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SEPTEMBER 2 - 8, 2021

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GRANITE VIEWS **SUSAN HATEM**

Ceremony



Our first three kids went off to college pre-pandemic, so my husband and I were pretty well practiced in that transition. But No. 4's drop-off in 2020 was like no other. First stop was a huge tent where students had Covid nose swabs. Next we drove to a parking lot behind her dorm. Per emailed instructions, she unloaded her gear at precisely 2:30 p.m. and hauled it up to her third-floor room. By herself. In contrast, I remember fluffing the comforter on my firstborn's dorm bed. Luckily, the email had warned her to bring only what she could carry, in case the college had to shut down. Still wearing her mask, my sweet youngest waved to me from her window.

That's it. I drove away. Whatever my daughter was experiencing, for me one of the biggest contrasts to her brothers' drop-offs was the lack of ceremony. By that I mean everything from quirky customs introducing students to school culture to formal events with inspiring speeches. These practices eased the 18-year-olds into college and the parents out of micromanagement. At one school, cheering upperclassmen sporting logo garb lined the drive onto campus. At another, we were invited to attend a mass — followed by cocktails.

Long ago at my own university, the "Freshman Assembly" included faculty in academic robes and the glee club. (Watch *The Chair* on Netflix.) Historically, colleges and universities have been particularly partial to formal celebrations but ceremony is important in many spheres. Ceremony is how society marks transitions and gives meaning to life. Think baptisms, first day of school, bar and bat mitzvahs, graduations, weddings, anniversaries, retirements, funerals. So many of these events had to be put off during the pandemic. Some were rescheduled. Others were reshaped, still marking an occasion but perhaps not serving the original purpose. Our high school seniors instituted a car parade that has become fun for young families and empty-nesters to watch. But a memorial service months after a loved one's death doesn't help start the grieving process. Grief doesn't wait. Nor does business. No matter how long or how much an employee has contributed to an organization, a goodbye party really has to take place when the separation occurs. Those who remain get back to work.

Despite the delta variant, this fall, with all its back-to-school optimism, is a good time to acknowledge some of the transitions that went unmarked last year. Did a colleague, teacher or coach retire without fanfare? Did a new generation become the oldest in their family? What about our 20-somethings, forging their way as adults in this confusing, divided time? I think they deserve recognition. We need a Forward-in-Life ceremony.

Susan Hatem, former Director of Programs and Grant Making at New Hampshire Humanities, is a CASA of NH guardian ad litem and a connector, mentor and writer. Email her at susanh8m@gmail.com.



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Mt. Major in May 2017. Photo courtesy of Matt Ingersoll.

ON THE COVER

10 HIKE HAPPY Climbing toward a summit can be great for your mind and body. Find out why, and how to do it safely, plus check out a few southern New Hampshire hikes that are just the right amount of challenging.

ALSO ON THE COVER, the Currier Museum of Art exhibits work from the "ghetto potter," p. 14. You can't go wrong with a day of bacon and brews, p. 24, And Andrew North & the Rangers play Stone Church, p. 34.

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NEWS & NOTES

Covid-19 news

State health officials announced 213 new positive cases of Covid-19 in New Hampshire on Aug. 30. The state averaged 336 new cases per day over the most recent seven-day period, an increase of 26 percent over those from the previous week. As of Aug. 30, there were 2,927 active infections statewide and 119 current hospitalizations due to the virus. All 10 counties in the state remain at substantial levels of community transmission.

On Aug. 30, Gov. Chris Sununu, along with several other state officials and a few hospital CEOs, traveled to Kentucky for an “on-the-ground perspective on lessons learned and best practices” in one of the hardest-hit states in the country by the pandemic. According to a press release, the group met with health care officials at Frankfort Regional Medical Center and the University of Louisville’s Hospital, while Sununu also met with Kentucky Gov. Andy Beshear to hear about how the state is handling its most recent Covid surge.

PUA lawsuit

Last week a lawsuit was filed against Gov. Chris Sununu’s administration for prematurely cutting off federal unemployment benefits available under the CARES Act, according to a press release. The lawsuit was filed on behalf of four plaintiffs in the Hillsborough County South Superior Court and seeks a declaratory ruling and injunctive relief to reinstate the benefits. New Hampshire is the 15th state to file a lawsuit against a Republican governor for prematurely ending Pandemic Unemployment Assistance, the release said, and in four of those states plaintiffs have been reinstated with their federally guaranteed assistance and have been granted back-pay by the courts. The Pandemic Unem-

ployment Assistance covers workers who are not eligible for regular unemployment insurance benefits, such as self-employed people, independent contractors and gig workers. The four plaintiffs are Cassandra Caron of Manchester, Brandon Dean of Dover, Alison Petrowski of Manchester, and Aaron Shelton of Merrimack, according to the release, and they are being represented by Mike Perez of Perez Legal. “Pandemic Unemployment Assistance was created to help people with careers and businesses that were interrupted because of the pandemic, and who otherwise would not be eligible for the typical unemployment benefits,” Perez said in the release. “Neither state nor federal law gives New Hampshire Employment Security the authority to abandon PUA before it expires. ... We did ask New Hampshire Employment Security to reinstate PUA before filing suit, but we have not heard back from them in response to that request.”

Law enforcement laws

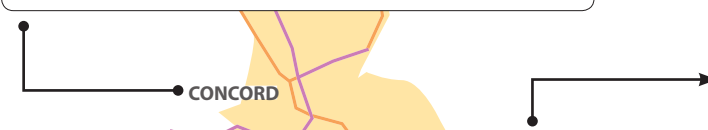
Last week, Gov. Chris Sununu signed three reforms that arose from the New Hampshire Commission on Law Enforcement Accountability, Community, and Transparency: HB 471, relative to police disciplinary hearings and authorizing the Department of Justice to maintain an exculpatory evidence schedule; HB 530, relative to candidate background checks for law enforcement officers; and SB 96, relative to establishing a body-worn and in-car camera fund, amending juvenile delinquency proceedings and transfers to superior court, and establishing committees to study the role and scope of authority of school resource officers and the collection of race and ethnicity data on state identification cards, according to a press release. Regarding the latter, Senate Judiciary Committee members Sen. Becky Whitley (D-Hop-

kinton) and Sen. Jay Kahn (D-Keene) issued the following statement: “It is unfortunate that Senate Republicans drastically narrowed the scope of this legislation, removing key elements such as data collection and mandatory judicial trainings regarding implicit bias and racial profiling, two key recommendations from the LEACT Commission.”

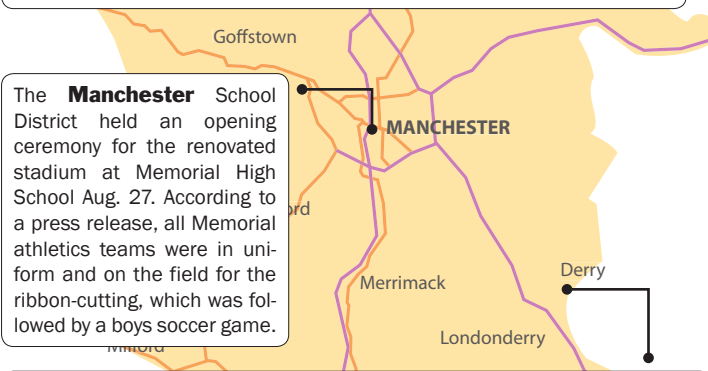
Energy bills

Last week Sununu also signed HB 315, which raises the net metering cap for local renewable energy projects including hydro and solar, and SB 91, adopting omnibus legislation on renewable energy and utilities, according to a press release. “We now have the opportunity to take control of our local energy future,” Kelly Buchanan, Director of Regulatory Affairs for Clean Energy NH, said in the release. “HB315 is a common-sense piece of legislation that opens the door to expanding clean energy development, new investments, and new jobs.” Clean Energy NH worked with municipal members and partners to support this legislation, which the group said will keep energy dollars local, lower rates for residents, businesses and the public sector, and keep New Hampshire competitive in the expanding clean energy economy, according to the release.

Concord has been recognized as a Bronze NH Veteran-Friendly Business – the first municipality in the state to receive this designation, according to a press release. The NH Veteran-Friendly Business Recognition Program highlights businesses that value contributions of service members, veterans and their families; support military and veteran families by identifying veteran-friendly businesses; and help match veterans with positions in New Hampshire businesses, the release said.



Makers are still welcome to apply to take part in the annual NH Maker Fest, which is happening Saturday, Sept. 18, at the Children’s Museum of New Hampshire in **Dover**. According to a press release, the day-long festival invites all ages to explore the creativity and ingenuity of area makers, hobbyists, artisans, performers and more. Interested makers have the option of participating virtually through pre-recorded videos, online workshops, blogs and more, the release said.



The **Manchester** School District held an opening ceremony for the renovated stadium at Memorial High School Aug. 27. According to a press release, all Memorial athletics teams were in uniform and on the field for the ribbon-cutting, which was followed by a boys soccer game.

Latitude Learning Resources, a nonprofit that offers learning options for homeschoolers and after-school activities for all students, has opened in **Derry** with individual classes like home-school gym, grammar and math foundations for elementary-aged kids and Spanish, art, economics, philosophy, New Hampshire history and computer programming for older students, according to a press release. There are also cooperative learning options like Lego engineering, yoga, geography, dance, civics, politics, Shakespeare, creative writing and immersive history, and after-school activities like theater, Quest Scouting and a tween girl club, the release said.

Covid-19 update	As of August 23	As of August 30
Total cases statewide	105,302	107,474
Total current infections statewide	2,324	2,927
Total deaths statewide	1,402	1,416
New cases	1,840 (Aug. 17 to Aug. 23)	2,172 (Aug. 24 to Aug. 30)
Current infections: Hillsborough County	635	780
Current infections: Merrimack County	185	246
Current infections: Rockingham County	483	680

Information from the New Hampshire Department of Health and Human Services

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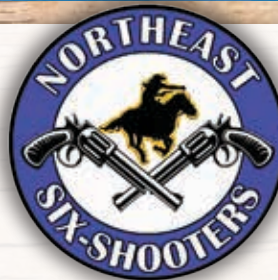
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SEPT 15 IN DERRY

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SEPT 23 IN AMHERST

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Fresh pair of eyes

Meet NHAA gallery manager Amanda Kidd Schall

The New Hampshire Art Association welcomes a new gallery manager, Amanda Kidd Schall, to oversee its galleries and exhibitions, membership, artist resources and other operations throughout the state. In addition to its main gallery in Portsmouth, NHAA manages gallery spaces in Concord and Manchester. At the Greater Concord Chamber of Commerce Visitors Center (49 S. Main St., Suite 104, Concord), there's an exhibit called "Around New Hampshire," featuring work by Elaine Farmer, on view now through Sept. 16. Creative Framing Solutions (89 Hanover St., Manchester) features different NHAA artists each month. The artists for September are Ellen Marlatt, Eileen Belanger and Elizabeth Craumer. Meet them at an artist reception on Friday, Sept. 10, from 5 to 8 p.m.

Q: *What is your background in the arts?*

I'm an artist myself. ... I went to Clark University, where I studied studio art. I lived in Worcester [Mass.] for a long time ... and have exhibited my work at the Worcester Art Museum, the Fitchburg Art Museum and in Boston and other areas. ... I taught printmaking at Clark University, and I was a professional framer. ... I also served on the Worcester Arts Council.



Amanda Kidd Schall. Courtesy photo.

... and of being involved with art on a government level and in nonprofit organizations, so I'm able to bring all of that to the position. ... I've always loved working with artists; as a framer I was working with artists on a daily basis on presentation and how to make their artwork ready to be hung

in an exhibition. ... Framing often turned into design sessions and exhibition planning ... and I always loved that aspect of the job.

What do you bring to the NHAA?

I think I bring a lot of fresh ideas and a fresh approach. ... Over the last 10 years, Worcester has transformed from a struggling city that didn't really appreciate the arts, to being a hub in central Massachusetts for the arts, so I've seen what revitalizing an arts organization ... and [forming] partnerships with other community organizations can do. I'm excited to bring my experience with those successes to the NHAA.

What do you hope to accomplish as gallery manager?

It's an all-encompassing job. I'm in charge of running the main gallery in downtown Portsmouth, so I spend a lot of time physically in the gallery, taking care of art sales and customer interactions. The bigger-picture aspect of the job is doing a lot of visioning for what we want the NHAA to look like, not just this year, but two, three, four, five years down the road. It's a lot of laying down the foundation for things like how we [operate] memberships and how we can attract donors. I'm always thinking about how we can support our artists by going after more opportunities and resources to offer them. [That includes] finding new exhibition spaces around the state; finding educational resources and people to come teach the artists; elevating their business skills; and exposing them to new techniques and perspectives in art making.

Why did you feel like this position was a good fit for you?

I've been approaching art from lots of different angles. ... I have the experience of being an artist myself ... and of teaching art

The New Hampshire Art Association has been around for over 80 years; we have an aging membership ... and have been really struggling to build capacity and expand programming. ... I really want to honor the artist members that we already have and the traditions that have been established that make the New Hampshire Art Association what it is, but I also want to think about ways to expand our membership and make it easier for more people to participate. ... That's why I'm looking to launch an online open member jurying program in January that would allow people to submit their artwork online rather than have to commute from all over the state to bring their artwork to the gallery in person. ... I want to connect with some newer organizations with different memberships and different types of art so that we can create a really vibrant arts community. ... I'd also like to showcase different mediums that have not been highlighted much at the NHAA and allow for contemporary artists to have more of a presence in the gallery.

— Angie Sykeny

That was the week that was



We have begun one of the most interesting months on the sports calendar. I love September because it's where the rubber hits the road in baseball and football begins.

It finally gives baseball the sense of urgency it mostly lacks during five interminable months of non-drama game after game. While each game played has the exact same value, wins and losses in September seem so much bigger — an irony for a game that brags it's best *because* it has no clock. But it's actually made much better as sand slips through the hourglass over the final 30 days. That ratchets up the tension and reduces the room for error to make baseball's final month better than any other sport because they play almost every day.

The opening week of the NFL is exactly opposite of baseball, because with so few games a loss really matters, instead of just being one of 162. So the pennant race starts immediately. And while we pretty much already know who'll be in the college football Final 4 — Alabama, Ohio State, Georgia and Clemson — it offers a pageantry and excitement unmatched in other sports. Plus it gets major points for having marching bands at halftime instead of the "entertainment" shows pro sports are so married to. And with local lads **Chip Kelly**, **Ryan (make my) Day** and **Dan Mullen** head coaching UCLA, Ohio State and Florida respectively, there are many local rooting interests as well.

So that's what lies ahead starting in the year's ninth month, which, as you can probably tell, I'm jacked and pumped for! These were some of the big stories as we entered September.

Sox are in the hunt, but... The Red Sox enter the final month running on fumes as they're not just losing to the good teams, they're losing to the bad teams, and even when they win it's been scary. Like winning by just a run over the 55-71 Twins on Wednesday when they yanked closer **Matt Barnes** four hitters into the 9th inning after blowing a 9-4 lead. The biggest reasons are (1) maybe he had to because the starters were so bad, but **Alex Cora** has blown out the bullpen, (2) they needed two "good" arms for the pen and Chaim Bloom got them two flamethrowers instead, (3) the big boys aren't hitting consistently, (4) they're terrible defensively and make dumb mistakes. Not sure how they'll turn that around in the next 30 days.

Sailing along: coverage: The lone piece of good news the Red Sox got in August was **Chris Sale** blasting out of the blocks to win his first three starts with a 2.35 ERA. That was most encouraging. And as someone who absolutely hates when a pitcher in the pitch

count era wastes a pitch trying to get someone to swing at a bad pitch on an 0-2 count, you know I loved seeing him strike out three Twins on nine pitches in the third inning on Thursday. It made him and the great **Sandy Koufax** the only pitchers to do that three times in their career.

Cam gets axed: Well, I didn't see that coming. But whether sooner than later, it was inevitable that **Mac Jones** would eventually be the starter. Guess **Coach B** overcame concerns outlined by Greg Bedard in the Boston Sports Journal about the under-developed physically developed Jones could last the rigors of a 17game NFL season. Similar concerns were why **Tom Brady** red shirted his rookie year as the fourth QB because they knew he needed a year under an NFL training program to get stronger and sturdier. But in the end, **Cam Newton's** refusal to get vaccinated and Jones outplaying him in the preseason were viewed as the more important factors. I'll have more on this in next week's season preview.

Sony forecast in L.A.: Given that **J. J. Taylor** and **Rhamondre Stevenson** have demonstrated far more explosive speed and power on short yardage and plays around the goal line, the combination offers more utility than the departed **Sony Michel**. But, given their intent to ground and pound, I'm not sure that was the smartest move of the pre-season. The banging style of lead back **Damian Harris** has forced him to miss 16 games in his first two seasons and that could put their depth to a test. Yes, **Brandon Bolden** is a special team ace, but with him having been with Miami in 2019 and taken a Covid pass last year, they've survived without him for two of the last three years. So, if they are searching for help at RB due to injuries in November, tell me then whether getting picks in rounds 5 and 6 for Michel was worth it.

Jackie Mac hangs it up: Pioneering female sports writer and one-time UNH hoopster **Jackie MacMullen** hung up her ESPN notepad the other day. She was a trailblazer in the once male-dominated profession who became one of the most respected voices around the NBA. She earned my respect for two observations she made soon after she began covering the Celtics for the Boston Globe. I'm a skeptic by nature and doubly so because she was a "girl" then, so I thought saying **Larry Bird** shouldn't be playing hurt with his back problems was too dainty for me. She also kept talking about how good this guy **Xavier McDaniel** of the Seattle Supersonics was, and I didn't think he was that good. But it just took a few games after he joined the Celtics following Bird's retirement for me to say, "I like this guy — he's tough and a leader." So Jackie was right about X, and since Bird was forced to retire early because of his back issues, she was right about that too. Both observations earned my respect from then on. So congrats on a job well done, and happy retirement. 🙌

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nutritious nibbles

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Servings: 8

Ingredients:

- 1 Ripe Avocado from Mexico, peeled and pitted
- 1/2 cup Fresh Express® Spinach
- 1/2 cup Cedar's® Cucumber Garlic Tzatziki
- 4 to 6 Vegetables of your choice for grilling.

