 High St. 601-7091	South Side Tavern 1279 S. Willow St. 935-9947	Fratello's Italian Grille 194 Main St. 889-2022	Porter's Pub 19 Hanson St. 330-1964
Copper Door 15 Leavy Dr. 488-2677	Penuche's Ale House 16 Bicentennial Square 228-9833	Shooters Pub 6 Columbus Ave. 772-3856	Smuttynose Brewing 105 Towle Farm Road	Thirsty Moose Tap-house 795 Elm St. 792-2337	Liquid Therapy 14 Court St. 402-9391	Salem The Colosseum Restaurant 264 N. Broadway 898-1190
Bow Chen Yang Li 520 S. Bow St. 228-8508	Deerfield The Lazy Lion 4 North Road	Goffstown Village Trestle 25 Main St. 497-8230	Wally's Pub 144 Ashworth Ave. 926-6954	Meredith Hart's Turkey Farm 223 Daniel Webster Hwy. 279-6212	New Boston Molly's Tavern & Restaurant 35 Mont Vernon Road 487-1362	Copper Door 41 S. Broadway 458-2033
Brookline The Alamo Texas Barbecue & Tequila Bar 99 Route 13 721-5000	Dover SmuttLabs 47 Washington St. 343-1782	Hampton Community Oven 845 Lafayette Road 601-6311	WHYM Craft Pub & Brewery 853 Lafayette Road 601-2801	Twin Barns Brewing 194 Daniel Webster Hwy. 279-0876	Pittsfield Main Street Grill & Bar 32 Main St. 435-0005	Michael's Flatbread 8 Stiles Road 893-2765
Concord Area 23 State Street 881-9060	Epping The Community Oven 24 Calef Hwy. 734-4543	CR's The Restaurant 287 Exeter Road 929-7972	Kingston Saddle Up Saloon 92 Route 125 369-6962	Bonfire 950 Elm St. 663-7678	Portsmouth The Goat 142 Congress St. 590-4628	Seabrook Chop Shop Pub 920 Lafayette Road 760-7706
Cheers 17 Depot St. 228-0180	Telly's Restaurant & Pizzeria 235 Calef Hwy. 679-8225	The Goat 20 L St. 601-6928	Laconia Tower Hill Tavern 264 Lakeside Ave. 366-9100	Cercle National Club 550 Rockland Ave. 623-8243	Moultonborough Buckley's 240 Governor Wentworth Hwy. 476-5485	Red's Kitchen + Tavern 530 Lafayette Road 760-0030
				The Foundry 50 Commercial St. 836-1925	Nashua American Social Club 166 Daniel Webster Hwy. 255-8272	Stratham Tailgate Tavern 28 Portsmouth Ave. 580-2294
				Derryfield Country Club 625 Mammoth Road 623-2880	Rochester Mitchell Hill BBQ Grill & Brew 50 N. Main St. 332-2537	
				Fratello's 155 Dow St. 624-2022		

Thursday, Feb. 18

Brookline
Alamo: Matt Borrello, 4:30 p.m.

Concord
Penuche's Ale House: open mic with Brian Burnout, 8 p.m.

Epping
Telly's: Emily Rae Shively, 7 p.m.

Goffstown
Village Trestle: Joe McDonald, 6 p.m.

Hampton
CR's: The Last Duo, 6 p.m.

Londonderry
Stumble Inn: April Cushman, 7 p.m.

Manchester
Cercle National Club: Dan Morgan, 7:30 p.m.
Fratello's: Amanda Cote, 5:30 p.m.

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

Merrimack
Homestead: Joanie Ciatelli, 5:30 p.m.

Nashua
Fratello's: Jessica Olson, 5:30 p.m.
Liquid Therapy: trivia night, 7:30 p.m.

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

Salem
Michael's Flatbread: trivia with Mary-Ann, 6:30 p.m.

Seabrook
Red's: Max Sullivan, 7 p.m.

Hampton
CR's: The Last Duo, 6 p.m.

Londonderry
Coach Stop: Clint Lapointe, 6 p.m.
Stumble Inn: Pete Peterson, 8 p.m.

Manchester
Backyard Brewery: Chris Lester, 6 p.m.
Bonfire: Isaiah Bennett, 9 p.m.
Derryfield: Justin Jordan, 7:30 p.m.
Foundry: Dwayne Haggins, 6 p.m.
Fratello's: Joanie Ciatelli, 5:30 p.m.
South Side Tavern: Emily Rae Shively, 8 p.m.

Meredith
Twin Barns: Sweetbloods, 5 p.m.

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

Moultonborough
Buckley's: April Cushman, 6 p.m.

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

New Boston
Molly's Tavern: Ralph Allen, 6:30 p.m.

Friday, Feb. 19

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

Concord
Area 23: Eric Lindberg & Mickey G swapping sets, 7 p.m.
Cheers: Team Trivia, 8:30 p.m.
Penuche's: Lucas Gallo, 8 p.m.

Epping
Telly's: Jonny Friday, 8 p.m.

Exeter
Sawbelly: Elijah Clark, 5 p.m.

Goffstown
Village Trestle: Jeff Mrozek, 6 p.m.