- We recommend: 1 medium zucchini, 1 red onion, 1 yellow bell pepper, 1 pint grape tomatoes and 1 bunch asparagus
- 1/4 cup Hannaford Extra Virgin Olive Oil
- 1 tsp. McCormick® Basil Leaves
- 1 tsp. McCormick® Oregano Leaves
- 1 tsp. McCormick® Thyme Leaves
- Ground pepper, to taste

Directions:

1. Heat grill to medium-high heat.
2. Add avocado, spinach and tzatziki to a blender or food processor and blend until smooth and creamy. Transfer to a serving dish and refrigerate until ready to serve.
3. Prepare vegetables of choice. If using zucchini, bell pepper or red onion, slice into half-inch slabs. If using asparagus, trim the woody ends (usually an inch) at the bottom. Place all sliced vegetables in a large bowl.
4. Combine olive oil, herbs and black pepper in a small bowl. Pour olive oil blend over veggies and toss gently to coat.
5. Grill vegetables for 8 to 10 minutes, flipping halfway through. Grill times may vary depending on vegetables used.
6. Remove veggies from grill and transfer to a serving board or platter. Serve with prepared avocado tzatziki dip.

Nutritional Information

(May vary based on vegetables used.) Amount per serving: Calories 150; Total Fat 12 g; Saturated Fat 2 g; Cholesterol 0 mg; Sodium 60 mg; Total Carbohydrate 11 g; Dietary Fiber 4 g; Protein 4 g; Sugar 5 g

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NEWS & NOTES

QUALITY OF LIFE INDEX

Free ride, finally

Manchester public high school students can now ride a school bus to school free of charge. According to a press release, last week the Manchester Board of School Committee voted to get rid of the \$8.50-a-week fee that high school students had been charged to ride a school bus — New Hampshire state law does not require school districts to provide free transportation to high schoolers, though Manchester students have been able to ride city buses for free since 2019. “We saw a 15 percent increase in youth ridership on [city] buses after allowing them to ride for free, and with this move, we’re ensuring cost is not a factor in a student’s ability to attend high school,” Mayor Joyce Craig said in the release.

Score: +1

Comment: *The free rides could even save the district money. “By ... no longer requiring drivers to punch bus tickets, we’re hoping to add additional stops to routes and reduce the total number of school buses on the roads,” Manchester Transit Authority Director Mike Whitten, who manages the district’s school buses, said in the release.*

Learning to be leaders

Girls Inc. NH Young Women’s Leadership program recently wrapped up a summer of activities that helped teens develop leadership, problem solving and decision-making skills, according to a press release. The girls toured local businesses, like AutoFair, Cirtronics, Anheuser-Busch and more, and the camp culminated with a career fair and mock interviews. The girls also heard from speakers like John Broderick speaking about mental health, Chef Megan from Cactus Jack’s and Karen Borgstrom, who brought her therapy dog Kooper.

Score: +1

Comment: *Meanwhile, QOL’s kids spent the summer watching TikTok videos. Kudos to this group of girls who made the most of their summer with this inspiring community-oriented program.*

Free programs for teens

The Upper Room in Derry has two new programs for teens this fall who are looking to build self-awareness and a healthy mindset and lifestyle. According to a press release, Building Me is a four-week series that will offer four virtual lunchtime workshops to discuss simple steps to achieving a balanced lifestyle using self-care strategies. That’s happening Fridays, Sept. 3 through Sept. 24, from noon to 12:45 p.m. on Zoom. Building Your Recovery Capital is a three-week series that offers education and guidance on early recovery topics, like building resilience skills, happening on Zoom during the same timeframe, from Fridays, Oct. 8 through Oct. 22.

Score: +1

Comment: *Both of these programs are free, so there’s no reason not to encourage the teens in your life to check them out at urteachers.org.*

NH ranks high for student debt

Last week WalletHub released its report on 2021’s States with the Most and Least Student Debt, with New Hampshire coming in at No. 2 for the most student debt. According to a press release, data included average student debt to unemployment rate among the population aged 25 to 34 and share of students with past-due loan balances. New Hampshire ranked No. 1 for average student debt and for proportion of students with debt, and 27th for student debt as a percentage of income.

Score: -3, for being No. 1 and No. 2 in some expensive categories — like college debt, it adds up.

Comment: *Meanwhile, AdvisorSmith released a similar study last week; using different metrics, it ranked New Hampshire 9th for the state with the most people who have student loans. Fourteen percent of the population has an outstanding federal student loan, according to a press release, and the average loan balance in New Hampshire is \$34,353.*

QOL score: 90

Net change: 0

QOL this week: 90

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

75

50

THIS WEEK

BIG EVENTS SEPTEMBER 2 - 8, 2021 AND BEYOND

Saturday, Sept. 4

Check out classic cars and music from bands such as Speed Trap, Permanent Vacation and Stuck in Time at this year's **Cruising Downtown**, when the Manchester Rotary Club celebrates the 20th anniversary of the event. The car show runs today on Elm Street in downtown Manchester from 10 a.m. to 4 p.m. There

is a \$5 suggested donation for adult attendees, according to the event's website, cruising-downtownmanchester.com.



Beach. Today at 7 p.m., **Cirque du Hampton Beach** will feature a performance by Boston Circus Guild musicians, artists, dancers and more, according to hamptonbeach.org. On Sunday, Sept. 5, catch a special **Labor Day fireworks show** at 9:30 p.m.

Saturday, Sept. 4

Find big laughs at the Tupelo Music Hall (10 A St. in Derry; tupelomusicall.com, 437-5100) tonight during their **Night of Comedy** featuring Jim Colliton, Jason Merrill and Jeff Koen. The show starts at 8 p.m. Tickets cost \$22.

Sunday, Sept. 5

Catch some music out in the fresh air at the Canterbury Shaker Village (288 Shaker Road in Canterbury; 783-9511, shakers.org). **Peabody's Coal Train**, described on the website as "a six-piece acoustic band playing a wide-ranging mix of folk, Appalachian mountain music,

classic country, swinging blues, old-time gospel, and toe-tapping bluegrass tunes [plus] a little rock and roll!" will play today at 4 p.m. as part of the Village's Music on the Meetinghouse Green series. Seating is first-come first-served and attendees are welcome to bring a chair and a picnic, the website said.

Monday, Sept. 6

Spend your Labor Day doing a little plant shopping. Today is the final day of a **Native Plant Sale** hosted by Bagley Pond Perennials to support the New Hampshire Audubon's

McLane Center Pollinator Garden, according to nhaudubon.org/event/native-plant-sale, where you can place your orders. Plants will be ready for pickup Sunday, Sept. 12, from noon to 4 p.m. so you can do some fun pre-fall planting next weekend. 🌿



Save the Date! Sunday, Sept. 12

The Capitol Center for the Arts has two remaining shows in its **Music in the Park** series at Fletcher-Murphy Park in Concord. On Sunday, Sept. 12, catch Cold Chocolate in concert at 3 p.m. On Sunday, Sept. 19, Kimayo performs at 3 p.m. Gates open at 2 p.m. in both cases. Tickets to either show cost \$12 plus a fee. See ccanh.com.

Thursday, Sept. 2

The **New Hampshire Fisher Cats** continue their run of home games at Northeast Delta Dental Stadium (1 Line Drive in downtown Manchester; nhfishercats.com) against the Portland Sea Dogs with games through Sunday, Sept. 5. Games Thursday and Saturday are at 7:05 p.m.; Sunday's game starts at

1:35 p.m. Look for post-game fireworks after Thursday's and Saturday's games. Friday's game is a doubleheader (two seven-inning games) starting at 5:35 p.m.

Saturday, Sept. 4

If you're heading beachward this weekend, there are some events to check out at Hampton

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**TRAILS FOR HIKERS OF
DIFFERENT SKILL LEVELS,
HOW TO STAY SAFE AS THE
SEASONS CHANGE AND WHY
A HIKE IS GOOD FOR
MIND AND BODY**

Mt. Major in May 2017. Photo courtesy of Matt Ingersoll.

Heading into fall is the perfect time to go for a hike, with less heat and humidity, fewer bugs, and views that turn even more picturesque as the leaves start to change. All of this, along with the physical and mental health benefits,

is a recipe for hiking happy. Find out how to do it safely, plus check out four southern New Hampshire hikes that prove you don't have to hit the White Mountains to get in a challenging — but doable — climb.

Hiking well

Hit the trails for a healthy body and mind

By Angie Sykeny
asykeny@hippopress.com

From building muscle strength to lowering stress levels, hiking can have all kinds of benefits for your physical and mental wellness.

“Whether it’s daily, every other day or even just once a week, it’s really worth it for your health to go hiking regularly and spend some time out in nature,” said Lucie Villeneuve, outdoor guide and owner of outdoor guide service Outdoor ESCAPES New Hampshire.

Traversing a mixed terrain of rocks and boulders, tree roots, hills, streams and other natural landscape elements requires a variety of movements, Villeneuve said, giving you a unique full-body workout that you can’t get on an exercise machine or uniform walking surface.

“You’re using pretty much all of your muscles,” she said. “With every step, you’re twisting your ankles in different directions,

and you’re putting the brakes on and off with your legs when you’re going uphill and downhill.”

For the same reason, hiking can lead to better balance, stability and coordination, particularly if you’re hiking a mountain where you may need to do some climbing.

“When you’re going up from one piece of rock to the next on your hands and feet, you’re essentially using your whole body, which really improves your balance,” said Conor Benoit, New Hampshire outdoor guide and owner of CMB Guide Service.

Hiking can also be a great workout for cardio and weight loss, depending on your pace and how rigorous the trail is. You could burn as much as 3,000 calories in a day of hiking, Villeneuve said, not only from the physical exertion but also from your body’s work to regulate your body temperature.

“If it’s hot or cold out, your body is going to burn more calories,” she said.

If you wear a backpack to carry some

extra water, snacks and emergency supplies — which you should — that will also enhance your workout, Benoit said.

“A few pounds on your back may not sound like much, but by the time you [finish the hike] you’re definitely going to feel it,” he said.

Unlike working out on an exercise machine that you can turn off at any point, “you can’t just quit halfway” during a hike, Benoit said, which can help you push yourself to new physical limits. Setting a goal with a tangible reward, like reaching an interesting landmark or a place with beautiful scenery, can also motivate you to keep going.

“I’ve seen people consistently impressed with how far they are able to make it,” Benoit said. “When you make that commitment to yourself and have the mindset of ‘I’m so close; just a little farther,’ you see that you can accomplish more than you originally thought was possible.”

Hiking is good not just for the body but

also for the mind, Villeneuve said. To get the most out of your hike, she recommends making a conscious effort to “be in the present moment,” push away thoughts about what you’ve got going on back home, and home in on your natural surroundings.

“You need to practice having awareness,” she said. “Use all of your senses to take it in: smell the fresh air; feel the temperature of the air; see the views that are right in front of you.”

Conversely, you could use hiking as an opportunity to “reflect [on] and process” things that have been on your mind, away from technology and other distractions, Benoit said, so that you can return to your home and work life with renewed energy and focus.

“That physical and mental exhaustion really sets you up to be more clear-headed throughout the week,” he said. “You leave [the hike] with less than what you carried in, feeling mentally lighter.” 🌿



Photo courtesy of Jake King of Thrive Outdoors in Manchester.

Fall in line

Hiking safely as summer winds down

By Matt Ingersoll
mingsoll@hippopress.com

Crisp weather and colorful foliage are great reasons to hit the hiking trails this fall — as long as you’re prepared for a change in the seasons that will bring shorter days and cooler temperatures.

“Fall is my favorite season to hike in behind winter. You don’t have to worry quite as much about sweating and losing all of your moisture,” said Jake King of Thrive Outdoors, a team-building and leadership assessment organization based in Manchester. “At the same time, fall nights get much cooler. ... So if you’re stuck, any perspiration or moisture you have is now going to be used against you, whereas in the summer it really does help you cool off.”

One of the most important things to keep in mind when hiking in the fall is that the later in the season, the quicker it will get dark out. With however many hours of daylight you have, King said a good rule of thumb is to give yourself a third of it to get in and two thirds to get out.

“Always give yourself that extra time on the way out,” he said. “A lot of people will like to split it 50/50, thinking they’re going to get out just as quickly as they went in, but then if something goes south, you have no time to play with. ... Remember that it’s going to get darker sooner, and then as soon as it does it’s going to get cooler.”

Rick Silverberg, chairman and leadership training coordinator of the Appalachian Mountain Club’s New Hampshire chapter, said the differences in elevation also play a role, as you’re more likely to encounter

exposed areas above the trees.

“As soon as you get into those higher elevations, the temperatures get colder ... [and] you have a lot more wind,” he said. “In the fall it’s much more dramatic.”

You don’t always have to start your hike dressed in layers. In fact, King said it’s much easier to control your body temperature level by layering up rather than down.

“You should always have a base layer ... that sits up against the skin but isn’t too tight, and then a mid-layer and top layer that is wind- and water-resistant,” he said. “Don’t start with all of them on, though. Even if it’s a bit chilly, don’t start warm, because you may find that you’re overheating and once you start sweating, it’s too late. ... You’ve broken that seal, so to speak.”

Early on in the fall, you won’t typically encounter a lot of frost. But as the season gets deeper into October and November, morning frost on certain surfaces has the potential to be hazardous.

“A frosty rock can be slippery,” King said. “The other thing to remember is if it starts to warm up during the day, then frost is going to turn into moisture, which is what you want to avoid.”

It’s good to remain mindful too of when specific trails or parks close for the season, which can be any time from mid-September to November depending on where you go.

If you’re heading out for views of the foliage, Silverberg said peak times of the year will differ in the state — far northern areas will usually see their peak a few weeks earlier than those in the south. It will also get colder at night much faster after all the leaves fall from the trees. ☁

Treks and trails

Jake King of Thrive Outdoors in Manchester shares some of his favorite hikes to take during peak fall foliage season.

- **Manchester Cedar Swamp Preserve** (Country Side Blvd., near Waterford Way, Manchester)
- **Massabesic Audubon Center Trails** (26 Audubon Way, Auburn): “For people who haven’t really gotten out into the wilderness

a lot, it’s a good starter experience. It’s flat and easy.”

- **Nottingcook Forest** (Woodhill Hooksett Road and South Bow Road, Bow)
- **Uncanoonuc Mountains** (Mountain Road, Goffstown): “On Uncanoonuc North, you can see bits and pieces of Manchester surrounded by trees, and in the fall, it’s a beautiful sight.”
- **Welch-Dickey Mountain Trail** (Orris Road, Thornton)

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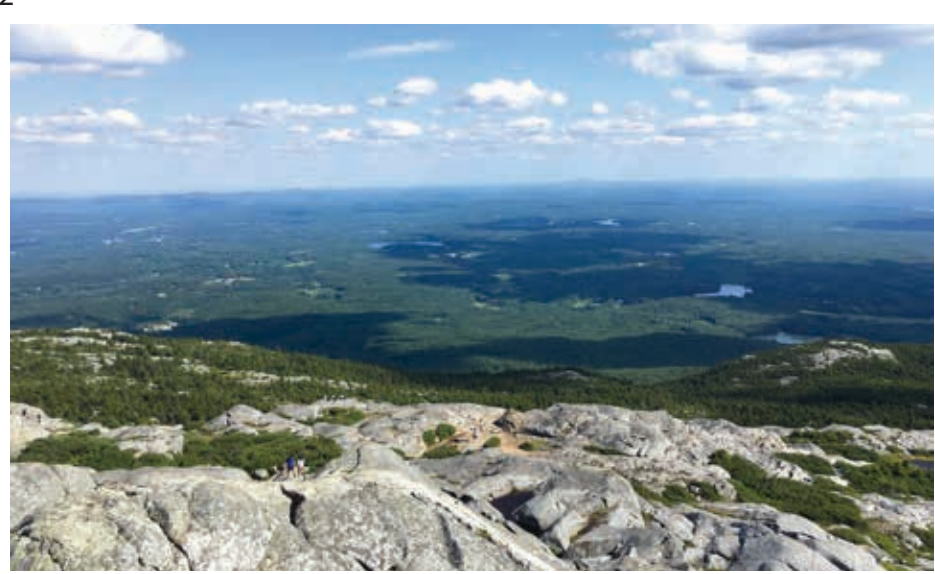
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Mt. Monadnock. Photo courtesy of Matt Ingersoll.

Tough but doable

A few challenging, family-friendly hikes

By Meghan Siegler
msiegler@hippypress.com

If you're not ready to tackle the state's 4,000-footers but want to take a real hike — as opposed to a walk on a rail trail that you could do wearing flip-flops — here are a few peaks in southern New Hampshire.

Mount Monadnock, Jaffrey

There are a few ways to get to the top of Mount Monadnock, which stands at 3,165 feet — and none of them is a walk in the park. According to nhstateparks.com, “all routes to the top are steep and rocky.” There are three main access points. Monadnock HQ (169 Poole Road), which provides access to the main trails and is the most direct route to the top, and Old Toll Road (9 Halfway House Road), which provides access to many side trails and alternative destinations, are both 4-mile hikes that take approximately four hours to complete. Gilson Pond (585 Dublin Road) is a longer, less populated trail for hikers who are looking for solitude; it's 6 miles and takes about six hours.

What it's really like: “I was probably 12 or 13 years old the first time I climbed Mt. Monadnock, but I've seen kids and adults young and old successfully scale it. It's a perfect moderately challenging day hike that will take you no more than a few hours each way up and down. What's great about it is that, unlike having just one route to the top and one back down to the bottom, there are multiple inter-connecting trails of varying difficulty that you can take, all of which are very clearly marked and easy to follow. The shortest and simplest ones are probably either the White Dot Trail or the White Cross Trail. The White Dot has a very gradual level of steepness that starts to get a bit rockier near the top, but once you reach past the treelines, the views on a clear day are breathtaking. Personally, I like to

go up via the White Dot and down via the White Cross, because the latter trail is a little bit steeper and will make for a quicker descent.” — *Matt Ingersoll*

If you go: Reservations are strongly recommended in order to secure a parking spot at any of the three trailheads. Visitors who do not make a reservation will be admitted on a first come, first served basis. Reservations can be made prior to arrival and no later than 3 p.m. that day at nhstateparks.org. The parking pass costs \$15 and includes admission for six people in one vehicle.

Mount Kearsarge, Wilmot & Warner

To get to the summit of Mount Kearsarge, which stands at 2,937 feet and features a fire tower and bald face that offers 360-degree views, there are a few options. From Winslow State Park in Wilmot, there are two trails: the 1.1-mile Winslow Trail and the 1.7-mile Barlow Trail. The former is the more challenging option, while the latter is a more gradual climb and offers vistas of the Andover area, Ragged Mountain and Mount Cardigan. The trailhead has a good-sized picnic area and a playground for kids. The Rollins Trail begins at the picnic area in Rollins State Park in Warner and follows the route of the old carriage road for a half mile to the summit. You could also start at the Lincoln Trail at Kearsarge Valley Road, a 5-mile trail that climbs to the Rollins picnic area.

What it's really like: “I've climbed Kearsarge several times with people of varying levels of fitness. I like that you can go up one main trail and down another so you're getting different views throughout the hike, and saving your knees from the steeper Winslow Trail if you tackle that first and come down the gentler Barlow Trail. My teenagers both enjoyed this hike, though my daughter kept leaving my son and me in the dust, both on the way up and the way down, and we weren't exactly taking our time. It



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definitely feels like a workout on the way up, and I've stopped for a few quick breathers no matter who I've hiked with. The view at the top is nice, though not quite as spectacular as Mount Major's, in my opinion."

— Meghan Siegler

If you go: Reservations are strongly recommended and can be made online at nhstateparks.org. Parking is limited, but walk-in spaces are available on a first come, first served basis. Admission is \$4 for adults, \$2 for children 6 to 11, and free for kids 5 and under and New Hampshire residents who are 65 and older.

Mount Major, Alton

The 1.5-mile Mt. Major Trail begins at a parking area on Route 11 in Alton. The trail ascends a steep, severely eroded section and has some steep scrambles near the top. At 1.3 miles there are two alternate routes, one that forks to the right and climbs up steep ledges (potentially dangerous when wet or icy), and a detour that diverges left. The Brook Trail is 1.7 miles and begins at the junction of Mt. Major Trail and Belknap Range Trail. Aptly named, this trail features two brook crossings in higher water where "some very creative rock hopping is required to keep your feet dry," according to belknapangetrails.org. From there on the grade alternates between easy and moderate. The Boulder Loop Trail starts at the trailhead parking area on Route 11 and

offers a somewhat gentler climb, with portions of it being part of a snowmobile trail. It features large boulders that you pass by and sometimes go through. At the summit, you'll find the remnants of the George Phippen hut built in 1925.

What it's really like: "First, the views at the top are amazing, looking out onto Lake Winnepesaukee, so it's a well-worth-it reward for a hike that's particularly tough at the end. I've done this one a few times, and my kids have been there more than once for summer camp field trips. There are moments during the climb where I wondered how kids managed to make it to the top; it's certainly not easy. But it's also a pretty popular hike — during the summer the parking lot is almost always overflowing, with cars parked along the main road, so if you're not a fan of crowds, try to save this one for a weekday." — Meghan Siegler

If you go: There's no fee to climb Mount Major or to park; just be prepared to walk quite a ways from your car to the trailhead on a nice summer day when cars spill out onto the road.

Mount Sunapee, Newbury

The summit of Mount Sunapee, with an elevation of 2,743 feet, can be reached via ski trails or a number of hiking trails, including Summit, Lake Solitude and Newbury. According to mountsunapee.com, you can also hike any of the ski trails during

the summer. Summit is a 2-mile trail at the lodge at Mount Sunapee. The Lake Solitude trail starts east of the summit, and it's about a mile to White Ledges, which overlooks Lake Solitude. From there, Lake Solitude is a 0.6-mile hike from the overlook. The 2-mile Newbury Trail continues from Solitude Trail and does not return to the ski area base. The trailhead is near the southern end of Lake Sunapee off Route 103 in the village of Newbury, approximately 3 miles from Mount Sunapee Resort.

What it's really like: "I just hiked Mount Sunapee for the first time a few weeks ago, and I'm not sure what took me so long to get there. Summit Trail is beautiful, although after all the rain we'd had earlier this summer, there were quite a few muddy spots. There were also some steep-ish ascents that had my quads burning, but those were nicely balanced with less intense stretches of trail. When we crested the summit, the view was a little underwhelming, and the ski lodge seemed out of place (I don't ski and apparently had no idea what happens at the top of a ski mountain). However, a little exploration led to a gorgeous view of Lake Sunapee and the quaint little towns around it. I do wish we'd had enough time to check out Lake Solitude, but it gives me a good reason to go back soon." — Meghan Siegler

If you go: There are no parking or hiking fees here, and parking at the resort is plentiful for an easy in, easy out day hike. 🌄



Mt. Major. Photo courtesy of Matt Ingersoll.



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Conversation and celebration

Currier exhibition features street-inspired ceramics

By Meghan Siegler
msiegler@hippopress.com

An artist who calls himself the “ghetto potter,” Roberto Lugo has brought a new vibe to the Currier Museum of Art with his street-inspired ceramics, which look like traditional pieces from afar but actually explore Lugo’s Afro-Latino heritage and hip-hop culture.

“I don’t just think about ceramic objects for their specific function but I also think about what connotations they have within culture and society,” Lugo said in an audio response to emailed questions. “I try to add to that conversation by complicating it and including figures, ideas and textiles that haven’t historically been included in that conversation.”

His exhibition, called “Te traigo mi le lai - I bring you my joy,” has been up since spring and runs through Sept. 26.

“I remember the first time I saw [Lugo’s work] I was surprised by it. ... Instead of having cherubs and aristocrats on it, it had [things like] a hip-hop boombox,” said Samantha Cataldo, the museum’s curator of contemporary art. “You get drawn in by something you think you know and get brought to a place you weren’t expecting.”

Lugo, who lives in Philadelphia, worked closely with Cataldo to create the exhibition, which includes some of his older pieces plus work that he created specifically for the Currier show, like one of musician Bob Marley.

“Marley really embodies ... creativity and peace and harmony and he has been used by people of all races to sort of symbolize peace,” Lugo said. “His music is just something that makes you feel good and it’s a celebration, which I really feel is at the forefront of this exhibition.”

That celebration is what’s behind the exhibition’s name — “I bring you my joy” represents all of the pieces of Lugo’s history, including his Puerto Rican agricultural

heritage and his upbringing in urban Philly. According to Cataldo, Lugo saw a similar juxtaposition in Manchester, with the city being the biggest, most post-industrial city in a pretty rural state.

The Currier’s hope is that Lugo’s work has been able to reach a part of the population that isn’t often represented in local art.

“We do have a growing Hispanic and Latinx population so we’re really hoping people who don’t see their culture in art as much can see that in Roberto’s exhibition,” Cataldo said. “Taking the culture of ’90s hip-hop and graffiti and putting it in this completely unexpected form ... it brings in a whole group of people who don’t usually see themselves in art.”

Much of Lugo’s work pays homage to people of color who have made significant impacts on culture and society.

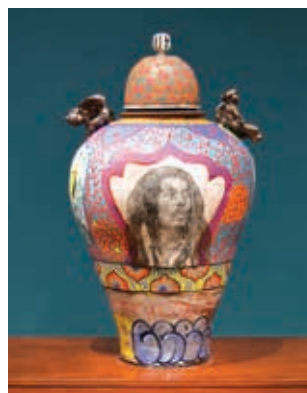
“These are abolitionists, civil rights leaders, and yes even contemporary musicians like Tupac and Missy [Elliot],” Lugo said. “I think Tupac in particular complicated the narrative of what a hip-hop artist is supposed to be; he’s more poetic but also had a really sensitive side to what he was talking about and really focused primarily on painting a picture of life in the ghetto.”

These unexpected messages are even more pronounced because of how Lugo’s pieces are displayed.

“From the beginning we really wanted to figure out how to make my work interact with pieces from the museum’s collection,” Lugo said.

“It’s literally sitting on our works,” Cataldo said. “Historic furniture from our collection is being used to show his ceramics, like a dinner table display, [which] I think poses a lot of interesting juxtapositions for people ... like a plate with Missy Elliot sitting on a 19th-century carved piece.”

Cataldo said that one of the things Lugo really wanted to do was make the work accessible to people and create the feeling that you’re in someone’s home.



Roberto Lugo, top right, at work on a ceramics piece. Above and below are some of the works on display in Lugo’s exhibition. Photos courtesy of the Currier Museum of Art.



“The idea is domestic,” Cataldo said. “Ceramic work rides that line — you can have a beautiful set of bowls that someone hand made but you can use them every day, but that same beautiful bowl could be in a museum.”

The exhibition also includes a “cup wall” that has transformed since the start of the show; then, it only had cups that Lugo made, and now it includes about a dozen other cups created by local ceramics artists who were invited to participate.

“Artists often trade work,” Cataldo said, “like a mug or cup — it’s small and portable but you can get a lot of expression on it.”

Cataldo said she’s heard positive feedback about the exhibition from visitors, and she herself has been enjoying its presence in the museum.

“Roberto is just so open — every time I walk through it always just feels happy and it really is just a true expression of him,” she said. 🍀



“Te traigo mi le lai - I bring you my joy”

Where: Currier Museum of Art, 150 Ash St., Manchester

When: On view through Sept. 26

Cost: Museum admission tickets cost \$15, \$13 for seniors age 65 and up, and must be booked online.

More info: 669-6144, currier.org

Art

Call for art

• **JOAN L. DUNFEY EXHIBITION** On display at the New Hampshire Art Association’s Robert Lincoln Levy Gallery, 136 State St., Portsmouth, beginning in November. The NHAA is accepting online submissions of artwork now. Works in all media will be considered and should be related to this year’s theme, “Portals.” Artists can submit up to two pieces. The submission deadline is Mon., Sept. 20, by 5 p.m. Visit nhartassociation.org or call 431-4230.

Exhibits

• **“TENSION: PROCESS IN THE MAKING”** The Surface Design Association’s (SDA) New Hampshire Group presents an exhibit featuring fiber art and textiles by New Hampshire artists. On view now through Sept. 4. Twigg’s Gallery (254 King St., Boscawen). Visit twiggsgallery.wordpress.com or call 975-0015.

• **“CRITICAL CARTOGRAPHY”** Exhibit features immersive large-scale drawings by Larissa Fassler that reflect the Berlin-based artist’s observations of downtown Manchester while

she was an artist-in-residence at the Currier Museum in 2019. On view now through Sept. 6. Currier Museum of Art, 150 Ash St., Manchester. Museum admission tickets cost \$15, \$13 for seniors age 65 and up, and must be booked online. Call 669-6144 or visit currier.org.

• **“TWILIGHT OF AMERICAN IMPRESSIONISM”** Exhibit showcases New England painters and masters of impressionism Alice Ruggles Sohier and Frederick A. Bosley. On view now through Sept. 12. Portsmouth Historical Society (10

Middle St., Portsmouth). Gallery hours are daily, from 10 a.m. to 5 p.m. Admission costs \$7.50 for adults and is free for kids under age 18, seniors age 70 and older and active and retired military. Admission is free for all on the first Friday of every month. Visit portsmouthhistory.org.

• **“KICK-START!”** Also known as “the show show,” this themed art exhibition from the Women’s Caucus for Art’s New Hampshire Chapter will open with a reception on Saturday, Sept. 11, from 1 to 3 p.m., at Twigg’s Gallery, 254 King St., Boscawen. The

exhibit runs through Oct. 31. The shoe theme is expressed in a wide variety of works that include paintings, sculptures, artist books, drawings and mixed media pieces. Gallery hours are Thursday and Friday, from 11 a.m. to 4 p.m., and Saturday, from noon to 4 p.m. Visit twiggsgallery.wordpress.com.

• **AROUND NEW HAMPSHIRE** On exhibit at the Greater Concord Chamber of Commerce’s Visitor Center, 49 S. Main St., Concord, from Sept. 21 through Dec. 16. Featuring the work of New Hampshire Art Associa-

tion member Elaine Farmer, the exhibit features her oil paintings embodying New Hampshire’s iconic views and ideals, ranging from mountain lakes and birch tree woods to historic landmarks. Visit concordnhchamber.com or nhartassociation.org.

• **1,000 CRANES FOR NASHUA** Featuring more than 1,000 origami paper cranes created by hundreds of Nashua-area kids, adults and families since April. On display now at The Atrium at St. Joseph Hospital, 172 Kinsley St., Nashua. Visit nashuasculpturesymposium.org.

THE ROUNDUP

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

• **Last chance for these exhibits:** Don't miss the first group art exhibition at Concord artist and gallery owner Jess Barnett's gallery (located in the Patriot Investment building at 4 Park St., Suite 216, Concord), open now through Friday, Sept. 3. Barnett, who does primarily abstract art, opened the gallery in December 2019 to provide a venue for herself and other local and regional abstract artists to show their work. The exhibition, titled "**Summer Haze**," invited regional artists to submit work in a variety of media, including paintings, drawings, collage, encaustic, fiber art, digital art, book and paper art, textiles, mixed media, photography, printmaking and 3D art. Five artists will be featured: Kathy Bouchard of Nashua, Karen Mehos of Boscawen, Jason Michael Rielly of Auburn, New York, Lorna Ritz of Northampton, Mass., and Barnett herself. Call 393-1340 or visit jessbarnett.com.

Catch the Surface Design Association's (SDA) New Hampshire Group's exhibition, "**Tension: Process in the Making**," before it's gone on Saturday, Sept. 4, at Twigg's Gallery (254 King St., Boscawen). It features contemporary fiber art by 15 artists juried by textile artist Jenine SHEREOS. "Reflecting on the past year, there has been a collective stretching; a pulling and tightening, beyond what we ever imagined was possible," SHEREOS said in a press release. "The works in this exhibition feature New Hampshire textile artists as they examine the theme of tension in both form and concept." Current gallery hours are Thursday and Friday from 11 a.m. to 4 p.m., and Saturday from noon to 4 p.m. Visit twiggsgallery.wordpress.com or call 975-0015.

• **Call for singers:** The Rockingham Choral Society is holding open rehearsals for its upcoming winter concert. The rehearsals are open to new and returning singers ages 16 and up and will take place on Tues-



The Rockingham Choral Society is seeking singers for its winter concert. Courtesy photo.



"Artist's Journey" by Shari Boraz, featured in "Tension" exhibit at Twigg's Gallery. Courtesy photo.

days, Sept. 7 and Sept. 14, from 7 to 9 p.m. at Exeter High School (1 Blue Hawk Drive, Exeter). The auditions do not require any kind of preparation in advance. There will also be opportunities for soloists. This year's winter concert, scheduled for Saturday, Dec. 18, and Sunday, Dec. 19, will feature Vivaldi's *Magnificat*; the premiere of *Venite*, an original work written for the Choral Society by its artistic director, Alex Favazza; and other seasonal selections. The Choral Society accepts 40 to 90 members and typically presents two concerts a year in the Seacoast region, according to a press release. "The Rockingham Choral Society has a long tradition of welcoming a diverse membership from the Seacoast community," Favazza said in the release. "Our fall open rehearsals are an easy way for choral singers with new or renewed interest in joining a group to try it out and decide if this group is right for them." Visit rockingham-choral.org. — *Angie Sykeny*

• **GALLERY ART** A new collection of art by more than 20 area artists on display now in-person and online. Creative Ventures Gallery (411 Nashua St., Milford). Call 672-2500 or visit creativeventuresfineart.com.

• **ART ON MAIN** A year-round outdoor public art exhibit in Concord's downtown featuring works by professional sculptors. All sculptures for sale. Visit concord-nhchamber.com or call 224-2508.

Fairs and markets

• **CONCORD ARTS MARKET** Outdoor artisan and fine art mar-

ket. Every third Saturday, 10 a.m. to 3 p.m. Now through October. Rollins Park (33 Bow St., Concord). Visit concordartsmarket.net.

Theater

Shows

• **HOOLIGANS AND CONVICTS** The Winnepesaukee Playhouse presents. 33 Footlight Circle, Meredith. Now through Sept. 4, at 7:30 p.m. Tickets cost \$20 to \$39. Visit winnepesaukeeplayhouse.org.
• **CABARET** at Seacoast Repertory Theatre. 125 Bow St., Portsmouth. Now through Sept. 5. Visit seacoastrep.org or call 433-4472.

• **IT HAD TO BE YOU** The Winnepesaukee Playhouse presents. 33 Footlight Circle, Meredith. Sept. 1 through Sept. 18, with showtimes Tuesday through Saturday at 4 p.m., plus matinees on Saturdays, Sept. 11 and Sept. 18, at 11 a.m. Tickets cost \$20 to \$37. Visit winnepesaukeeplayhouse.org.

• **WHITE RABBIT RED RABBIT** Produced by the Community Players of Concord. Hatbox Theatre, 270 Loudon Road, Concord. Fridays and Saturdays, 7:30 p.m., and Sundays, 2 p.m., Sept. 10 through Sept. 26. Visit communityplayersofconcord.org.

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INSIDE/OUTSIDE

Go wild

How to start wildflowers from seed

By Henry Homeyer
listings@hippopress.com

— THE GARDENING GUY —

I recently visited the Nasami Farm in Whately, Mass. This is the plant production facility for the Native Plants Trust, formerly the New England Wildflower Society. I met with Alexis Doshas, their nursery manager. The 75-acre farm produces perennials, grasses and some woody plants — mainly from seed. The plants are sold at their headquarters in Framingham, Mass., and at the Nasami Farm on weekends.

If you're interested in growing wildflowers, the least expensive way to get plenty is to start them from seed. This takes some effort, but it accomplishes a number of things: if you collect seed from the wild, you're getting plants in your garden without diminishing the wild population — the way you would if you dug plants (which is prohibited anyway in most places).

Starting plants from seed also encourages genetic diversity. Many purchased plants are propagated from cuttings or by division, which means they're all clones with the exact same genes. Seeds from any given plant produce

seedlings with a wide range of characteristics, making some less susceptible to environmental challenges such as global warming.

Starting wildflowers from seed can take patience. While some seeds will germinate and grow the same summer you collect them (campanulas, for example), other things like lilies might take four or five years to bloom. Many require a cold period of three months, which is called cold stratification. Some planted now will grow underground next spring, but not send up any green growth until the following spring.

The Nasami Farm grows seedlings in big plastic hoop houses. These aren't heated except in spring, or if temperatures go below zero in winter. The greenhouses allow the seedlings to be monitored and tended easily on long tables. You could set up a table in your barn, shed or garage for a few flats of seedlings. Some wildflowers do fine in flats with good drainage in the outdoors — preferably in a shady place that won't see too much of the hot, drying sun.

Lastly, you can plant seeds directly in the ground in a site where they'll thrive as mature plants. The disadvantage to this is you never know what percentage of seeds will germinate. If you plant 100 seeds in a flat indoors it'll be easier to thin or transplant the seedlings than if

you must do so on your hands and knees. And there shouldn't be weed competition if you're using a germination mix in a flat. On the other hand, I plant things like goldenseal directly in the ground as it takes two years to sprout, and I don't want to have to water and tend them so long.

Alexis Doshas gave me some tips for starting wildflowers from seed. First, she said, collect seed when it's easy to pull off the plant, and remove any fluffy stuff attached to it. Generally seeds start light colored, and darken when fully ripe. If you want to store seed, make sure it doesn't dry out. Store in a cool, dark place.

Buy a very fine seed germination mix, something made of finely ground peat and perlite. A coarse mix can let seeds wash down deeper than they should be. For small seeds (the size of a grain of sand or less) just sow seeds, pat them into the soil mix and water them in. No need to cover them. Alexis suggests germinating seeds at 60 to 80 degrees, but cautioned that many wildflowers need a 90-day cold period before they'll grow.

Alexis said you may need to provide rodent protection: metal hardware cloth over the flats to keep mice from eating the seeds. Rodents can be a problem as easily in your cold basement as in a barn or outdoors.