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Music plays on

These listings for live music are compiled from press releases, restaurants' websites and social media and artists' websites and social media. Call the venue to check on special rules and reservation instructions — and you may want to double check before you head out for the evening, as cancellations for weather or virus concerns are not uncommon. Get your gigs listed by sending information to music@hippopress.com.

Brookline
Alamo: Matt Borrello, 4:30 p.m.

Concord
Penuche's Ale House: open mic with Brian Burnout, 8 p.m.

Epping
Telly's: Emily Rae Shively, 7 p.m.

Goffstown
Village Trestle: Joe McDonald, 6 p.m.

Hampton
CR's: The Last Duo, 6 p.m.

Londonderry
Coach Stop: Clint Lapointe, 6 p.m.
Stumble Inn: Pete Peterson, 8 p.m.

Manchester
Backyard Brewery: Chris Lester, 6 p.m.
Bonfire: Isaiah Bennett, 9 p.m.
Derryfield: Justin Jordan, 7:30 p.m.
Foundry: Dwayne Haggins, 6 p.m.
Fratello's: Joanie Ciatelli, 5:30 p.m.
South Side Tavern: Emily Rae Shively, 8 p.m.

Meredith
Twin Barns: Sweetbloods, 5 p.m.

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

Moultonborough
Buckley's: April Cushman, 6 p.m.

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

New Boston
Molly's Tavern: Ralph Allen, 6:30 p.m.

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Saturday, Feb. 20

Brookline
Alamo: Tequila Jim, 4:30 p.m.

Concord
Area 23: Saturday jam with Handsome, 2 p.m.; Saturday evening jam with Chip & The Figments, 7 p.m.
Concord Craft Brewing: Tim Kierstead, 4 p.m.
Penuche's Ale House: Steer & Solsky, 8 p.m.

Deerfield
The Lazy Lion: Chris O'Neill, 5 p.m.

Epping
Telly's: Pete Peterson, 8 p.m.

Exeter
Sawbelly: Chad Verbeck, 1 p.m.
Shooters: Max Sullivan, 7 p.m.

Brookline
Alamo: Matt Borrello, 4:30 p.m.

Concord
Penuche's Ale House: open mic with Brian Burnout, 8 p.m.

Epping
Telly's: Emily Rae Shively, 7 p.m.

Goffstown
Village Trestle: Joe McDonald, 6 p.m.

Hampton
CR's: The Last Duo, 6 p.m.

Londonderry
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Foundry: Dwayne Haggins, 6 p.m.
Fratello's: Joanie Ciatelli, 5:30 p.m.
South Side Tavern: Emily Rae Shively, 8 p.m.

Meredith
Twin Barns: Sweetbloods, 5 p.m.

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

Moultonborough
Buckley's: April Cushman, 6 p.m.

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

New Boston
Molly's Tavern: Ralph Allen, 6:30 p.m.

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Sunday, Feb. 21

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Brookline
Alamo: Matt Borrello, 4:30 p.m.

Concord
Penuche's Ale House: open mic with Brian Burnout, 8 p.m.

Epping
Telly's: Emily Rae Shively, 7 p.m.

Goffstown
Village Trestle: Joe McDonald, 6 p.m.

Hampton
CR's: The Last Duo, 6 p.m.

Londonderry
Coach Stop: Clint Lapointe, 6 p.m.
Stumble Inn: Pete Peterson, 8 p.m.

Manchester
Backyard Brewery: Chris Lester, 6 p.m.
Bonfire: Isaiah Bennett, 9 p.m.
Derryfield: Justin Jordan, 7:30 p.m.
Foundry: Dwayne Haggins, 6 p.m.
Fratello's: Joanie Ciatelli, 5:30 p.m.
South Side Tavern: Emily Rae Shively, 8 p.m.

Meredith
Twin Barns: Sweetbloods, 5 p.m.

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

Moultonborough
Buckley's: April Cushman, 6 p.m.

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

New Boston
Molly's Tavern: Ralph Allen, 6:30 p.m.

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Monday, Feb. 22

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

Monday, Feb. 22

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

Exeter
Sawbelly: Max Sullivan, noon

Goffstown
Village Trestle: Bob Pratte, 3:30 p.m.

Hampton
WHYM: Lewis Goodwin, 1 p.m.

Nashua
Lafayette: Nicole Knox Murphy, 4 p.m.

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

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Thurs. Feb. 18th 6-9pm - Joe McDonald
 Fri. Feb. 19th 6-9pm - Jeff Mrozek
 Sat. Feb. 20th 6-9pm - Jennifer Mitchell
 Sun. Feb. 21st 3:30-6:30pm - Bob Pratte

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NITE MUSIC THIS WEEK

Nashua

American Social Club: Bar Bingo, 7 p.m.
Fratello's: Ryan Williamson, 5:30 p.m.

Portsmouth

The Goat: Musical Bingo, 7 p.m.

Seabrook

Red's: Trivia, 9 p.m.

Nashua

Fratello's: Joanie Cicatelli, 5:30 p.m.

Portsmouth

The Goat: Isaiah Bennett, 9 p.m.

Stratham

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

Wednesday, Feb. 24

Brookline

Alamo: Brian Weeks, 4:30 p.m.