I asked Alexis to recommend some plants that are easy to start from seed right now. She suggested blueberries, huckleberries and plums for



Goldenseal fruits are ready for picking in my woods right now. Courtesy photo.

fruits. Of the flowers, she listed these: milkweed, mountain mint, black-eyed susans, wild bee balm, wild iris, asters, Joe Pye weed and all the goldenrods, which are great for pollinators.

Woodland wildflowers, she said, often have very specific needs and aren't as easy to grow as the field flowers mentioned above. Soil pH and type are important. When I plant spring wildflowers I try to mimic the forest type of their native habitat: if they grow in a maple-beech-ash forest in the wild, I try to plant them in a similar environment.

Plants with large, fleshy fruits such as jack-in-the-pulpit or goldenseal probably will require you to remove the fruit portion before planting. Gloves are suggested, as some have strong chemicals that may irritate your skin. You can soak seeds like that to allow fermentation to remove the skin and flesh.

A good reference text for starting wildflower seeds is by William Cullina, *Growing and Propagating Wildflowers of the United States and Canada*. Unfortunately, it's out of print, though I've heard it's in the process of being reprinted. It's worth its weight in gold as it gives specifics for hundreds of wildflowers.

Henry is the author of four gardening books. He lives and writes in Cornish Flat. His website is gardening-guy.com. 🍷

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KIDDIE

— POOL —

Family fun for whenever

Family fun ideas

Looking for some entertainment ideas for the whole gang this weekend? Check out some of our recent stories (see e-editions of issues at hipopress.com.). In our July 8 issue we looked at **mini golf**, with a rundown of some of the area courses. A note for people with littler kids: Mel's Funway Park in Litchfield (melsfunwaypark.com.) has added a Mini Mel's Kiddie Land set of attractions geared toward kids ages 2 to 9. For the more adventurous, we looked at **water fun** (paddleboarding, canoeing, kayaking and cruising on New Hampshire waterways) in the Aug. 5 issue and **adventures aloft** (ziplining, hot air ballooning and parasailing) in the July 15 issue.

Space!

AerospaceFest returns to McAuliffe-Shepard Discovery Center (2 Institute Drive, Concord; starhop.com, 271-7827) on Saturday, Sept. 4, from 10:30 a.m. to 4 p.m. Admission is free for the outdoor event. The NH Astronomical Society will have a telescope set up, Millstone Wildlife Center will bring ambassador animals, robotics teams will do robot demos and local STEM organizations will attend, the website said. No pre-registration is required.

Fair weekend

If you've been missing the summer/fall fair experience, you're in luck. The **Hopkinton State Fair** kicks off Thursday, Sept. 2, and runs through Monday, Sept. 6. (Free parking at 905 Park Ave., Contoocook.) The fair is open Thursday, 5 to 10 p.m.; Friday through Sunday, 8 a.m. to 11 p.m., and Monday, 8 a.m. to 7 p.m.

Thursday is "Townie Night," when Hopkinton residents get in for free between 5 and 8 p.m. Admission for non-residents is \$8 for ages 3 and up. One-day passes Friday through Monday cost \$14 for ages 13 to 59, \$12 for ages 60+ and \$8 for ages 3 to 12, according to the fair website, hsfair.org, where you can also buy a pass for all five days for ages 3 to 60+ for \$39 per person. You can also find tickets for a one-day megapass (allows unlimited admission to mechanical rides) and grandstand shows including demolition derby, monster trucks and Northeast Six Shooters' horseback shooting demonstration show. Military (active or retired) with a valid photo ID are admitted free.

Find **rides and games** on the midway, open 5 p.m. to close on Thursday, noon to close on Friday and 10 a.m. to close Saturday through Monday. Catch **demonstrations** from the NH Canine Troopers Association (4 and 6 p.m., Friday), Axe Women Loggers of Maine (noon and 3 and 5 p.m., daily), Dock Dogs (daily), Ben Risney Wood Sculpture (10 a.m., and 1 and 4 p.m., daily) and John Deere Skid Steer Rodeo (Monday, 11 a.m. to 3 p.m.). There's also a lineup of **live music and juggling**. At the Ag Stage, catch Dan Morgan (11 a.m. to 3 p.m., daily) and Nicole Knox Murphy (3 to 7 p.m.). Get kids interested in 4-H (or maybe just some light gardening and chicken tending) with the **agriculture displays and competitions** (livestock shows, horse show, pulling competitions and the home arts hall).

The fair also has educational displays, such as the maple sugar house, the NH Fish and Game building and a **Charmingfare Farm petting zoo** (Friday through Sunday, 9 a.m. to 9 p.m.; Monday, 9 a.m. to 5 p.m.) with daily animal magic shows (noon, and 2 and 5 p.m.), the website said.

And, of course, the fair will help you get your fried dough fix. Other food options include sausages with peppers and onions, apple crisp with ice cream, turkey legs, bison burgers and giant doughnuts, according to the fair website. 🍩

INSIDE/OUTSIDE TREASURE HUNT

Dear Donna,
I have this antique railroad lantern and was wondering if you could give me an idea on what it would be worth. The lantern says New York Central and the globe says B & A RR, so they don't match but it seems in pretty good shape. Not sure how much to clean it up.



— Judy

Dear Judy,
It's not uncommon to find railroad or other antique lanterns around today. Railroad lanterns in general are not too hard to find, particularly common ones that were used all the time. I think the globes were replaced often during the period of time used. Your globe is either Boston Albany or Baltimore Annapolis. There are

some that are uncommon and rare to find with all the original parts and for specific railways. They can hold a very high value.

The value of yours in the condition it's in would be in the \$50 range. I would leave it as found with maybe a quick Windex wash.

Donna Welch has spent more than 30 years in the antiques and collectibles field, appraising and instructing, and recently closed the physical location of From Out Of The Woods Antique Center (fromoutofthewoodsantiques.com) but is still doing some buying and selling. She is a member of The New Hampshire Antiques Dealer Association. If you have questions about an antique or collectible send a clear photo and information to Donna at footwdw@aol.com, or call her at 391-6550 or 624-8668. 🍩

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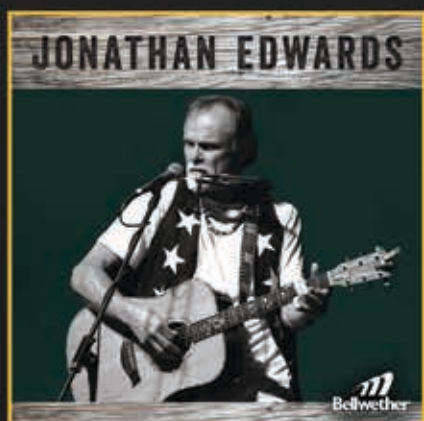
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Electric vehicles will lessen — but not eliminate — road noises



*Dear Car Talk:
I was wondering how much traffic noise comes from engines and how much from tires on pavement? My house is near an urban expressway.*

By Ray Magliozzi

Will our neighborhood get any quieter when all vehicles are electric and there are no internal combustion engines on the road?

— Larry

Internal combustion engines make the most noise when they're working hard — like when they're accelerating or moving a car up a hill. And they're not generally working that hard when a car is just cruising down the highway.

If you're near a flat section of highway, Larry, those cars are in high gear. That means most of their engines are turning at a modest 1,800 to 2,500 rpm. So, the bulk of the noise you're hearing is tire noise.

You can confirm this yourself. Next time you're cruising down the highway, turn off Beyonce for a moment and see

what you can hear most — the engine or the wind and road noise. It'll be the latter.

Sound energy doubles for every 10 mph or so of speed. So road noise from traffic at 70 mph is going to be a lot louder than road noise from 30 mph traffic. As you and your family can attest.

Electric cars are more likely to help with noise on slower and residential streets, where acceleration can make as much noise as tires. And they'll be particularly helpful in reducing noise when large trucks go electric. That'll help your situation, Larry. But electric drive-trains, on their own, won't solve your highway noise problem.

The good news is there are other technologies that may help. Lots of places are using rubberized asphalt to pave roads now. That's asphalt mixed with bits of old tires. Kind of a homeopathic approach. Tire vs. tire. Those roads are a lot quieter. And there are experimental road surfaces being developed that might reduce noise even more.

And in the meantime, there are noise-canceling headphones.

Dear Car Talk:

I have a 2004 Saturn Vue with a Honda V-6 engine and 150,000 miles. I bought the car with 54,000 miles on it. I have no significant problems with it except that when going uphill at about 1,700 to 1,900 rpm, there is a slight "stutter" in the engine.

My mechanic, who is a great, honest guy, cannot get the engine to do this despite several test drives. A friend advised me to change the transmission fluid. What do you think?

— Mark

Changing the transmission fluid is like chicken soup, Mark. It can't hurt. But I think it's much more likely you have what we call a "miss."

Not to be confused with the Saturn Vue, a vehicle that was widely considered to be a "miss" for Saturn. A miss is an engine misfire. It's most likely to be noticed when the engine is under load, like when you're climbing a hill. It's often electrical in nature and usually easy to fix — once you can find and identify the cause.

Normally, an engine miss will turn on your car's "check engine" light and store a fault code in the computer. Your

mechanic would then use his scan tool to check the code, which will tell him what part has malfunctioned.

But if a problem is intermittent and of short duration, the computer might consider it a phantom event, and not store a code or turn on the check engine light.

In that case, it may store the information as a "pending code." That's information about something that went wrong, but it hasn't happened regularly enough to become a pattern yet. So ask your mechanic to check for pending codes.

Misfires are most often caused by bad spark plugs, bad plug wires or bad ignition coils. Those all are part of what we call the secondary ignition system. And you'll be glad to know none of that is home equity line of credit level stuff.

If there are no pending codes, you can wait until the problem gets worse, at which point it will turn on your check engine light. Or, if they're due to be changed anyway — and, at 150,000 miles they probably are — you can take a guess and replace the plugs and wires and see what happens. Good luck.

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ON THE JOB

ANGELINA MCGLASHAN

PHOTO MANAGER

Angelina McGlashan is a certified photo manager and the owner and founder of Preserving Memories, based in Windham.

Explain your job.

I basically help people manage their photos and videos. ... People find themselves drowning in photos. I frequently get a call when their phone storage is full. ... My [job] is to gather [the media], get rid of duplicates, rename them in chronological order, [put them] into yearly folders, then create a backup system and teach [clients] how to maintain it. ... Some clients have me maintain it for them. For physical photos ... I scan them and create digital files. ... If photos are damaged or faded, I can restore them. ... I also convert every form of video tape including old film reels so they can be viewed again and shared.

How long have you had this job?

Since 2017.

What led you to this career field?

I've always loved photography. ... I was a nurse for about 15 years. Then ... I worked for my husband ... from home. He sold his company in 2017, and I was searching for something new I could do from home. Someone posted on our community Facebook page that she ... [needed] help organizing her digital photos. ... I thought, 'I can do that.' I contacted her, did the job, and she asked if I could convert all her old video tapes. I [researched] how to do that and found the Association of Professional Photo Organizers. I ... told my husband, 'I think I found my new career.'

What kind of education or training did you need?

This job ... entails having advanced knowledge of Windows and Mac PCs, understanding

clouds and backing up versus syncing, and learning many different programs to organize photos, restore photos and convert different kinds of media. I have taken advanced courses in Adobe Lightroom and Photoshop. I continue to take workshops through APPO because new technology is always emerging.



Angelina McGlashan

What do you wish other people knew about your job?

Some people don't know how technical my work is and all the different programs I use to organize photos, and that most jobs take a lot of time. They think I have a magic wand and one button that does it all. In reality, [the programs] are just tools, and I still have to go through hundreds of thousands of photos myself. There is a huge human element to my job.

What was the first job you ever had?

I was 14 and worked at Donut Maker.

What's the best piece of work-related advice you've ever received?

Working from home can make it very difficult to separate work time from personal time. Another organizer said to set a strict schedule and work hours and stick to them.

— Angie Sykeny 🍌

Five favorites

Favorite book: *A Knight in Shining Armor* by Jude Deveraux

Favorite movie: *The Green Mile*

Favorite music: Anything from '80s hair-band music

Favorite food: Anything Mediterranean

Favorite thing about NH: Being close to the lakes, the mountains and the ocean. We always have fresh seafood and lobster.

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Mead & Cider Flights, By the Glass & Retail, Snacks
8030 S Willow St, Unit 1-7,
Manchester, NH
ancientfirewines.com
(603) 203-4223

2. Applecrest Farm Orchards

PYO, Ice Cream, Maze, Festivals, Live Music, Animals
133 Exeter Rd (Rt. 88),
Hampton Falls, NH
applecrest.com
(603) 926-3721

3. Apple Hill Farm

PYO, veggies, store
580 Mountain Rd, Concord, NH
applehillfarmnh.com
(603) 224-8862

4. Auspicious Brew

Kombucha Brewery, Cafe Drinks, Food Available
1 Washington St., Suite 1103,
Dover, NH
auspiciousbrew.com
(603) 953-7240

5. Averill House Vineyard

Wine Tasting, Wine Slushies & Icecream, NH Made Shop
21 Averill Rd, Brookline, NH
averillhousevineyard.com
(603) 244-3165

6. Brookdale Fruit Farm

Pyo Apples & Raspberries, Ice Cream, Baked Goods, Farm Store
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brookdalefruitfarm.com
465-2240

7. Concord Craft Brewing Company

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elwoodorchards.com
(603) 434-6017

11. Flying Goose

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flyinggoose.com
(603) 526-6899

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13. Kettlehead

Brewery & Restaurant
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kettleheadbrewing.com
(603) 286-8100

14. LaBelle

345 Route 101, Amherst, NH
labellewinery.com

15. LaBelle

14 Route 111, Derry, NH
labellewinery.com

16. LaBelle

104 Congress St,
Portsmouth, NH
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17. Lavoies Farm

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lavoiesfarm.com
882-0072

18. McLeod Orchards

PYO Apples, Farmstand
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mcleodorchards.com
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farnumhillciders.com
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20. Trombly Gardens

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150 N River Rd, Milford

21. Washburns Windy Orchard

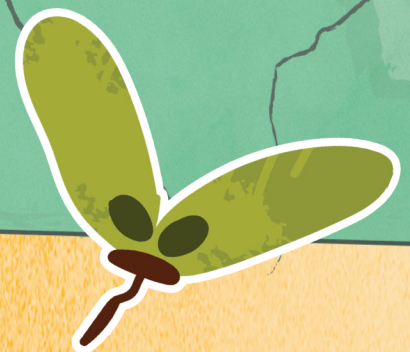
PYO Apples & Pumpkins, corn maze, farmstand
66 Mason Rd, Greenville, NH
fb.com/washburnswindyhill
(603) 878-2101

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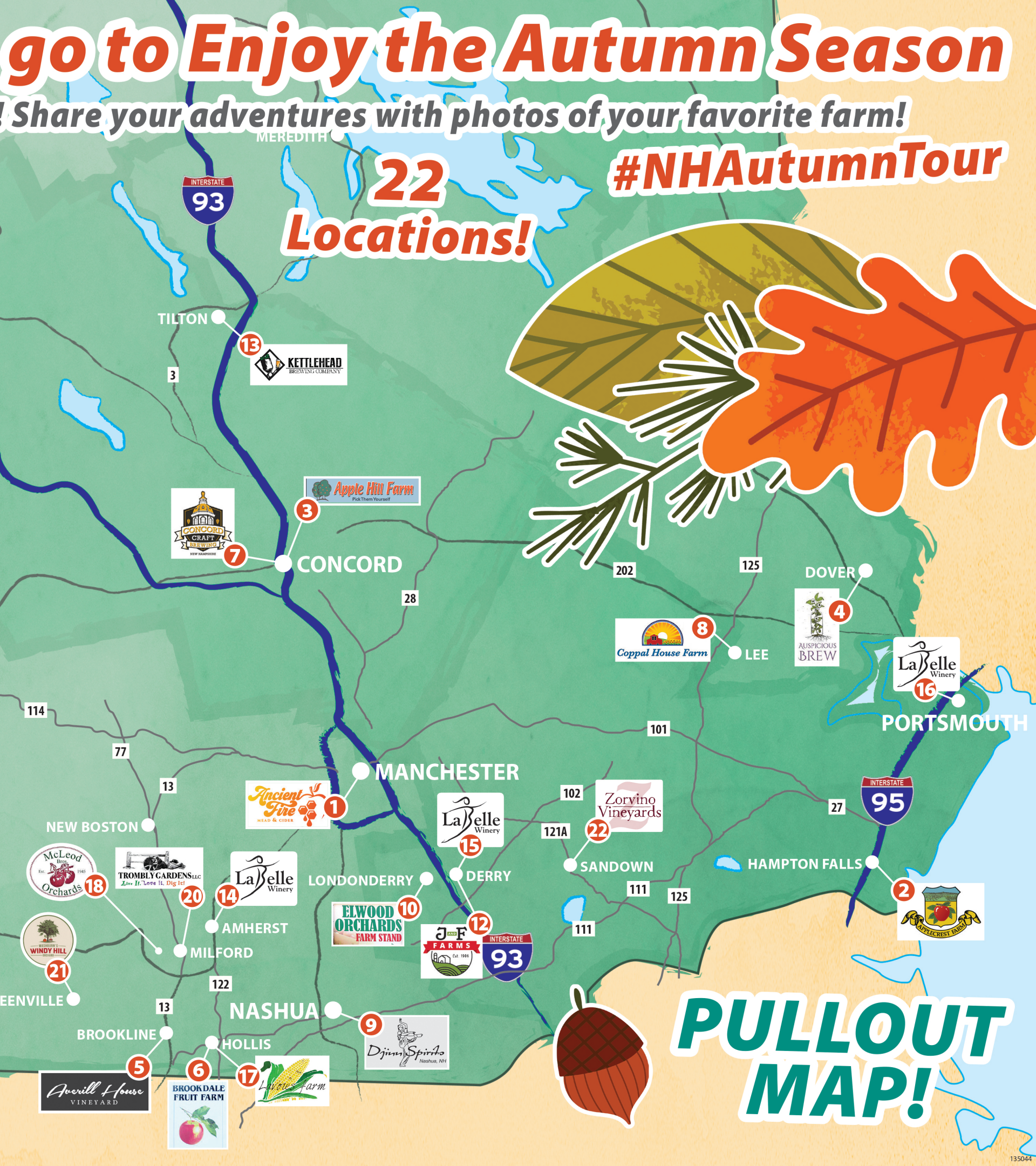


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#NHAutumnTour



PULLOUT MAP!



News from the local food scene

By Matt Ingersoll
food@hippopress.com

• **PoutineFest is back:** Save the date for the **NH PoutineFest**, returning for the first time since 2019 to Anheuser-Busch Tour Center & Biergarten (221 Daniel Webster Hwy., Nashua) on Saturday, Oct. 23. Tickets go on sale soon after Labor Day. The festival, hosted by the Franco-American Centre, features unique takes on the classic French-Canadian dish from restaurants, food trucks and other local and regional vendors. Visit nhpoutinefest.com for updates.

• **Through the grapevine:** **LaBelle Winery** recently started planting a new vineyard at its Derry location. According to a press release, about 1,600 vines have been planted on three acres, adjacent to the future location of LaBelle's sparkling wine production facility and tasting room. Grape varieties include petit pearl, Cayuga and Itasca, all of which are cold hardy and able to withstand temperatures as low as 25 degrees below zero. About 40 people, including winery co-owners Amy LaBelle and her husband, Cesar Arboleda, and multiple friends, family members, winery employees and vineyard club members planted the first vines in a single day in late June. Planting will conclude in 2022, with the first grape harvest planned for 2024 to make estate sparkling wine, including a sparkling rosé.

• **Greek eats to go:** The next boxed **Greek dinner to go**, a drive-thru takeout event at Holy Trinity Greek Orthodox Church (68 N. State St., Concord), is happening on Sunday, Sept. 12, from noon to 1 p.m. Now through Sept. 8, orders are being accepted for boxed meals, featuring pastitsio (Greek lasagna with ground meat and bechamel sauce), a side of Greek salad and a roll for \$15 per person. The event is drive-thru and takeout only — email ordermygreekfood@gmail.com or call 953-3051 to place your order. The church is planning a similar event for Sunday, Oct. 10, which will feature a meal of half lemon roasted chicken. Visit holytrinitynh.org.

• **Food trucks roll in:** The Factory on Willow (252 Willow St., Manchester), a newly unveiled apartment complex renovated from an old shoe factory in the Queen City, has announced plans for a **food truck park and residency**, according to a press release. The pilot program began on Sept. 1 with up to four rotating food trucks, with opportunities to add more in the future. According to the release, the food truck park will operate as a year-round facility and include more than 40 permanent outdoor picnic-style seating areas, as well as a heated indoor space with beer garden-style tables and access to a full bar. Various programming is also planned for the space, from private events to live music, outdoor party games and scary movie nights. Visit factorywillow.com.

FOOD

Bacon up a storm

NH Bacon & Beer Festival returns

By Matt Ingersoll
mingersoll@hippopress.com

As the event's name suggests, crispy, savory bacon and chilled brews are the stars of the NH Bacon & Beer Festival, returning to Anheuser-Busch in Merrimack on Saturday, Sept. 11, with live music, beer samples and bacon-infused eats from more than a dozen local restaurants, food trucks and other vendors showing off their culinary talents.

This is the first Bacon & Beer festival to take place since the spring of 2019, according to event organizer Jeremy Garrett. After multiple consecutive sellouts, Garrett said, the decision was made to increase the number of available tickets and the overall event time (by one hour).

About a week before the festival, more than 500 pounds of bacon provided by North Country Smokehouse are distributed among the food vendors, each of whom has the creative freedom to incorporate how they would like into their dishes. You'll find



Photo courtesy of LuvLens, lulens.com.

5th annual NH Bacon & Beer Festival

When: Saturday, Sept. 11, 1 to 4:30 p.m.

Where: Anheuser-Busch Tour Center and Biergarten, 221 Daniel Webster Hwy., Merrimack

Cost: General admission is \$60 per person (includes access to 20 beer tastings and food samples while they last); designated driver admission is \$35 per person (food samples only)

Visit: nhbaconbeer.com

Event is rain or shine and is 21+ only. No children or pets are allowed. Masks or face-coverings are required for non-vaccinated attendees.

everything from traditional candied bacon to deep fried bacon, french fries topped with bacon bits, and bacon grilled cheeses. Other options will include a bacon arancini from The Traveling Foodie Food Cart, and the bacon hot dogs from Dandido Sauce.

"You can sample while the supplies last. ... We will have a couple of vendors who will be doing full-sized servings, which is brand new to the event," Garrett said. "We just kind of figured [that] if you really liked that bacon sample you got, then maybe you'd want a full serving of it."

Due in part to ongoing staffing challenges among restaurants, this year's festival has one of the more diverse vendor lineups, which bring in food trucks and even some non-food companies.

"We have a company called Welbilt, and they actually produce equipment for the restaurant industry, so things like large commercial ovens and stoves," Garrett said. "They are going to come out and use their

equipment, and do at least one or two different types of samples."

More than two dozen breweries will also be there, most hailing from New Hampshire or neighboring New England states. Attendees will be given a "brewery passport," which they can use to sample three-and-a-half-ounce pours of up to 20 of the more than 100 beers and ciders. Garrett said samples will be served in disposable cups rather than take-home glasses.

Live music will be featured throughout the afternoon, including performances from Grayson Ty and Laura Buchanan, as well as *American Idol* finalist and Mont Vernon native Alex Preston.

While there won't be outdoor seating, attendees can bring their own lawn chairs. The festival is a primary fundraiser for the High Hopes Foundation of New Hampshire, a Nashua-based nonprofit that provides life-enhancing experiences to chronically ill children. 🍷

Eclectic and elevated

SOHO Bistro & Lounge opens in Manchester

By Matt Ingersoll
mingersoll@hippopress.com

Chef Steve Shoemaker had already worked for some of the biggest names in South Florida's dining scene upon arriving in New Hampshire to open Mint Bistro in the summer of 2011. Now, after other culinary stints at the 1750 Taphouse in Bedford and the Colby Hill Inn in Henniker, Shoemaker has returned to the Queen City to introduce an all new restaurant concept.

SOHO Bistro & Lounge features an eclectic menu of scratch-made items, with special attention to detail right down to every indi-

vidual ingredient and an intimate dining experience to match. The eatery opened Aug. 20 in the former Whiskey's 20 space on Old Granite Street, its name an homage to the elegance of the famous neighborhood of Lower Manhattan in New York City.

"We've implemented a menu where there's something for everyone, [with] killer handcrafted food and an amazing cocktail list," said Shoemaker, who is also a partner in the restaurant. "I was really happy to get back into the Manchester landscape because the age demographic is perfect for the hospitality industry here. ... You have a great clientele of people from their late 20s to their

40s who love going out to eat and just enjoy themselves."

Each of SOHO's menu items is a new or elevated version of a dish unique to the space. The hard shell lobster rangoons, for instance, have been among the top-selling appetizers out of the gate, in addition to truffle fries with homemade oil from real truffles.

Entrees run the gamut, from elevated classics like steak frites with prime hanger steak, to options like a bourbon-brined half chicken, an heirloom vegetable risotto with roasted garlic pesto and a vegan pad Thai with rice noodles, crispy tofu and a coco-

CONTINUED ON PG 25 ▶

nut peanut glaze. There are also burgers and sandwiches with creative ingredients in their own right, like a crispy pork belly-wrapped tenderloin on focaccia, with lemon-dressed arugula and Grana Padano cheese.

“We have short ribs going throughout the night, and that produces our short rib entree and also the beef for our nachos,” Shoemaker said. “We also offer pork for the nachos, which is a classic old Mexican dish called cochinita pibil. It’s little known in the United States ... We take seasoned pork shoulder and we wrap it in banana leaves and cook it throughout the night.”

Dessert options feature the opportunity to try something simple, like sorbet or creme brulee, or a bit more fancy, like the banana cheesecake spring rolls.

“We take fresh bananas and make sheet pans of cheesecake, then cut it up, wrap it in spring roll paper and deep fry it,” Shoemaker said. “We serve it with homemade caramel sauce and an éclair ice cream. ... That’s probably our top dessert seller.”

The kitchen closes at 10 p.m. each evening, but Shoemaker said a late night menu of smaller, shareable options is in the works, featuring a combination of regular selections and other items. The cocktail menu is regionally sourced, too — one drink, known as the Bee’s Knees, features gin from Barr Hill of Montpelier, Vermont, which produces it from fermented honey.



Courtesy of SOHO Bistro & Lounge.



Courtesy of SOHO Bistro & Lounge.

Brunch offerings will likely be added to SOHO’s menu. Shoemaker said he also hopes to soon hold specialty wine events, or a Japanese-themed night with sushi options and saké pairings.

SOHO Bistro & Lounge

Where: 20 Old Granite St., Manchester
Hours: Tuesday and Wednesday, 4 to 10 p.m., and Thursday through Saturday, 4 p.m. to 1 a.m.
More info: Visit sohoh.com, find them on Facebook and Instagram @sohobistro-lounge or call 232-4085

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 6/2 – 10/6

EXETER FARMERS MARKET
 Swasey Park
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 5/6 – 10/28

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IN THE KITCHEN 
WITH **KRISTEN MADER**

Kristen Mader of Pelham is the owner of Cakes 5th Avenue (cakes5thavenue.com, find them on Facebook), a homestead business she founded in 2008 that offers custom cake orders for several occasions from weddings to birthday parties. Originally from Georgia, Mader got her start in the industry working as a cake decorator for the former Breadbox bakery in Windham. Custom wedding cakes are at the forefront of her business, with all kinds of traditional and specialty flavors and filling options to choose from. Cakes 5th Avenue is also a featured vendor at the Pelham Farmers Market (Saturdays from 10 a.m. to 2 p.m. outside the First Congregational Church of Pelham at 3 Main St.), where you'll find Mader on select dates selling home-baked cookies, cupcakes, lemon squares and fruit-filled hand pies.



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What is your must-have kitchen item?

A rubber spatula, because with the amount of cake batter I make, I am constantly scraping bowls all day long.

What would you have for your last meal?

I would like a perfectly cooked medium filet mignon, with a little bit of seasoned butter and some mashed potatoes with garlic and mascarpone. It's one of my favorite meals.

What is your favorite local restaurant?

I have two. In Salem, there's a place called Fuego Latin Fusion [Bar & Restaurant] that is great. They started doing family meals for curbside pickup last year during Covid that we took advantage of. ... A longtime favorite of ours also is Scola's [Restaurant] in Dracut, [Mass.].

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

Betty White. I would love to sit down and have cake and a vodka cocktail with her.

What is your personal favorite cake design that you've ever done?

My favorite was a four-tier cake I created back in 2013 for a cake competition down in Hartford, Connecticut. The reason that one sticks out is because I used different techniques that were unfamiliar to me and was just feeling very adventurous. ... I won second place in the competition, so that one probably means the most to me.

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

If I had to pick one, I'd say farm-to-table [and] supporting local growers and ingredients.

What is your favorite thing to cook at home?

I would have to say homemade pizza. ... We start with a garlic crust and we like to do a white pizza with a mix of mozzarella and ricotta, some seasoned shredded chicken and freshly sauteed spinach. That's probably the most frequent one that we make and we never have leftovers.

— Matt Ingersoll 🍷

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Kladdkaka (Swedish sticky chocolate cake)
From the kitchen of Kristen Mader of Cakes 5th Avenue in Pelham

- 10 tablespoons salted butter
- 1½ cups sugar
- 2 eggs
- 5 tablespoons unsweetened cocoa powder
- ¾ cup all-purpose flour
- 1 teaspoon vanilla extract
- ¼ teaspoon kosher salt

Preheat the oven to 325 degrees. Spray an eight-inch round or square cake pan with baking spray, or grease the pan with butter and dust with flour. Line the bottom of the pan with a round or square-shaped piece of parchment paper cut to the size of your pan bottom. Place butter in a medium-sized microwave-safe bowl and cover with a paper towel. Cook in the microwave on high power for 30 seconds at a time, stirring in between, until butter is melted. Add sugar to the bowl with melted butter and whisk to combine. Add eggs one at a time and stir well after each addition. Add the cocoa, flour, vanilla and salt. Stir just until all dry ingredients are incorporated. Transfer batter to the prepared pan and spread out to an even layer. Bake for 20 to 22 minutes, being careful not to overbake — the cake should be slightly firm on the outside with a delicate crisp top, but soft and sticky on the inside. Let cool in the pan for 20 minutes. To remove, run a thin-bladed knife around the outer edges of the cake. Invert the pan onto a similar sized cutting board or dinner plate and, holding them together, give it a good shake downward. If the cake does not release, go around the edges again with a knife and repeat with inverting cake. Once the cake is released, remove the parchment paper and invert again onto your serving plate using the same method. Dust with confectioner's sugar or cocoa powder, or serve each slice with a dollop of fresh whipped cream or ice cream.



TRY THIS AT HOME

Caramel apple scones

September is here, which means two things in New Hampshire. First, it's back to school time. Second, it's apple season. With so many apple orchards within a short drive, it's a common weekend outing to pick (or at least buy) locally grown apples.

When you get home with all those apples, you may default to a classic treat, such as apple pie or apple crisp. Why not add another sweet treat to your repertoire, especially when it's one that can be served as breakfast?! These caramel apple scones are a deliciously indulgent way to start your day. Tender scones filled with chunks of apple and caramel chips are the baked goods you didn't know you needed.

I have two hints for making these scones. First, use an apple that is tart. The caramel chips add a good amount of sweetness, and a tart apple balances that out. Second, you don't have to buy buttermilk to make these. You can make your own, using the directions at the bottom of the recipe.

Go get some apples, and then let the baking begin!



Caramel apple scones. Photo by Michele Pesula Kuegler.

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.

Caramel apple scones

Makes 8

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 3 Tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 5 Tablespoons chilled unsalted butter, diced
- 3/4 cup caramel chips
- 3/4 cup peeled, diced apple
- 3/4 cup buttermilk*
- 1 large egg yolk
- 1 teaspoon vanilla
- 2 Tablespoons sugar

Preheat oven to 375 degrees.

Mix flour, 1/4 cup sugar, brown sugar, baking powder, baking soda and salt in a large bowl. Add butter.

Combine dry ingredients using a pastry blender, two forks, or fingers until butter is reduced to the size of peas.

Add caramel chips and diced apple to the flour mixture, tossing gently.

Whisk buttermilk, egg yolk and vanilla in a 2-cup liquid measuring cup or small bowl.

Add liquids to dry ingredients; mix until dough forms a ball.

Place dough on a lightly floured surface and press into an 8-inch round.

Cut into 8 wedges. Sprinkle with 2 table-
spoons sugar.

Transfer wedges to rimmed cookie sheet, preferably lined with parchment paper.

Bake for 15 to 25 minutes or until the scones are crusty on top and a tester inserted into the center comes out clean.

Serve warm.

Notes

Instead of using buttermilk, I often combine 1 tablespoon lemon juice and enough milk to equal 3/4 cup. (This can be done with either dairy or non-dairy milk.)

Food & Drink

Summer farmers markets

- **Bedford Farmers Market** is Tuesdays, from 3 to 6 p.m., at 393 Route 101 in Bedford (Murphy's Taproom & Carriage House parking lot), now through Oct. 12. Visit bedfordnhfarmersmarket.org.
- **Contoocook Farmers Market** is Saturdays, from 9 a.m. to noon, at 896 Main Street in Contoocook (by the gazebo behind the train

depot), now through October. Find them on Facebook @[contocookfarmersmarket](https://www.facebook.com/contocookfarmersmarket).

- **Derry Homegrown Farm & Artisan Market** is Wednesdays, from 3 to 7 p.m., at 1 W. Broadway, now through Sept. 29. Visit derryhomegrown.org.

- **Nashua Farmers Market** is Sundays, from 10 a.m. to 2 p.m., at City Hall Plaza (229 Main St.), now through Oct. 17. Visit downtownnashua.org.

- **Pelham Farmers Market** is Saturdays, from 10 a.m. to 2 p.m., outside the First Congregational Church of Pelham (3 Main St.), now through Oct. 30. Search "Friends of Pelham NH Farmers Market" on Facebook.

- **Salem Farmers Market** is Sundays, from 10 a.m. to 2 p.m., at Tuscan Village South, behind Drive Fitness (12 Via Toscana Drive, Salem). Visit salemnhfarmersmarket.org.

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FOOD



DRINKS WITH JOHN FLADD

Espresso martini

Editor's note: Sometimes the essence of a drink can be summed up in short story. 'Tis thus with this week's cocktail.

Elizabeth closed her eyes and took several deep breaths, before opening them again and walking to the bar.

Friggin' Sheila O'Brien

Elizabeth had spent the better part of a week making arrangements to get one evening to herself, to spend a couple of hours alone, drinking a glass of wine and reading. She'd grabbed a book from the middle of the pile on her nightstand. She'd even remembered an umbrella.

And then Sheila had been standing by the door inside the bar.

They'd gone to high school together; Sheila had always been able to smile and cut Elizabeth down with a sentence, to crush her effortlessly. From how easily she'd done it again tonight, it was almost like she'd been practicing.

But, Elizabeth thought as she settled herself at the bar, that was over for the moment. She caught the bartender's eye. Raven, was that her name?

She started to order a glass of the house white, but Raven was a step ahead of her and deposited an espresso martini in front of her. This is absolutely not what Elizabeth would have remotely considered ordering, but it did look good...

It was dark and deep, and skull-shrinkingly cold. The coffee was rich and a little bitter, but there was a sweetness in the background that rounded it out.

Elizabeth looked up at Raven and started to speak, to thank her for reading her situation so well, but the bartender beat her to the punch.

"You have kind eyes, but I wouldn't mess with you." Then she walked away.

This was not what Elizabeth was expecting, but the more she thought about it, and the more of her martini she drank, the more she liked the sound of it.

She almost hoped Sheila was still by the door when she left.

Espresso martini

Ingredients:

2 ounces coffee-infused vodka (see below). Could you make this with regular, run-of-the-mill vodka? Yes, of course, but it wouldn't contribute to the depth of the overall flavor. Using the infused vodka will deepen the finished drink.

½ ounce Kahlua

½ ounce simple syrup

1 ounce cold-brew coffee concentrate



Espresso martini. Photo by John Fladd.

Combine all ingredients over ice in a mixing glass and stir gently but thoroughly with a bar spoon.

Strain into a chilled martini glass.

If you are drinking this at a bar, make direct eye contact with yourself in the mirror.

There is a lot of reverse nostalgic snobbery associated with an espresso martini. It is often too sweet, or creamy, and it doesn't tend to get a lot of respect. Made very strong, very black, and only a tiny bit sweet, it is a force to be reckoned with.

Speaking of snobbery — there are a lot of cocktail purists who, given the opportunity, will lecture you at great length about how you should never shake a martini. It "bruises the gin" apparently. It is incredibly galling to admit that they are right. This drink will taste noticeably different if it is made in a cocktail shaker than if it is stirred. It's got something to do with science. It's worth the extra minute or so to mix this gently.

Coffee-infused vodka

Ingredients

10 grams whole French-roast coffee beans

6 ounces 80-proof vodka, probably not your best vodka, but not the bottom-shelf stuff, either

Using a mortar and pestle, or cereal bowl and the bottom of a drinking glass, crush the coffee beans. You're not trying to grind them into a powder, but break them up quite a bit.