Dover

SmuttLabs: Max Sullivan, 6 p.m.

Hampton

Wally's: Chris Toler, 7 p.m.

Kingston

Saddle Up Saloon: Musical Nation Bingo, 7 p.m.

Manchester

Fratello's: Ryan Williamson, 5:30 p.m.
Thirsty Moose: Game Time trivia, 7 p.m.

Meredith

Twin Barns: trivia, 6 p.m.

Merrimack

Homestead: Doug Thompson, 5:30 p.m.

Nashua

American Social: trivia, 7 p.m.
Fratello's: Matt Luneau, 5:30 p.m.

Portsmouth

The Goat: Rob Pagnano, 9 p.m.

Tuesday, Feb. 23

Hampton

Wally's: Musical Nation Bingo, 7 p.m.

Manchester

Fratello's: Jodee Frawlee, 5:30 p.m.

Merrimack

Homestead: Chris Lester, 5:30 p.m.

Concerts

Venues

Capitol Center for the Arts
 44 S. Main St., Concord
 225-1111, ccanh.com

The Flying Monkey

39 Main St., Plymouth
 536-2551, flyingmonkeynh.com

Franklin Opera House

316 Central St., Franklin
 934-1901, franklinoperahouse.org

The Music Hall

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

Palace Theatre

80 Hanover St., Manchester
 668-5588, palacetheatre.org

Shows

• **My Mixtape: the Sounds of the '80s** Friday, Feb. 19, 7 p.m., virtual concert via Palace

- **Phil Vassar** Friday, Feb. 19, at 7:30 p.m., Flying Monkey
- **Vapors of Morphine** Friday, Feb. 19, at 8 p.m., Music Hall
- **Livingston Taylor** Saturday, Feb. 20, 8 p.m., Music Hall
- **Jelani Remy** Friday, Feb. 26, 8 p.m., Music Hall
- **Tapestry — the Carole King Songbook** (tribute to Carole King) Saturday, Feb. 27, 7:30 p.m., Flying Monkey
- **Martin Sexton** Saturday, Feb. 27, 8 p.m., Music Hall
- **Tom Rush's Club 47 featuring Tom Rush and Leo Kottke** (with special guests Matt Nakoa and Monica Rizzio) Sunday, March 7, 6:30 p.m., Flying Monkey
- **The Tallest Man on Earth** Sunday, March 7, 7 p.m., Music Hall
- **Adam Ezra Group** Friday, March 12, 7:30 p.m., Flying Monkey
- **Lyle Lovett and His Acoustic Group** Friday, March 12, 8 p.m., Music Hall

- **The Mavericks** Thursday, March 18, and Friday, March 19, at 8 p.m., Music Hall
- **The U2 Show** Saturday, March 20, 7:30 p.m., Rex Theatre
- **Martin Sexton** Saturday, March 20, 7:30 p.m., Flying Monkey
- **The Busted Jug Band** Saturday, March 20, 8 p.m., Music Hall
- **A Carole King Tribute: Songs of a Natural Woman** with shows Thursday, March 25, through Saturday, March 27, at 7:30 p.m., Rex Theatre
- **Celtic Woman Celebration** Sunday, March 28, 8 p.m., Cap Center
- **Southside Johnny and the Asbury Jukes** Thursday, April 1, 7:30 p.m., Palace
- **Stephen Marley Acoustic Soul** (with special guest Mystic Marley) Friday, April 2, 7:30 p.m., Flying Monkey
- **Almost Queen** (Queen tribute) Saturday, April 3, 8 p.m., Cap Center

COMEDY THIS WEEK AND BEYOND

Venues

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

Shows

- **Tom Cotter** Chunky's Pelham, Thursday, Feb. 18, 8 p.m.
- **Harrison Stebbins** Chunky's Manchester, Friday, Feb. 19, 8 p.m.
- **Tom Cotter** Chunky's

Nashua, Friday, Feb. 19, 8 p.m.
 Manchester, Saturday, Feb. 20, 8 p.m.
 Chunky's Nashua, Saturday, Feb. 20, 8 p.m.

- **Mike Hanley** Chunky's Manchester, Friday, Feb. 26, and Saturday, Feb. 27, at 8 p.m.
- **Brian Glowacki** Chunky's Nashua, Saturday, Feb. 27, 8 p.m.

Film

Venues

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

Wilton Town Hall Theatre
 40 Main St., Wilton, 654-3456
wiltontownhalltheatre.com,