Combine the vodka and crushed coffee beans in a small jar. Shake them together, then store somewhere cool and dark for 24 hours, shaking periodically.

Strain and label the coffee vodka.

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





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FOOD



WINE

The other flavors of Italy

A look at two lesser-known Italian wine styles

By Fred Matuszewski
food@hippypress.com

This week we will explore two Italian wines, both from the north of Italy, but decidedly different not only from each other but from other Italian wines.

One is from the Friuli-Venezia Giulia region in the very northeast of Italy, the other from the Piedmont region, the very northwest of Italy. Both regions are established producers of signature wines. The Friuli-Venezia Giulia region is well-known for producing pinot grigio and light-bodied rose wines. The wine we will profile in this column is not made from a grape that is well-established in this region, but instead is made from a French grape, a sauvignon blanc. The Piedmont is well-known for the production of nebbiolo wine, sometimes known as a barolo, but 55 percent of the grapes grown in Asti, a region within Piedmont, are barbera, a well-established, light-bodied red Italian grape.

What happens when you cross a large local vineyard operation owned by a well-known hotelier and restaurateur with a good amount of American capital generated by popular culture? **Sun Goddess Friuli Sauvignon Blanc 2019**, available at the New Hampshire Liquor & Wine Outlets and originally priced at \$21.99 but reduced to \$17.99.

Produced by the Fantinel Winery, managed by a third generation of owners of 450 acres, the wine transcends cultures. Spanning three denominations, or growing regions dictated by micro-climates and terroir, the Fantinel family has planted several indigenous grapes as well as international varieties such as pinot grigio, sauvignon blanc, merlot and cabernet sauvignon. The terroir of this region is rich in minerals that enhance the structure and complexity of the wines. The region is characterized by cool nights and very warm days. This enables the grapes to develop a significant acidity, which in the glass reveals fragrant aromas that turn to citrus notes for the palate.

The Sun Goddess label comes from Mary J. Blige, American singer and actress. She was introduced to Marco Fantinel, through her love of white wine, to promote the vineyard in America through the Sun Goddess label.

The wine has a straw-yellow color



with a slight greenish tinge. To the nose it has notes of tropical fruit, banana and melon. To the tongue it is rich in citric notes, first among them grapefruit, but with strong mineral notes. Its acidity will cut through creamy sauces to fish and poultry.

Our second wine is **Tenuta Garetto Barbera D'Asti 2017** (originally priced at \$33.99 at New Hampshire Liquor & Wine Outlets and reduced to \$16.99). It is made from the hardy, non-fussy staple grape barbera. It is known as the wine of the working people. It is respected less than nebbiolo, its haughty neighbor, and was frequently shunted to less-desirable locations. However, it is now grown in California, where a warm climate has produced some well-balanced wines.

Tenuta Garetto winery is a relatively small winery acquired in 2017 by the Gagliardo family. It is in Agliano Terme, known for not only barbera vineyards but its popular thermal springs. Coming from vines planted between 1937 and 1950, vinification takes place in concrete and wood casks before blending and bottling. Its color is dark red, accompanied by cherry notes that carry through to a light, dry feel to the tongue. This is a wine to go with vegetarian dishes, fish or risotto but lacks the body to accompany red-meat dishes. However, it remains complex and is a "self-promoter" among wines. We had the wine with a cheese souffle (thank you, Julia Child, for the recipe!) with a side of wilted baby spinach. Outstanding!

Try these two lesser-known but distinctive wines, a real departure from "standard fare" and a real treat to your palate!

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



POP CULTURE

MUSIC, BOOKS, GAMES, COMICS, MOVIES, DVDS, TV AND MORE

CDs pg31

• Kazemde George, *I*

Insist A+

• Foghat, *8 Days On The*

Road B

BOOKS pg32

• *Bring Your Baggage and*

Don't Pack Light C+

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FILM pg33

• *CODA* A

• *Candyman* B-

Kazemde George, *I Insist* (Greenleaf Music)



There's something of a precedent for this album, at least in an inspirational sense. In 1960, jazz drummer Max Roach released *We Insist! Freedom Now Suite*, a set of five songs intended to be performed during the centennial celebration of the Emancipation Proclamation in 1963. Impossibly, more than 50 years since, the equal rights struggle is still mostly a political battle that's far from resolved. This, then, is George's own musical thoughts on the matter, submitted in the — as I've noted a million times now — now-hopeless hope that art will

inspire humanity to finally stop being idiotic about obvious things. But putting the intent aside, this is a really nice Barcalounger-jazz record from the sax player, leading a group for the first time under the auspices of Dave Douglas' Greenleaf Music label. Beautifully engineered, these mellow pieces form a crystal clear pond of dive-right-in ambiance. George is definitely a sax player to watch, as his terrific soloing attests, and vocalist Sami Stevens is a treasure, scatting and crooning her way around most elegantly and with an original, unstressed sound. I'd recommend this to anyone. A+ —Eric W. Saeger

Foghat, *8 Days On The Road* (Select-O-Hits Records)



The only original Foghat member in this band is drummer Roger Earl. Singer Dave Peverett died years ago, and so did their lead guitarist, Rod Price (Fritz Wetherbee would want me to mention that Price died in 2005 in Milford after a household mishap). Who cares about the bass player, so that leaves the 70something drummer, like I said, and a bunch of other arena-rock pros, all of whom put up a good enough live front. This record launches with one of my fave overlooked oldies, "Drivin' Wheel," then gets into the goods,

resurrecting the version of "Road Fever" from the original *Foghat Live* LP that put them on the map; only thing that's missing is the energy you could literally feel wafting out of the giant-ass crowd (this all has more of a club vibe). Obviously for Foghat completists, if there are any still alive, and if that's you, you'll be psyched to learn that they're playing at The Big E in Springfield, Mass., on Sept. 19. B —Eric W. Saeger

PLAYLIST

A seriously abridged compendium of recent and future CD releases

• Jane, stop this crazy thing, it's September, and on Friday the 3rd new albums will appear as spam choices in your friendly streaming service, that super-friendly app that has totally never happily handed over the list of all your personal music choices to marketing data companies so that they could estimate your age, relationship status and economic privilege level and know what ads to send you, because there is no way that you are just viewed as a mindless consumer-bot by the Sentinels of the Big Tech matrix. No, I'm not kidding, everything's fine, did you know that when you use the free wi-fi at Target, they track you through the store and make notes about what products you look at so they can fine-tune their email spam, no, I'm joking, seriously, oh look, there's a squirrel, um, I mean a new album, called *Sometimes I Might Be Introvert*, from U.K. experimental rapper/actress **Lil Simz!** Her career has had a lot of help from famous Hanna-Barbera cartoon and trip-hop band Gorillaz; she opened for them during the 2017 Humanz Tour, and they've guested on each other's albums. The single, "Introvert," starts with an orchestral part that's bombastic and Wagnerian, then settles into a pedestrian, almost-trip-hop beat over which Simz lays down some fluttery grime-ish bad-assery. The tune takes itself way too seriously, but whatever, you might honestly love it, and that's your right!

• *gg bb xx* is the fourth album from Los Angeles synthpop band **LANY**, and it is on the way, which is actually good news, because they're nowhere near as horrible as so many Top 40 bands are today. In fact, the new single, "Up To Me," is like a cross between Above & Beyond and Boyz II Men, really chill but vocally rich. At the rate these guys are going, this LP will probably reach No. 1, I'm serious.

• Ha ha, look folks, it's Nevada-based sort-of-rock band **Imagine Dragons**, with a new album, called *Mercury - Act I!* Yes, that's right, they didn't break up, that was only a rumor that surfaced when one of the guys said he wanted to spend more time with his family. I know, drat the luck, am I right? To me, Imagine Dragons are basically the Dane Cook of modern ringtone-rock, sort of like if Coldplay and Ed Sheeran had a baby that stuck to whipping out the Millennial Whoop in every one of their stupid songs and only cared about appealing to 11-year-olds who have smartphones, despite the Surgeon General's warning about smartphones lowering preteen IQs by one point every week they're used. No, I kid, so, moving on, the new single, "Wrecked," is a chillout song, an amalgam of Bon Iver, Coldplay and Seal I guess.

• We'll wrap up the week with *Senjutsu*, the latest album from arena-metal stalwarts **Iron Maiden**, who are from England! Fun fact, and I don't know if this is some sort of publicity stunt or whatnot, but the band's singer, Bruce Dickinson, apparently contracted Covid-19 even though he was vaccinated. As always, I hesitate to believe anything a rock star says, because usually it's just a prank to get media attention, which I personally refuse to provide, oh wait, dam it, I just did. The tire-kicker single, "The Writing On The Wall," is southern-rock-ish, like the Outlaws, except with Bruce Dickinson's voice. The video is a cartoon about some motorcycle dudes and some guy dressed like the Grim Reaper and there's a dragon-shaped nuclear bomb; none of it makes any sense, par for the course with this band, whose visuals were always dumb.

—Eric W. Saeger

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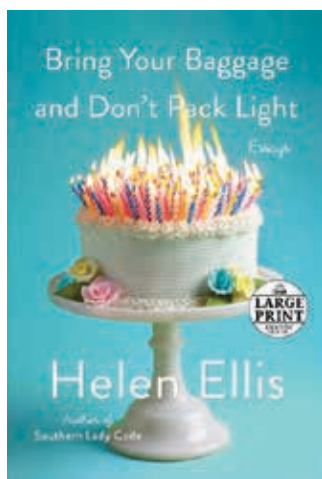
POP CULTURE BOOKS

Bring Your Baggage and Don't Pack Light, Essays by Helen Ellis (Doubleday, 176 pages)

Resist the temptation to dismiss Helen Ellis because of her previous titles, *Southern Lady Code* and *American Housewife*, which sound like something Paula Deen might have written.

Ellis was, in fact, raised in Alabama, but shrugged that life off early in her 20s to move to New York City in hopes of becoming a writer. Before that dream was realized, however, she made a name for herself as — no joke — a high-stakes poker player. When the writing career came, it was jump-started by an anonymous Twitter account she called “American Housewife” with the handle @WhatIDoAllDay. Her timeline was richly sardonic, the MiracleGro for popularity on that platform, and a brand was born.

Her fourth book is a collection of essays called *Bring Your Baggage and Don't Pack Light*, mostly composed of foul-mouthed reflections on aging, periodically interrupted by foul-mouthed reflections on cancer and other indignities of life. It begins benignly enough, with Ellis reporting that she is heading for Panama City, Florida, “aka ‘The



Redneck Riviera,” with four friends for a jaunt she calls the “grown-ass ladies’ trip,” the highlight of which is a night out to see a TV psychic, Theresa Caputo, star of a show called *Long Island Medium*.

After the national anthem, which everyone sang while facing an American flag projected onto the screen, the TV psychic explained that she goes “where the Spirit leads” and that occasionally she gets hot, because perimenopause. This caused Ellis to whoop and clap. “God bless this woman for yelling ‘menopause’ in a crowded theater,” she writes. “I wasn’t sure if I believed in her power, but I believed we could be friends, so she had me now, and I was rooting for her.”

And Ellis is off, with her particular brand of humor, which is a combination of Nora Ephron without the divorce and Erma Bombeck without the kids. Married for 25 years and happily childless, Ellis identified ironically as a housewife until just a few years ago, when she started owning the title “writer” after years of being famous as a pearl-wearing poker player. That distinction is one that makes her a “character,” which she explains is different from a naturally funny person. “A

character wants to be the life of the party. Or the life of a seven-hour flight delay. Or the life of a Piggly Wiggly checkout line.”

For the perplexed, Piggly Wiggly is a chain of supermarkets mostly in the South. That, and the pearl-wearing, however, is about Southern as Ellis gets. There’s some of the late Texas humorist Molly Ivins in her, but she would be right at home in the cast of *Sex and the City*, and her humor is as racy in places as that of Carrie Bradshaw. There is, for example, the chapter in which she admits that she and her husband speculate about the sex lives of their friends. For example, she will say, after long-married friends leave, “There’s no way they’re still having sex,” to which her husband will respond, “Shh, they’re still in our hallway.”

She writes of salivating over a velour housecoat in the Vermont Country Store catalog, and the potential effect it would have on her husband’s libido. She says he would rather come home and catch her in a pyramid scheme than in that robe.

Ellis nails the one-liners in this short string of folksy anecdotes, as when she describes garage-sale regulars as “people who want to profit from your poor life decisions.” She used to wear all black to her poker games because “I myself am a pop of color,” which is shown to be true in stories about accompanying friends to have a baby or to get Botox in possibly illegal circumstances. She and her husband don’t drive (“yes, we will wing

it in a zombie apocalypse” but having never owned cars, they “are not confident drivers”), and as such have collected many comical stories involving public transportation, such as taking long bus rides to casinos. She distrusts technology (“The cloud is tech talk for something Bill Gates or Mark Zuckerberg invented to store your political preferences, porn searches and high school reunion pictures”) and invents descriptions of her friends when storing their contact information in her phone; rather than John or Mary, for example, they are the “the grifter,” “the puzzler,” “the saint” or “the zookeeper.”

In short, she’s your zaniest friend, on steroids and on her third drink, still possessed of the presence of mind to write everything down.

The collection, however, doesn’t rise to Sedarisian heights, however, because it’s too frothy. David Sedaris is one of the greatest humorists working today because there is a point to everything he writes, no matter how hilarious. There’s not much of a point behind these stories than to make us laugh, or to mildly rage. Ellis’s mother used to tell her, “Helen Michelle, you’re not for everyone,” although she’s probably for everyone who spends more than seven hours a week on Twitter. Hers is a particular brand of humor, for the perpetually caustic with short attention spans. The title notwithstanding, the book packs light and wants a bit more baggage. C+ — Jennifer Graham



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BOOK NOTES

Can a funny title alone sell a book?

Probably not if the content is wretched, but some publishers seem to be lapping up bad puns these days. Witness the success of the Chet and Bernie mystery series by Spencer Quinn, which features narration by a dog and titles like *Scents and Sensibility* and (reviewed here recently) *Tender is the Bite*.

The mystery genre seems especially prone to punnage, given that there is also an “undercover dish mystery series” by Julia Buckley that includes the titles *The Big Chili*, *Pudding Up With Murder* and *Cheddar Off Dead*.

Then there’s the Avery Aames mystery series built entirely around cheese that includes the groan-inducing titles *To Brie or Not To Brie*, *As Gouda as Dead*, *The Long Quiche Goodbye* and *Days of Wine and Roquefort*. (Aames also has a novel entitled *Cheddar Off Dead*, and Connecticut author Korina Moss has a Cheese Shop mystery coming out with that title in the spring of 2021, indicating that publishers like bad puns so much they’re willing to reuse them.)

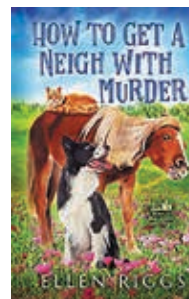
Perhaps most impressive is the “Bought the Farm” mystery series by Ellen Riggs, if not for its punnage, just for the sheer volume of words.

Riggs’ titles include the forthcoming *How to Get A Neigh With Murder* (for now, only available on Kindle pre-order), and the previously published *Dogcatcher in the Rye*, *Dark Side of the Moo*, *Till the Cat Lady Sings*, *Twas the Bite Before Christmas* and *Swine and Punishment*.

For a more erudite look at puns and why we love them, check out John Pollack’s *The Pun Also Rises* (Avery paperback, 240 pages).

Pollack, a journalist and former speechwriter for President Bill Clinton, knows something of which he writes, having won the O’Henry World Pun-Off competition in 1995. Yes, that’s a real thing. This year’s contest is scheduled for Oct. 23. Check it out at punoff.com.

— Jennifer Graham



CODA (PG-13)

High school senior Ruby discovers her talent for singing but she is conflicted about leaving her family to go to music school in CODA, a sweet and extremely charming coming of age story.

Unlike her mom Jackie (Marlee Matlin), dad Frank (Troy Kotsur) and older brother Leo (Daniel Durant), Ruby (Emilia Jones) is hearing (the “child of deaf adults” of the movie’s title). Ruby works with her dad and brother on their fishing boat, often serving as the one to negotiate the price for the day’s catch, before heading to school.

On a whim — and as an excuse to hang out around Miles (Ferdia Walsh-Peelo), a fellow senior she’s crushing on — Ruby joins the school’s choir. Though able to belt out Motown classics on the fishing boat, Ruby is shy singing in front of other students, particularly since she was bullied for the way she talked as a child and is still picked on for her family generally. But choir teacher Bernardo Villalobos (Eugenio Derbez) pulls her past this and helps her let loose her love of singing and her natural talent. He also picks Ruby and Miles to sing a duet at an upcoming recital — leading her to break out of her shell with him as well.

As she finds her footing in choir, the family’s fishing business grows more precarious. Their earnings for each catch are decreasing and government oversight is increasing. Leo wants to start a co-op with the other fishermen that will get them better prices but Frank is uncertain about getting involved with the hearing fishermen. Leo also struggles with the family’s reliance on Ruby to interpret, as does Ruby. She wants to pursue singing and the possibility of getting in to Berklee School of Music, which Bernardo says he will help her apply for. But she also feels obligated to help her parents.

Delightfully, the movie builds a relationship between Ruby and her family that features her fierce love of them as well as her thorough (and realistic) teenage “mom!” annoyance — when they play music too loud as they pick her up from school (her dad loves the loud bass of rap), when they have a wonderfully (purposefully) awkward conversation with Miles, when her mother gets on her about how she’s dressed. It’s so perfectly teenage-parent, so much meaning-well and love and delighting at her embarrassment and “gah, back off” all rolled up into the moment. Likewise, Ruby’s loving sibling relationship with Leo is highlighted by a series of excellent insults (not one of which I can repeat in print). Because of the movie’s well-drawn relationships and fully realized characters, *CODA* feels as much like a family coming of age as much as it is the story of Ruby’s coming of age. Not only is Ruby making decisions about her life and what she wants to do; each member of the family is taking steps in new directions in a way that also feels very real.

There are excellent performances all the way around in this movie — Jones but also Kostur, Durant and Matlin. And it was really a joy to watch Derbez in this kind of role. I mostly know



CODA

him from big, broad comedies but here he hits the right note as a caring and talented teacher.

CODA is a joy throughout. **A**

Rated PG-13 for strong sexual content and language and drug use, according to the MPA on filmratings.com. Written and directed by Sian Heder (and based on a French film from 2014 called La Famille Bélier), CODA is an hour and 51 minutes long and is distributed by Apple on Apple TV+. CODA is screening in theaters (in Massachusetts as of Aug. 31) and on Apple TV+.

Candyman (R)

An artist living in a recently gentrified Chicago neighborhood finds himself and his work tied up in local lore in Candyman, a sequel to the 1992 horror movie.