Shows

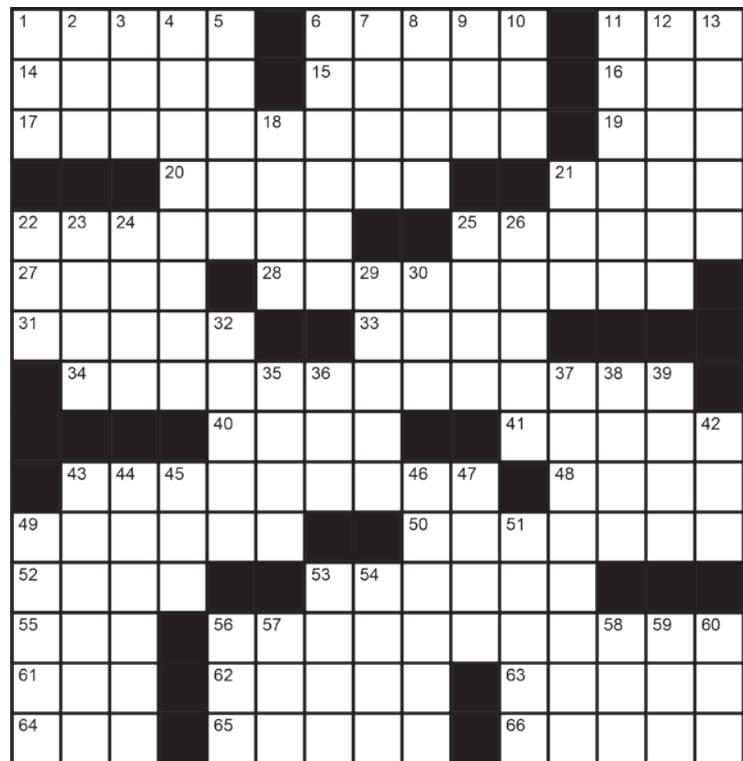
• **Red River Virtual Cinema** Red River Theatres is currently offering indie, foreign language and documentary films via a virtual cinema experience. See the ever-changing lineup on the website.

• **Karate Kid 21+ Trivia Night** on Thursday, Feb. 18, at 7:30 p.m. at Chunky's in Manchester. Admission costs \$4.99.
 • **The Bride's Play** (1922) silent film featuring Marion Davies accompanied by live music performed by Jeff Rapsis screens on Sunday, March 14, at 2 p.m. at Wilton Town Hall Theatre. Admission is free but a \$10 donation is suggested.

Red River Theatres

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

I KNOW WHO I WANT TO PUZZLE ME



Down

1. Lee Mavericks 'There She Goes' band
2. "This is the dawning of the ___ of Aquarius"
3. Elvis 'In The Ghetto' writer/country musician Davis
4. Manhattan Transfer Grammy-winner for a flock?
5. Like preview for rock doc
6. Mexican-Latin 'Amor Eterno' singer Cristian
7. Thomas Rhett/Kane Brown song for buying a drink for friend (2,2)
8. 'All The Things She ___' t.A.T.u.
9. '12 ZZ Ward album '___ The Casket Drops'
10. Type of beer you drink when your favorite band quits
11. What BB King & Eric Clapton were doing 'With The King'
12. Slowly, to a conductor
13. JC Chasez band
18. Surrender To The Air member Anastasio
21. Late 19th century Cuban music of African & Spanish origin
22. Cousin of reggae
23. Jorma Kaukonen band Hot ___
24. Country's 'Let the World Keep On A-Turmin' Buddy
25. Blink-182 'Blame ___ My Youth' (2,2)
26. Old school VCR button for favorite concert flick
29. '02 Avril Lavigne album almost call "Unhand Me!"? (3,2)
30. '99 Kenny Wheeler album 'A Long Time ___'
32. Lightheaded McCartney song for Roger Daltrey's 'One Of The Boys' album?
35. Semisonic "Lonely girls and you lonely boys, playing alone with your lonely ___"
36. '09 Cheap Trick album '___ Pepper

Across

1. Haste The Day "You send us out as ___ amongst the wolves"
6. A cheap Drake White sang 'That Don't ___ Dime' (4,1)
11. What you did when security saw your wrongdoing in parking lot
14. Alice In Chains song they use for an encore?
15. Todd Rundgren 'The Want Of ___' (1,4)
16. Driver's lic. and others that get you in
17. Semisonic single for a covertly happy person? (6,5)
19. 'Collide' sing/songster Howie
20. Did this through the crowd to get to stage
21. Tesla might be holding one up at a rally
22. What you turn into if you follow good looking fan through the crowd
25. Like some humor star might use on stage
27. 'K 2.0' band ___ Shaker
28. NJ Ira Kaplan band that means "I have it" in Spanish (2,2,5)
31. '88 They Might Be Giants 'Lincoln' hit (3,2)
33. They give people big heads & break up bands
34. Classic opening Van Morrison 'Moon-dance' song (3,2,6,2)
40. Singer on 'Regulate' R&B/hip hop hit song Nate
41. 3-note chord
43. Republika "Standing on the rooftops shouting out baby I'm ___" (5,2,2)
48. Welsh folk duo The Sun ___ Rises
49. Social Distortion's '83 debut '___ Little Monster'
50. Nelly Furtado "___ bird, I'll only fly away"
52. Semisonic "Sunshine and chocolate all over me, in my mouth and ___ tree" (2,2)
53. '99 Kenny Wayne Shepherd song about not wanting to die? (4,2)
55. 1985's 'The Gift' Midge
56. Semisonic smash for bar's shutdown (7,4)
61. Semisonic 'You're ___ Alone'

62. lletive. singer Jason ___ Butler
63. "All of my love. All of my kissing, you don't know what you've been missing ___" (2,3)
64. '98 Tortoise album that's a big bang producer?
65. Word describing string sound after being released, at times
66. Melanie Blatt song not for the invisible from Robots movie? (3,2)

WORD★Roundup™

by David L. Hoyt & Jeff Knurek

Find and Circle...