Anthony McCoy (Yahya Abdul-Mateen II), whose name comes with backstory for people who have seen the original movie (I haven’t), has recently moved with his girlfriend, Brianna (Teyonah Parris), to an airy apartment in the gentrifying neighborhood of Cabrini-Green, the onetime home of housing projects (that were the setting of the first movie). He is blocked, artistically, presenting pieces to an art gallery operator that are just riffs on earlier work. After Brianna’s brother, Troy (Nathan Stewart-Jarrett), tells a story about a series of murders involving a woman named Helen Lyle, Anthony decides to dig into the history of the area, hoping he’ll find some inspiration.

He meets William (Colman Domingo), a longtime resident, who tells Anthony about the legend of Candyman, a presence who appears after saying his name in a mirror five times and who then kills those who summoned him. But the legend isn’t just a local boogeyman tale; the more Anthony digs in to the story the more he learns about the various men who are considered to be the figure’s origin, all the way back to Daniel Robitaille (Tony Todd) in the 19th century — all killed by police or lynch mobs. This investigation of Candyman takes Anthony’s work in strange directions and seems to be messing with his head. He is also having an extremely bad reaction to a bee sting. Anthony’s deteriorating mental and physical states have Brianna concerned. And then acquaintances of the cou-

ple start dying.

I think I generally like where this movie starts out, the various issues it sets up: Anthony’s artistic block, Brianna’s career ambitions, Brianna’s current status as the breadwinner of the couple and how that clearly bugs Anthony, the gentrification of the neighborhood they now live in. And I like where the movie seems to be wanting to go with its overall message. But in the middle, the movie seems to wander a bit and lose the threads at times.

The movie is tightly focused on Anthony at first but somewhere around the two-thirds point it just sort of drops him as a person we’re in the mystery with, which makes his story feel unfinished. Not that a movie like this needs to make perfect sense but there are elements that felt like they needed more explanation — or maybe just a more organic explanation. Frequently it feels like plot points connect in that “puzzle pieces

smashed together” sense, resulting in information having to be told to us rather than more naturally revealing itself.

I’m a sucker for this particular kind of horror, though, one that puts dread and spookiness ahead of gore (though this movie has gore). And this movie has a great visual style, particularly in the way it uses shadow puppets to illustrate exposition — they are both eerie and very pretty. *Candyman* may not perfectly click together for me with its plot but it delivers on atmospherics. **B-**

Rated R for bloody horror violence, and language including some sexual references, according to the MPA on filmratings.com. Directed by Nia DaCosta with a screenplay by Jordan Peele & Win Rosenfeld and Nia DaCosta, Candyman (that’s six; do computer screens count as mirrors?) is an hour and 31 minutes long and is distributed by Universal Pictures in theaters.

Film Venues

Cinemark Rockingham Park
15 Mall Road, Salem, cinemark.com/theatres/nh-salem

Red River Theatres
11 S. Main St., Concord, redrivetheatres.org

Regal Fox Run Stadium 15
45 Gosling Road, Newington, regmovies.com

Shows

- *Stripes* (R, 1981) 40th anniversary screening at Cinemark in Salem and Regal Fox Run in Newington on Thursday, Sept. 2, at 7 p.m.
- *The Green Knight* (R, 2021) screening at the Red River Theatres in Concord Friday, Sept. 3, through Monday, Sept. 6, at 3:15 p.m. and 6:30 p.m.
- *Stillwater* (R, 2021) screening at the Red River Theatres in Concord Friday, Sept. 3, through Monday, Sept. 6, 12:30, 3:45 and 7 p.m.

- *Together* (R, 2021) screening at the Red River Theatres in Concord Friday, Sept. 3, through Monday, Sept. 6, at 1 p.m.
- *Backdraft* (R, 1991) 30th anniversary screening on Sunday, Sept. 5, at Cinemark in Salem at 3 p.m. and Regal Fox Run in Newington at 3 and 7 p.m., and on Wednesday, Sept. 8, at both locations at 7 p.m.
- *The Alpinist* (PG-13, 2020) screens on Tuesday, Sept. 7, at 7 p.m. at AMC Londonderry and Cinemark in Salem.







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135112

By Michael Witthaus
mwitthaus@hippopress.com

• **Songbird:** With a set list of covers ranging from Lulu to Sara Bareilles, **Marlena Phillips** also offers original music and engaging energy. She's spent close to three decades entertaining audiences of all types, from resorts to restaurants. Last June, she appeared at the Rex Theatre in Manchester, opening for Cars tribute act Panorama. Recently, Phillips released the sunny love song, "Meant to Love You" and the country-flavored "Running Under Water." Thursday, Sept. 2, 6 p.m., LaBelle Winery, 345 Route 101, Amherst. See marlenaphillips.com.

• **Jokemeister:** A big finish in Season 2 of *Last Comic Standing* led **Kerri Louise** to star in a Women's Entertainment Network reality show with her husband, comic Tom Cotter; *Two Funny* focused on raising their twin sons. In 2016 she published the tongue-in-cheek how-to guide *Mean Mommy*, offering "inspiration, encouragement and non-stop laughter that will last way longer than the warm feeling on your baby's butt." Friday, Sept. 3, and Saturday, Sept. 4, at 8:30 p.m., Chunky's Cinema, 707 Huse Road, Manchester, \$20 at chunkys.com.

• **Supergroup:** A regional showcase includes **Marble Eyes**, which came together during the pandemic when Pink Talking Fish bassist Eric Gould and Mike Carter, guitarist for The Indobox, made good on a years-long promise to jam together. The two recruited Seacoast mainstay Max Chase to play keyboards, and Kung Fu drummer Adrian Tramontano, and their driveway sessions at Gould's house were elating. Saturday, Sept. 4, 6 p.m., Prescott Park, 105 Mercy St., Portsmouth, \$8 donation suggested, prescottpark.org.

• **Rocksteady:** Enjoy an extra weekend night at **I Love Dancehall, Part Two**, an event that dives into the dance music born at the intersection of Jamaican reggae and dub, a genre much discussed recently with the death of legendary producer Lee "Scratch" Perry. Hosted by local luminaries DJ K-Low and DJ Ace, the show includes live performances from C-Scharp, Mic Vee, Illijah, Young Chrigga, Dynamic, Xiomy and Fate-One. Sunday, Sept. 5, 8 p.m., 603 Bar & Grill, 1087 Elm St, Manchester, \$10 cover; 21+.

• **Crossover:** With a lead vocalist, harpist, cellist and piano player, **Sons of Serendip** isn't the sort of band one expects to cover Kansas, Keane or Stevie Wonder, but they do, injecting classical elements into pop songs. Formed by a group of graduate student friends at Boston University, they made it to the finals of *America's Got Talent*, and later the Billboard charts, with their ethereal reimagining of current hits. Wednesday, Sept. 8, at 8 p.m., Capitol Center for the Arts, 44 S. Main St., Concord, \$35 and up at ccanh.com. 🍷

NITE

Wide ranging

Concord band celebrates debut album

By Michael Witthaus
mwitthaus@hippopress.com

For Andrew North, the stage and the studio are two distinct places, with the latter a place for adventure. *Phosphorescent Snack*, the debut album from North and his band the Rangers, is a multi-tracked gem, with elements of funk, soulful pop and progressive jazz. It's Steely Dan meets Frank Zappa at a 1969 Chicago Transit Authority listening party.

"Electrostatic Chills" expresses a solid groove intention, while the instrumental "Epiphone" showcases the four band members' prowess: North on keys, drummer Dale Grant, bass player Chip Spangler and horn wizard Rob O'Brien. That the song is missing the instrument it's named after is not lost on North.

"Yeah, there's no guitar on the album, which has kind of become a point of pride for us," he said in a recent interview.

Other standouts include "Down the Pipes," with its echoes of Dixieland jazz, the can-do anthem "Dig Deep" and "Aditi," the latter sounding like an unmistakable nod to a certain Vermont jam band.

"It's hard to admit, because when we say we're Phish-influenced, the reaction can go either way," North agreed. "But there's no question I've soaked up so much of that over the decades, and it comes across in what I do. ... I've stopped trying to downplay it."

The connection is understandable; North moved from Burlington, Vermont, to Concord five years ago, bringing the energy of his first home along with him. Andrew North & the Rangers is a multigenerational ensemble; Grant has played drums for close to five decades, including sessions with members of Yes, Survivor and Cheap Trick, while the younger Spangler's resume includes work in far-away places like Alaska.

Like many bands, the quartet planned to complete its debut disc in 2020, but when the pandemic ended live shows, time was used



Andrew North and the Rangers. Courtesy photo.

to polish it a bit more. O'Brien, who plays an electronic Roland Aerophone he affectionately calls Dustbuster that can emit a multitude of sounds, opened his laptop and created walls of horns that would please Earth, Wind & Fire.

"Covid-19 gave us a good chance to sit down and work the tracks up with some overdubbing," North said, "and obviously, if you let Rob loose with a chance to take more than one pass at a song, he'll take full advantage."

North and his mates marked the record's release with an August show at Area 23, a Concord haven for original bands like theirs. They'll appear at Newmarket's venerable Stone Church on Sept. 2.

"I was in a jam band in like 2006, and we were dying to get a gig at Stone Church," North said, "and they never gave us the time of day... so I may be irrationally excited about that one."

On Sept. 4 they'll play a late set at the Keene Music Festival, a massive outdoor showcase of regional bands on multiple stages. Along with North's group, Plague & Pestilence, a side project featuring Dead Harrison's Jason Skulls and Lucretia X.

Machina from Lucretia's Daggers, will play its first public show.

Jake McKelvie & the Countertops, Jonee Earthquake Band, Kennedy Drive, Tyler Allgood and the Humans Being are among the New Hampshire bands represented at the event, which runs from 11 a.m. to 9 p.m.

"This is our first one and I'm really excited about it," North said. "We've been kind of incubating in Concord for a while, and the music scene here has really started to gel in the last few years, which has been fun. Places like Area 23 really help to nurture it."

Andrew North & the Rangers will appear again in their Concord hometown later this year, at Penuche's Ale House on Friday, Oct. 22, and Area 23 on Friday, Nov. 5. 🍷

Andrew North & the Rangers

When: Thursday, Sept. 2, 8 p.m.

Where: Stone Church, 5 Granite St., Newmarket

Tickets: \$5 - more at facebook.com/andrewnorthandtherangers

Also appearing Saturday, Sept. 4, at Keene Music Festival in Downtown Keene - City Tire Stage, 7:15 p.m.

COMEDY THIS WEEK AND BEYOND

Venues

Averill House Winery

21 Averill Road, Brookline
371-2296, averillhousewinery.com

Chunky's

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

Curlies Comedy Club

61 N. Main St., Rochester
224-3022, revolutiontaproomandgrill.com

The Flying Monkey

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

Fulchino Vineyard

187 Pine Hill Road, Hollis
438-5984, fulchinovineyard.com

Hatbox Theatre

Steeplegate Mall, 270 Loudon Road, Concord
715-2315, hatboxnh.com

Kathleen Irish Pub

90 Lake St., Bristol
744-6336, kathleenirishpub.com

LaBelle Winery Derry

14 Route 111, Derry
672-9898, labellewinery.com

Rex Theatre

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

The Strand

20 Third St., Dover
343-1899, thestrandover.com

Tupelo Music Hall

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

Shows

• **Dueling Pianos with The Flying Ivories** LaBelle Winery Derry, Thursday, Sept. 2, 7:30 p.m.

• **Kerri Louise** Chunky's Manchester, Friday, Sept. 3, and Saturday, Sept. 4, 8:30 p.m.

• **Cottage Comedy** with Pete Andrews and more, Kathleen Irish Pub, Saturday, Sept. 4, 7 p.m.

• **Tupelo Night of Comedy with Robbie Printz, Jason Merrill and Jeff Koen** Tupelo, Saturday, Sept. 4, 8 p.m.

• **Comedy Uncorked:** Chris-

tine Hurley, Jerry Thornton & Pete Costello, Fulchino Vineyard, Friday, Sept. 10, doors open at 6 p.m.

• **Jim Colliton** Rex Theatre, Friday, Sept. 10, 7:30 p.m.

• **Harrison Stebbins** Chunky's Manchester, Saturday, Sept. 11, 8:30 p.m.

• **Drew Dunn** Chunky's Nashua, Saturday, Sept. 11, 8:30 p.m.

• **Life's a Drag 21+ Show** Chunky's Pelham, Saturday, Sept. 11, 9 p.m.

• **Jamie Kaler** Rex Theatre, Friday, Sept. 17, 7:30 p.m.



MUSIC THIS WEEK

Alton Bay Dockside Restaurant 6 East Side Drive 855-2222	Brookline The Alamo Texas Bar- becue & Tequila Bar 99 Route 13 721-5000	Courtyard by Marriott Concord 70 Constitution Ave.	Contoocook Gould Hill Farm & Contoocook Cider Co. 656 Gould Hill Road 746-3811	Exeter Exeter Bandstand 10 Front St.	Bogie's 32 Depot Square 601-2319	McGuirk's Ocean View Restaurant & Lounge 95 Ocean Blvd.	Luk's Bar & Grill 142 Lowell Road 889-9900
Auburn Auburn Pitts 167 Rockingham Road 622-6564	Averill House Winery 21 Averill Road 371-2296	Hermanos Mexicana 11 Hills Ave. 224-5669	Deerfield The Lazy Lion 4 North Road	Exeter Elms Camp- ground 190 Court St. 778-7631	Community Oven 845 Lafayette Road 601-6311	Sea Ketch 127 Ocean Blvd. 926-0324	T-Bones 77 Lowell Road 882-6677
Bedford Copper Door 15 Leavy Dr. 488-2677	Canterbury Canterbury Shaker Village 288 Shaker Road 783-9511	Lithermans 126 Hall St., Unit B	Derry LaBelle Winery 14 Route 111 672-9898	Sawbelly Brewing 156 Epping Road 583-5080	CR's The Restaurant 287 Exeter Road 929-7972	Smuttynose Brewing 105 Towle Farm Road	Kingston Saddle Up Saloon 92 Route 125 369-6962
Murphy's Carriage House 393 Route 101 488-5875	Concord Area 23 State Street 881-9060	Penuche's Ale House 16 Bicentennial Square 228-9833	Deerfield The Lazy Lion 4 North Road	Sea Dog Brewery 9 Water St.	The Galley Hatch (Tino's Kitchen is upstairs) 325 Lafayette Road 926-6152	Wally's Pub 144 Ashworth Ave. 926-6954	Laconia Cactus Jack's 1182 Union Ave. 528-7800
T-Bones 169 S. River Road 623-7699	Cheers 17 Depot St. 228-0180	Shara Vineyards 82 Currier Road	Derry LaBelle Winery 14 Route 111 672-9898	Farmington Hawgs Pen 1114 Route 11 755-3301	The Goat 20 L St. 601-6928	WHYM Craft Pub & Brewery 853 Lafayette Road 601-2801	Fratello's 799 Union Ave. 528-2022
Bow Chen Yang Li 520 S. Bow St. 228-8508	Concord Craft Brew- ing 117 Storrs St. 856-7625	T-Bones 404 S. Main St. 715-1999	T-Bones 39 Crystal Ave. 434-3200	Gilford Patrick's 18 Weirs Road 293-0841	Hampton Beach Sea Shell Stage Events are on southern stage	Henniker Pats Peak Sled Pub 24 Flanders Road 888-728-7732	High Octane Saloon 1072 Watson Road 527-8116
		Epping Popovers at Brickyard Square 11 Brickyard Square 734-4724	Goffstown Village Trestle 25 Main St. 497-8230		L Street Tavern 603 17 L St. 967-4777	Hooksett Big Kahunas Smoke- house 1158 Hooksett Road 935-7500	Naswa Resort 1086 Weirs Blvd. 366-4341
		Tandy's Pub & Grille 1 Eagle Square 856-7614	Hampton Bernie's Beach Bar 73 Ocean Blvd. 926-5050		Logan's Run 816 Lafayette Road 926-4343	Hudson The Bar 2B Burnham Road	T-Bones 1182 Union Ave. 528-7800
			Telly's Restaurant & Pizzeria 235 Calef Hwy. 679-8225				The Wreck Yard 322 Lakeside Ave.

Thursday, Sept. 2

Auburn
Auburn Pitts: open mic jam, 6:30 p.m.

Bedford
Copper Door: Chad LaMarsh, 7 p.m.
Murphy's: Justin Jordan, 5:30 p.m.
T-Bones: Phil Jakes, 6 p.m.

Concord
Area 23: DJ Lance Drops the Bass, 8 p.m.
Cheers: Gabby Martin, 6 p.m.
Hermanos: Craig Fahey, 6:30 p.m.
Penuche's: open mic night w/ Brian Burnout, 8 p.m.
T-Bones: Jon-Paul Royer, 6 p.m.

Derry
LaBelle Winery: Dueling Pianos with the Flying Ivories, 7 p.m.
T-Bones: Bob Pratte, 6 p.m.

Epping
Tellys: Clint Lapointe, 7 p.m.

Exeter
Sea Dog: Artty Francoeur, 5 p.m.

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

Hampton
Bernie's: Julian Marley w/ Mighty Mystic and Jah Sun & the Rising Tide, 7 p.m.; LuFFKid, 7 p.m.
CR's: Dog Fathers (guitar), 6 p.m.
McGuirk's: Sean Buckley, 8 p.m.
Sea Shell Stage: Angela West & Showdown (country), 7 p.m. & 8:30 p.m.
Smuttynose: Jonny Friday Duo, 6:30 p.m.
Wally's: Highway Souls, 9 p.m.
WHYM: music bingo, 6 p.m.

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

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

Laconia
Fratello's: Ted Solovicos, 6 p.m.
T-Bones: Eric Grant, 6 p.m.

Londonderry
Stumble Inn: Mugsy Duo, 7 p.m.

Manchester
Cactus Jack's: Ryan Bosse, 6 p.m.
Crown Tavern: live music, 5 p.m.

Currier: Alli Beaudry, 5 p.m.
Derryfield: D-Comp, 6 p.m.
Firefly: Chris Powers, 6 p.m.
Fratello's: Chris Gardner, 5:30 p.m.
Murphy's: Jennifer Mitchell, 5:30 p.m.
Stark Brewing: open mic, 7 p.m.

Mason
Marty's: Swipe Left, 6 p.m.

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

Merrimack
Homestead: Doug Thompson, 6 p.m.

Milford
Stonecutters Pub: Blues Therapy, 8 p.m.

Nashua
Fratello's: Austin McCarthy, 5:30 p.m.

Newmarket
Stone Church: Andrew North & The Rangers, 8 p.m.

Portsmouth
Clipper Tavern: Redemption, 2 p.m.
Gas Light: Chris Lester, 7:30 p.m.
The Goat: Isaiah Bennett, 9 p.m.