- The Rolling Stones
- Four five-letter words ending with GO
- Three insects
- Two six-letter fish
- Two lodging options

Last Week's Answers: AEGEAN BALTIC NORTH DEAD / TABLE CHAIR
SOFA DESK / COYOTE COUGAR CAMEL / SEYMOUR GOODALL / VENUS EARTH

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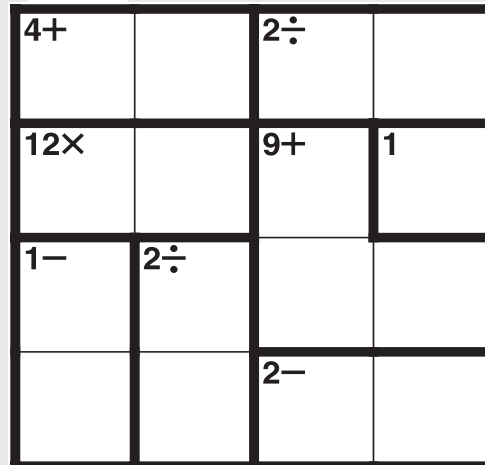
37. Distillers jam '___ Blood' (5,3)
38. Half of half-and-half for foggy, post-concert morning coffee
39. Posies 'Will You Ever ___ Your Mind?'
42. Van Halen song that's an ER pronouncement
43. Rapper almost called Da Doo? (3,3)
44. Rik of Canadian rockers Airtime
45. 'What's In It For Me' Diamond
46. Anita Baker '___ You The Best That I Got'

47. You almost hope the gathering clouds at fest is this, and not rain
 49. You do this on your boyfriend's shoulders at show
 51. Labels' corporate images
 53. "Damn Yankees" seductress
 54. Rise Against 'Help ___ The Way' (2,2)
 56. Blues Traveler's mascot is a black one
 57. Order's partner, at crazy show
 58. Young Rascals 'How Can ___ Sure' (1,2)
 59. Bonnie Tyler song not called "Dad"
 60. One Ok Rock got caught in the '___ Of The Storm'
- © 2020 Todd Santos

KENKEN

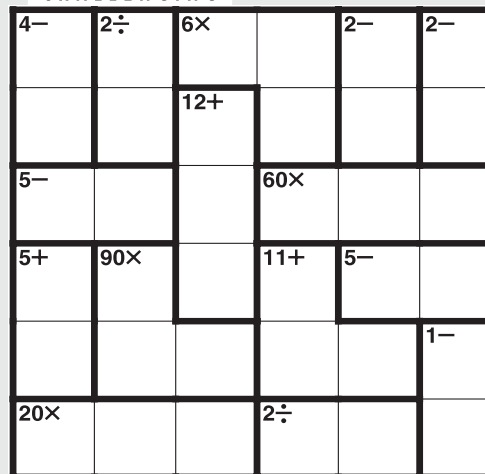
THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY



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CHALLENGING



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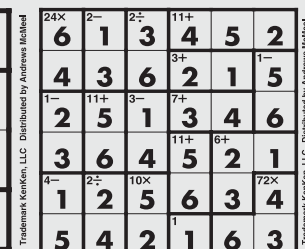
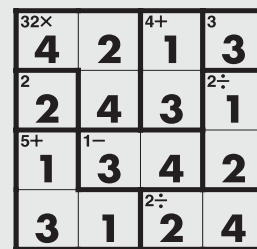
RULES

- 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

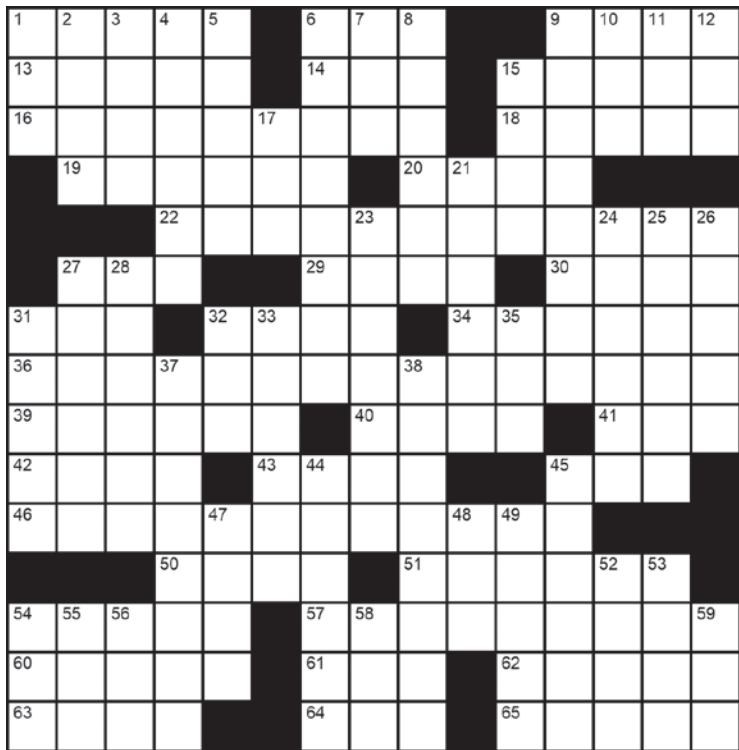
outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.

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

PREVIOUS ANSWERS



"True/False Test" — either way, it's correct



Across

- 1 A name by any other name?
- 6 ___-pitch softball
- 9 Gradually withdraw
- 13 Country singer Griffith
- 14 Place first
- 15 Titular "Pinhead" of comics
- 16 Short, effective set for a stand-up comedian
- 18 Very angry
- 19 Gain again, as trust
- 20 Former Quebecois premier ___ Levesque
- 22 Cosecant, for one
- 27 "Citizen Kane" studio
- 29 Grant temporary use of
- 30 "Frozen" princess
- 31 Raphael's weapon, in "Teenage Mutant Ninja Turtles"
- 32 Molecule unit
- 34 Held for possible sale, maybe
- 36 Midwestern NBA follower, maybe
- 39 Japanese period for over 250 years (headquartered in what is now Tokyo)
- 40 Oboe, for one
- 41 Suffix for trick
- 42 Leakes of reality TV
- 43 Final Four initials
- 45 Post-apocalyptic zombie series, to fans
- 46 Tank dwellers that need a lot of care
- 50 "Cinderella Man" antagonist
- 51 Feature of some interesting stories
- 54 Internet connection device
- 57 "Heads up!" (or advice to cross-word speed-solvers)
- 60 A fire sign
- 61 "Yikes!"
- 62 High-ranking
- 63 "Edward Scissorhands" star

- 64 Ham sandwich bread
- 65 Like some bathwater

Down

- 1 Colony resident
- 2 Dragon's den
- 3 "Picnic" playwright
- 4 Really wish you could
- 5 Instrument that can play quarter tones
- 6 Refrain for a "sweet chariot"
- 7 Letters for the 2020 Super Bowl
- 8 Margin in a close game, maybe
- 9 Bugs
- 10 Green-minded org.
- 11 Fitting
- 12 Bill who appears in the 2021 Amazon movie "Bliss"
- 15 Much of a penny
- 17 Part of some three-day weekends, for short
- 21 Belgian salad green
- 23 Artery along the thigh
- 24 "Be back ___"
- 25 2020 Pixar movie
- 26 Au pair
- 27 Oakland athlete
- 28 Kyoto garment
- 31 Blood flow facilitator
- 32 ___ Lingus (carrier based in Dublin)
- 33 Techno offshoot big in the 1990s
- 35 Ryerson who shows up (again!)

- during repeat viewings of "Groundhog Day"
 - 37 Traffic noise
 - 38 How some flat, green insects are described
 - 44 Oldest ever U.S. ex-president
 - 45 It's still a good idea to get a shot for it
 - 47 Pet food brand
 - 48 The Lightning Seeds lead singer Broudie
 - 49 Wanda of "Curb Your Enthusiasm"
 - 52 Mass movement of viewers to another Twitch stream
 - 53 Air France assets, once
 - 54 Magazine with a final print issue in 2018
 - 55 Mineral-rich source
 - 56 Quick swim
 - 58 "Pay attention!"
 - 59 Scottish mystery writer Josephine
- © 2021 Matt Jones

R&R answer from pg 31 of 02/11



Jonesin' answer from pg 32 of 02/11



ROCK AND ROLL WORD SEARCH
BY TODD SANTOS

NEW!

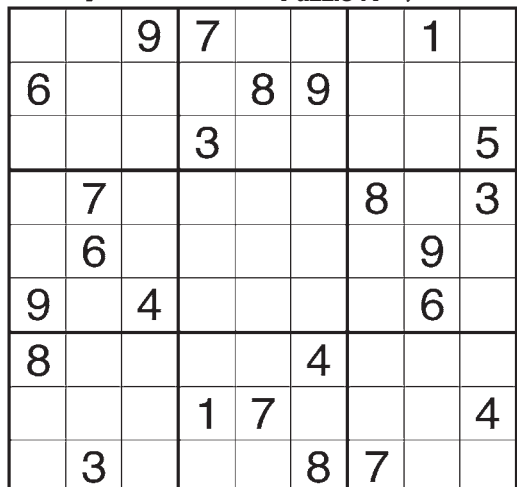
- | | | |
|-----------|----------|----------|
| BECK | LIZPHAIR | PUMPKINS |
| BLUR | NIRVANA | RHCP |
| BOSSTONES | NODOUBT | SEBADOH |
| BUSH | OASIS | STP |
| CANDLEBOX | PJHARVEY | SUBLIME |
| GRUNGE | PULP | |



NITE SUDOKU

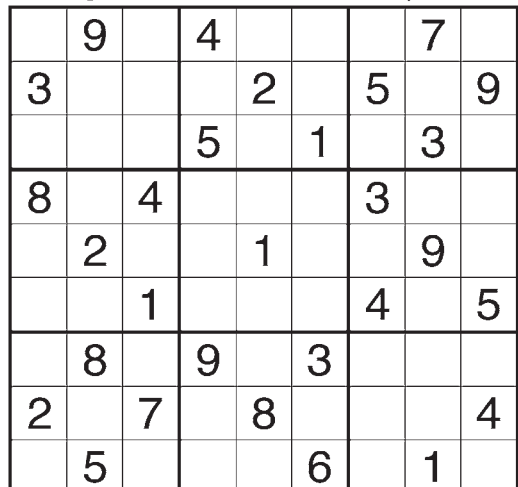
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. See last week's puzzle answers on pg 33.

Conceptis Sudoku Puzzle A By Dave Green



Difficulty Level ★★★★★

Conceptis Sudoku Puzzle B By Dave Green



Difficulty Level ★★

SIGNS OF LIFE

All quotes are from *Diary of a Wimpy Kid: Hard Luck*, by Jeff Kinney, born Feb. 19, 1971.

Aquarius (Jan. 20 – Feb. 18) I handed in my Science Fair project during second period, and I felt like a HUGE weight had been lifted off my shoulders. For the rest of the day, I actually ENJOYED myself at school. A weight will be lifted.

Pisces (Feb. 19 – March 20) Some kids eat all their fries at once, but I nibble mine real slow to make them last as long as possible. The choice is yours.

Aries (March 21 – April 19) I've done a lot of boring things in my life, but NOTHING saps my energy more than back-to-school clothes shopping. Avoid energy-sappers.

Taurus (April 20 – May 20) Whenever Dad leaves the newspaper out on the kitchen table, I always read my horoscope. But there's never any information in it I can actually USE. Your expectations may be too high.

Gemini (May 21 – June 20) But no matter how many fries we get it's never enough. Today there were only THREE fries in the bag, and we had to split them ten ways. Fractions will come in handy.

Cancer (June 21 – July 22) Abigail and Rowley moved to the Couples Table.... After the Valentine's Day dance, almost all the couples in our grade broke up, so Rowley and Abigail didn't have any trouble finding a spot. Nor will you.

Leo (July 23 – Aug. 22) So these guys made up a game where somebody's SHOE is the ball. But don't even ask me what the point of the game is. There doesn't have to be a point.

Virgo (Aug. 23 – Sept. 22) There aren't enough seats in the cafeteria for all the kids in our lunch period, so there's actually a line to get one. If you

didn't get a seat on the first day of school, you were out of luck. There are some kids who have been waiting since September, and they'll probably STILL be waiting for a seat on the last day of school. You can make your own seat.

Libra (Sept. 23 – Oct. 22) I never noticed how DIRTY the ground is until I got my new shoes. Watch where you step.

Scorpio (Oct. 23 – Nov. 21) But the thing I've learned is that you should never tell your mom you've got nothing to do. Never.

Sagittarius (Nov. 22 – Dec. 21) Today was my first day as the yearbook photographer, and it wasn't as easy as I thought it would be. I wanted to get good pictures, but, to be honest, kids at my school don't really do anything that INTERESTING. It's interesting if you decide it is.

Capricorn (Dec. 22 – Jan. 19) But some of the classes I'm flunking don't even HAVE homework. One is Music, and my problem THERE is that I don't participate. Participate! 🍌

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PUBLIC AUCTION

1st Priority Auto & Towing, LLC will be auctioning for non-payment, impounded/abandoned vehicles per NH Law RSA 262 Sec. 36-40. To be liquidated:

- 2020 Chevy Sonic 1G1JB5SP4L1400957
- 2013 Nissan Altima 1N4AA5AP4DC824555
- 2006 Dodge Caravan 2D4GP44L86R783916
- 2005 Jaguar X Type 5AJWA51A35WE55669
- 1994 Toyota Camry 4T1SK12E4RU452651
- 2005 Ford Focus 3FADP37N35R161366
- 2006 Ford F150 1FTPX14506FA34693
- 2014 Toyota Corolla 2T1BURHEC026988
- 2006 Audi A4 WAUDF78EX6A176465

Vehicles will be sold at Public Auction Feb 26, 2021 at 10:00 AM at 26 Mason St., Nashua NH. We reserve the right to refuse/cancel any sale at any time for any reason.

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 like tape and tar (6)	_____
2 fake (9)	_____
3 attention-grabbing (8)	_____
4 prone to acute anxiety (7)	_____
5 hung up on details (8)	_____
6 full of energy (8)	_____
7 like good Italian food (8)	_____

CKY	LIC	PA	LIC	CKY
GI	NI	PI	NIT	FRO
CKY	STI	CKY	STI	GAR
KY	PLA	CKY	MMI	KY

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Sudoku Answers from pg32 of 02/11

Puzzle A

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

Difficulty Level: ★★★★★

Puzzle B

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

Difficulty Level: ★★

Puzzle C

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

Difficulty Level: ★★★

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Bright idea

Parking spots are hard to come by in the snowy West Ridge neighborhood of Chicago, and resident Adam Selzer has become the talk of the town for the novel method he's using to save his spot — freezing pairs of pants and standing them up on the street like traffic cones, WBBM-TV reported. "Soak a pair, put outside. In about 20 minutes you can form them to shape, and in another 20 they're solid," Selzer posted on Twitter. Next, Selzer is planning to perfect a frozen shirt. "We'll see if this works," he said.

New thing to worry about

Bradford Gauthier of Worcester, Massachusetts, had a bit of trouble swallowing when he woke up on Feb. 2, but he went about his day after drinking some water. Later, "I tried to drink a glass of water again and couldn't," he said, and that's when he realized one of the AirPods he sleeps with at night was missing and "felt a distinct blockage in the center of my chest," he said. KVEO reported that it didn't take doctors in the emergency room long to discover the AirPod lodged in Gauthier's esophagus. An emergency endoscopy removed it and Gauthier went home feeling much better.

Oops

• Jessica Brown of New Orleans was out of hairspray in January as she got ready to go out, so she reached for the only spray she could find, Gorilla Glue, to shellack her hair into place. "I figured ... I could just wash it out," she told WDSU-TV, but "it didn't." Brown and her mother tried olive oil and vegetable oil, to no avail, and the local hospital could offer little help. She cut off her ponytail to reduce the weight, but the spray on her scalp continued to painfully tighten and harden. On Feb. 10, she posted on Instagram, she was scheduled to fly to Los Angeles to meet with plastic surgeon Michael Obeng to undergo a procedure that costs more than \$12,000 — for free.

• Neighbors in Fort Lauderdale, Florida, called police on Feb. 8 after witnessing an unidentified man apparently take a joyride on an excavator parked in the street, knocking it into power lines and making a getaway on a bicycle. WPLG-TV reported the incident resulted in every sports fan's worst nightmare: a power outage just before the big game. "About 30 to 40 minutes before the Super Bowl started, (the power) just went all the way out," said Bubba James. Crews from Florida Power & Light attended to the problem, and the power was back on by halftime.

Wait, what?

Jane Louise Kellahan, 49, of Wanaka, New Zealand, appeared before Judge Russell Walker in Queenstown District Court on Feb. 2, her second appearance on a charge of assault and the second time she refused to answer when called upon. "That sounds like my name, Your Honor, but I want to see it in writing," she said. The Otago Daily News reported Kellahan, a local artist, denies being a person, saying, "I'm a living being on the land." The judge told her, "You are a living being, which means you are a person" and entered a plea of not guilty on her behalf. Her trial is set for April 28.

Keystone car chase

In the wee hours of Jan. 26, police in Bellevue, Washington, spotted a car running a red light, so they ran the tag and discovered the car was reported stolen. The driver failed to yield when officers attempted a traffic stop, KOMO-TV reported, but a mechanical problem prevented the vehicle from exceeding 25 mph. The driver also observed all traffic laws as the pursuit continued for about a mile and a half until the vehicle burst into flames and became fully engulfed. The suspect male driver fled into a nearby nature park and escaped; a female passenger was detained by police and taken into custody.

State of the union

Instagramer Matt Shirley of Los Angeles conducted an informal survey among his more than 300,000 followers, asking them which state they hate most, the Asbury Park Press reported Jan. 21, and from the 2,500 responses, he determined that, among the expected regional rivalries, New Jersey hates every other state and Florida hates ... Florida. The Sunshine State was the only one to choose itself as most-hated, with four-fifths of respondents agreeing. "I live in Florida, have my whole life, and would not hesitate to unironically put that as my answer," one survey participant wrote.

The Aristocrats

Rapper Lil Uzi Vert, whose real name is Symere Woods, revealed on Instagram in early February that he has had a \$24 million 10-carat pink diamond implanted in his forehead, reported Rolling Stone. According to Simon Babaev, spokesman for the New York-based jeweler Eliante & Co. that implanted the stone, Uzi fell in love with the marquise-shaped diamond when he saw it in 2017 and has been making payments on it as he determined what he wanted to do with it. "We didn't think he was serious about it," said Babaev, but as it became clear that he was, "we engineered a specific mounting that clips and locks in place. There's a whole mechanism involved."

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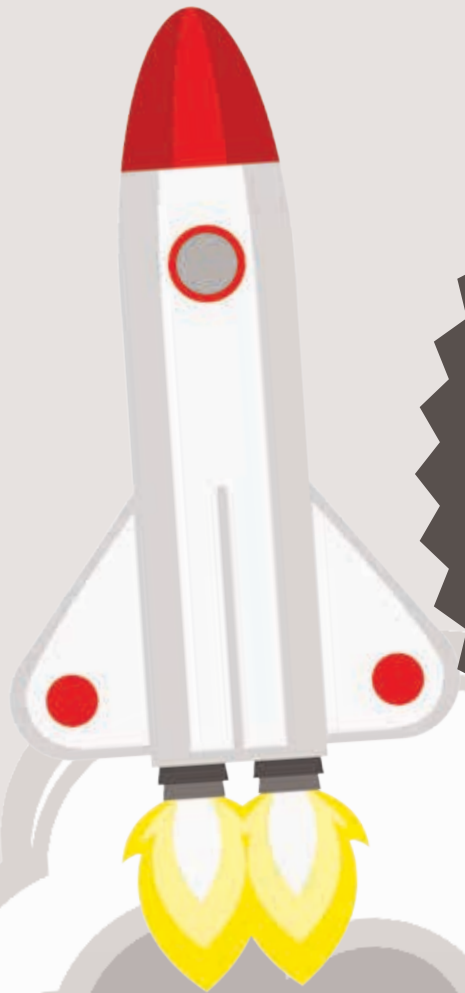
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