Rochester
Governors Inn: Dancing Madly Backwards, 8 p.m.
Mitchell BBQ: Game Time Trivia, 6 p.m.

Salem
Copper Door: Maddi Ryan, 7 p.m.
Smuttynose: Fred Ellsworth, 6 p.m.

Seabrook
Red's: Francoix Simard, 7 p.m.

Windham
Old School: All Day Fire, 6 p.m.

Friday, Sept. 3

Auburn
Auburn Pitts: live music, 7 p.m.

Bedford
Copper Door: Chris Fraga, 7 p.m.
Murphy's: D-Comp, 7:30 p.m.
T-Bones: Chris Lester, 6 p.m.

Brookline
Alamo: live music, 4:30 p.m.

Concord
Area 23: EXP Band, 8 p.m.
Cheers: team trivia, 8:30 p.m.
Shara Vineyards: Zak Trojano, 6 p.m.
T-Bones: Sean Coleman, 6 p.m.

Deerfield
Lazy Lion: Sweet Omotion, 7 p.m.

Derry
T-Bones: Jodee Frawlee, 6 p.m.

Epping
Popovers: Chris O'Neill, 5 p.m.
Telly's: Erika Von Pelt Duo, 8 p.m.

Exeter
Exeter Bandstand: RockSpring, 4:30 p.m.

Gilford
Patrick's: Colin Hart, 6 p.m.

Goffstown
Village Trestle: Rose Kula, 6 p.m.

Hampton
Bernie's: LuFFKid, 8 p.m.; 7 Day Weekend, 8 p.m.
CR's: Vic Paul (piano), 6 p.m.
The Goat: Rob Pagnano, 9 p.m.
L Street: Max Sullivan, 7 p.m.
McGuirk's: Redemption, 2 p.m.; Sean Buckley & Kieran McNally, 8 p.m.
Sea Ketch: Austin McCarthy, 1 p.m.
Sea Shell Stage: Good Stuff Band, 7 p.m. & 8:30 p.m.
Smuttynose: Frenzie, 6 p.m.
Wally's: The 1999, 9 p.m.
WHYM: Chris Powers, 6:30 p.m.

Henniker
Pats Peak: Mikey G, 5:30 p.m.

Hooksett
Big Kahunas: Pete Massa, 5 p.m.

Hudson
T-Bones: Malcolm Salls, 6 p.m.

Laconia
Fratello's: Paul Warnick, 6 p.m.
Naswa: DJ Terry, 4:30 p.m.
T-Bones: Ralph Allen, 6 p.m.

Londonderry
Coach Stop: Joe McDonald, 6 p.m.
Game Changer: Jam Duo
Stumble Inn: Rob & Jody, 7 p.m.

Manchester
Backyard Brewery: Tim Kierstead, 6 p.m.
Bonfire: Isaiah Bennett, 8 p.m.
Cactus Jack's: Dave Zangri, 6 p.m.

Cercle National Club: Maddi Ryan, 7 p.m.
Derryfield: Jonny Friday Duo, 7 p.m.; Jordan & Clint, 9 p.m.
Firefly: Joanie Cicutelli, 6 p.m.
The Foundry: Dwayne Haggins, 6 p.m.
Fratello's: Jeff Mrozek, 5:30 p.m.
Murphy's: Everett Pendleton, 5 p.m.; Dis N Dat Reggae Band, 9:30 p.m.
South Side Tavern: Cox Karaoke, 9 p.m.
Stark Brewing: karaoke with DJ Paul Roy, 7 p.m.
Strange Brew: Town & Country

Meredith
Twin Barns: April Cushman, 6 p.m.

Milford
Pasta Loft: Bush League, 8 p.m.

Newmarket
Stone Church: John 'Papa' Gros Funk, 9 p.m.

Northfield
Boonedoxz Pub: karaoke night, 7 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. Get your gigs listed by sending information to music@hippopress.com.

Londonderry Coach Stop Restaurant & Tavern 176 Mammoth Road 437-2022	CJ's 782 S. Willow St. 627-8600	KC's Rib Shack 837 Second St. 627-RIBS	Twin Barns Brewing 194 Daniel Webster Hwy. 279-0876	Boston Billiards 55 Northeastern Blvd. 943-5630	Pittsfield Main Street Grill & Bar 32 Main St. 435-0005	Thirsty Moose Tap-house 21 Congress St. 427-8645	Seabrook Chop Shop Pub 920 Lafayette Road 760-7706
Game Changer Bar & Grill 4 Orchard View 216-1396	Cercle National Club 550 Rockland Ave. 623-8243	McIntyre Ski Area 50 Chalet Ct. 622-6159	Merrimack Homestead 641 Daniel Webster Hwy. 429-2022	Fratello's Italian Grille 194 Main St. 889-2022	Plaistow The Crow's Nest 181 Plaistow Road	Rochester Governor's Inn 78 Wakefield St. 332-0107	Red's Kitchen + Tavern 530 Lafayette Road 760-0030
603 Brewery & Beer Hall 42 Main St. 404-6123	Crown Tavern 99 Hanover St. 218-3132	Murphy's Taproom 494 Elm St. 644-3535	Milford Fuel 167 Union Square 554-0646	Millyard Brewery 25 E. Otterson St. 722-0104	Portsmouth Clipper Tavern 75 Pleasant St. 501-0109	Mitchell Hill BBQ Grill & Brew 50 N. Main St. 332-2537	Somersworth The SpeakEasy Bar 2 Main St.
7-20-4 Lounge at Twins Smokeshop 80 Perkins Road 421-0242	Currier Museum of Art 150 Ash St. 669-6144	South Side Tavern 1279 S. Willow St. 935-9947	The Hills 50 Emerson Road 673-7123	New Boston Common 7 Meetinghouse Hill Road	Cup of Joe 31 Market St. 294-9404	Porter's Pub 19 Hanson St. 330-1964	Stratham 110 Grill 19 Portsmouth Ave. 777-5110
Stumble Inn 20 Rockingham Road 432-3210	Derryfield Country Club 625 Mammoth Road 623-2880	Stark Brewing Co. 500 Commercial St. 625-4444	The Riverhouse Cafe 167 Union Square 249-5556	Molly's Tavern & Restaurant 35 Mont Vernon Road 487-1362	The Gas Light 64 Market St. 430-9122	Radloff's Cigar Shop 38 N. Main St. 948-1073	Tailgate Tavern 28 Portsmouth Ave. 580-2294
Manchester Backyard Brewery 1211 S. Mammoth Road 623-3545	Firefly 21 Concord St. 935-9740	Stark Park Bandstand River Road	The Pasta Loft 241 Union Square 672-2270	Newmarket Schanda Park off Creighton Street	Gibb's Garage Bar 3612 Lafayette Road	Revolution Tap Room 61 N. Main St. 244-3022	Warner Cafe One East 1 E. Main St.
Bonfire 950 Elm St. 663-7678	The Foundry 50 Commercial St. 836-1925	Mason Marty's Driving Range 96 Old Turnpike Road 878-1324	Stonecutters Pub 63 Union Square 213-5979	Stone Church 5 Granite St. 659-7700	The Goat 142 Congress St. 590-4628	Salem Copper Door 41 S. Broadway 458-2033	Windham Old School Bar & Grill 49 Range Road 458-6051
	Fratello's 155 Dow St. 624-2022	Meredith Hart's Turkey Farm 223 Daniel Webster Hwy. 279-6212	Nashua Bistro 603 345 Amherst St. 722-6362	Northfield Boonedoxz Pub 95 Park St. 717-8267	The Staley Bar & Grill 238 Deer St. 431-4357	T-Bones 311 South Broadway 893-3444	

Portsmouth
Gas Light: The Redemption Band, 7 p.m.; Matt Luneau, 7:30 p.m.
Gibb's Garage Bar: trivia, 8 p.m.
The Goat: Chris Toler, 9 p.m.
Thirsty Moose: Vere Hill, 9 p.m.; The Limit, 9 p.m.

Rochester
Governors Inn: The Texas Pete Band, 8 p.m.

Salem
Copper Door: Phil Jakes, 7 p.m.
Smuttynose: Jim Devlin Band, 6 p.m.

Seabrook
Chop Shop: Tapedeck Heroez, 7 p.m.
Red's: Redemption, 8 p.m.

Stratham
Tailgate Tavern: Elijah Clark, 7 p.m.

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

Saturday, Sept. 4
Alton Bay
Dockside: live music, 8 p.m.

Bedford
Copper Door: Jodee Frawlee, 7 p.m.
Murphy's: April Cushman, 7:30 p.m.
T-Bones: Andrew Geano, 6 p.m.

Bow
Chen Yang Li: Malcolm Salls, 7 p.m.

Brookline
Alamo: live music, 4:30 p.m.

Concord
Area 23: Masceo, 8 p.m.
Concord Craft Brewing: Alex Cohen, 4 p.m.
Hermanos: MB Padfield, 1 p.m.; Chris Toler, 1 p.m.; LuFFKId, 8 p.m.
T-Bones: David Corson, 6 p.m.

Contoocook
Farmers Market: Mary Fagan, 9 a.m.
Gould Hill Farm: Amanda Adams, 1 p.m.
Hopkinton Fair: Nicole Knox Murphy, 11 a.m.

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

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

Epping
Telly's: Rob & Jody, 8 p.m.

Exeter
Exeter Elms Campground: Leaving Eden, 7 p.m.
Sawbelly: Chad Verbeck, 1 p.m.

Gilford
Patrick's: John Irish, 4 p.m.

Goffstown
Village Trestle: Chris Lester, 6 p.m.

Hampton
Bogie's: Redemption, 3 p.m.
The Goat: Chase Jobe, 9 p.m.
McGuirk's: Mason Brothers, 1 p.m.; Pop Farmer, 7:30 p.m. (Back Hideaway)
Sea Ketch: Alex Roy, 1 p.m., Justin Jordan, 8 p.m.
Sea Shell Stage: Cirque Du Hampton Beach, 7 p.m.
Smuttynose: Pete Peterson, 1 p.m.; Dancing Madly Backwards, 6:30 p.m.
Wally's: Legends of Summer, 9 p.m.
WHYM: Austin McCarthy, 6:30 p.m.

Hudson
T-Bones: Ralph Allen, 6 p.m.

Laconia
Fratello's: Henry LaLiberte, 6 p.m.
Naswa: DJ Terry, 4 p.m.; Marlena Phillips, 6 p.m.
T-Bones: Rebecca Turmel, 6 p.m.

Londonderry
Coach Stop: Joe Winslow, 6 p.m.
Common: Brian Maes Band, 5 p.m.
Stumble Inn: Sunday Ave, 7 p.m.

Manchester
Backyard Brewery: Ryan Williamson, 6 p.m.
Bonfire: Cashwood
Cactus Jack's: Phil Jakes, 6 p.m.
Derryfield: Jordan & Byron, 7 p.m.; J-Lo, 9 p.m.
Firefly: Matt Luneau, 6 p.m.
The Foundry: Kimayo, 6 p.m.

Fratello's: live music, 5:30 p.m.
Great North Aleworks: Max Sullivan, 3 p.m.
Murphy's: Pete Massa, 5 p.m.; Str8 Down, 9:30 p.m.
Strange Brew: 2120 S. Michigan Ave, 9 p.m.

Mason
Marty's: Senie Hunt, 7 p.m.

Milford
Pasta Loft: Heather Anne & Eric G, 8 p.m.

Nashua
Millyard Brewery: Caribbean Vibes with Jermaine, 4 p.m.

Portsmouth
Gas Light: Joanie Cicatelli, 2 p.m.; Max Sullivan 7:30 p.m.
Thirsty Moose: Midnight Sound Society, 9 p.m.

Rochester
Governor's Inn: live music, 8 p.m.

Salem
Copper Door: Lou Antonucci, 7 p.m.
Smuttynose: Best Not Broken, 6 p.m.

Seabrook
Red's: Lisa Love, 8 p.m.

Somersworth
Speakeasy: karaoke, 7 p.m.

Windham
Old School: Vere Hill, 6 p.m.

Sunday, Sept. 5
Alton Bay
Dockside: live music, 4 p.m.

Auburn
Auburn Pitts: live music, 2 p.m.

Bedford
Copper Door: Phil Jakes, 11 a.m.
Murphy's: Rebecca Turmel, 4 p.m.

Brookline
Alamo: live music, 4:30 p.m.
Averill House: Heat, 1 p.m.

Canterbury
Shaker Village: Peabody's Coal Train, 4 p.m.

Concord
Area 23: Dank Fest, 5 p.m.
Cheers: Chris Fraga, 5 p.m.

Contoocook
Gould Hill Farm: Ryan Williamson, 1 p.m.
Hopkinton Fair: Nicole Knox Murphy, 11 a.m.

Gilford
Patrick's: live music, 4 p.m.

Goffstown
Village Trestle: Jeff Mitchell, 3:30 p.m.

Hampton
Bernie's: Badfish, 8 p.m.
CR's: Clandestine (sax & bass), 4 p.m.
Sea Shell Stage: Finals, The Continentals, 7 p.m. & 8:30 p.m.

Smuttynose: Dan Walker Band, 1 p.m.; Mica Peterson, 5:30 p.m.
Wally's: Over the Bridge Duo, 8 p.m.
WHYM: Jessica Olson, noon

Kingston
Saddle Up Saloon: video music bingo, 5 p.m.

Laconia
Fratello's: Chris Powers, 6 p.m.
Naswa: DJ Terry, 3 p.m.; Marlena Phillips, 6 p.m.

Londonderry
Stumble Inn: Malcolm Salls Duo, 5 p.m.

Manchester
Cercle National Club: Henry LaLiberte, 2:30p.m.
Derryfield: Chad Lamarsh, 5 p.m.
Murphy's: Craig LaGrassa, noon; Abrielle Scharff, 5:30 p.m.
Strange Brew: David Rousseau, 4 p.m.; jam, 7 p.m.

Milford
Riverhouse Café: Kaylee Federmann, 11 a.m.

Nashua
Millyard Brewery: Hunter Stamas, 4 p.m.

Newmarket
The Stone Church: Once an Outlaw's Wild Ride, 7 p.m.

Northfield
Boonedoxz Pub: open mic, 4 p.m.

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NITE MUSIC THIS WEEK

Portsmouth

Cup of Joe: Max Sullivan, noon
Gas Light: Austim McCarthy, 12:30 p.m.; Lewis Goodwin, 6 p.m.
The Goat: Rob Pagnano, 9 p.m.
Grill 28: The Honey Bees w/ Truffle, 5 p.m.

Rochester

Grill 110: Max Sullivan, 5 p.m.

Salem

Copper Door: Steve Aubert, 11 a.m.
Smuttynose: Duppy Conquerors, noon; Brandon Daniel, 4 p.m.

Seabrook

Red's: Jay Psaros Duo, 7 p.m.

Windham

Old School Bar: Boss & the Sauce, 3 p.m.

Monday, Sept. 6

Bedford

Murphy's: Justin Cohn, 5:30 p.m.

Concord

Tandy's: trivia night, 7 p.m.

Contoocook

Hopkinton Fair: Nicole Knox Murphy, 11 a.m.

Deerfield

Lazy Lion: trivia night, 7 p.m.

Hampton

Bernie's: MB Padfield, 7 p.m.
The Goat: Maddie Ryan, 9 p.m.
Sea Shell Stage: The Reminisants, 7 p.m. & 8:30 p.m.

Hudson

The Bar: Karaoke with Phil

Gilford

Patrick's Pub: open mic w/ Paul Luff, 6 p.m.

Laconia

Fratello's: Paul Warnick, 6 p.m.
Naswa: Bob Pratte, 4 p.m.

Londonderry

Stumble Inn: Pete Peterson, 5 p.m.

Manchester

Fratello's: Phil Jakes, 5:30 p.m.

Merrimack

Homestead: Chris Cavanaugh, 6 p.m.

Nashua

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

Plaistow

Crow's Nest: trivia night, 8 p.m.

Portsmouth

Gas Light Deck: Tim Theriault, 7:30 p.m.
The Goat: Musical Bingo Nation, 7 p.m.; Alex Anthony, 9 p.m.

Seabrook

Red's: trivia w/ DJ Zati, 9 p.m.

Windham

Old School: Whiskey 6, 3 p.m.

Tuesday, Sept. 7

Concord

Area 23: trivia, 7 p.m.
Hermanos: Scott Solsky, 6:30 p.m.
Tandy's: open mic night, 8 p.m.

Hampton

Goat: Max Sullivan, 7:30 p.m.

Shane's: music bingo, 7 p.m.
Wally's: Musical Bingo Nation, 7:30 p.m.

Laconia

Fratello's: live music, 6 p.m.

Londonderry

Stumble Inn: Clint Lapoint, 5 p.m.

Manchester

Fratello's: Austin McCarthy, 5:30 p.m.
Murphy's: Gabby Martin, 5:30 p.m.
Stark Brewing: open mic w/ Brian M & Chad Verbeck, 7 p.m.

Merrimack

Homestead: Jae Mannion, 6 p.m.

Nashua

Fratello's: Sean Coleman, 5:30 p.m.
Peddler's Daughter: trivia night, 8:30 p.m.

Portsmouth

Gas Light: Matt Langley, 7:30 p.m.
The Goat: Isaiah Bennett, 9 p.m.

Stratham

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

Wednesday, Sept. 8

Bedford

Murphy's: Pete Peterson, 5:30 p.m.

Concord

Area 23: open mic night, 7 p.m.
Hermanos: State Street Combo, 6:30 p.m.
Tandy's: karaoke, 8 p.m.

Epping

Popovers: team trivia night, 6:30 p.m.

Hampton

Community Oven: Game Time Trivia, 6 p.m.
The Goat: Isaiah Bennett, 9 p.m.
McGuirk's: Sean Buckley, 8 p.m.
The Smuttynose: trivia, 6 p.m.; Max Sullivan, 6 p.m.
Wally's: live band karaoke, 8:30 p.m.

Hudson

The Bar: Trivia w/ Chris

Kingston

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

Laconia

Fratello's: live music, 6 p.m.

Londonderry

Stumble Inn: Alex Roy, 5 p.m.

Manchester

Derryfield: Chris Powers, 6 p.m.
Fratello's: Chris Lester, 5:30 p.m.
Murphy's: Jordan Quinn Duo, 5:30 p.m.
Stark Brewing: Cox Karaoke, 8 p.m.
Strange Brew: open mic w/ Howard & Mike

Merrimack

Homestead: Ralph Allen, 6 p.m.

Milford

Stonecutters: open mic, 8 p.m.

Nashua

Fratello's: Chris Cavanaugh, 5:30 p.m.

Millyard Brewery: trivia night, 7 p.m.

New Market

Stone Church: Derek Russell Fimbel Trio, 7 p.m.

Pittsfield

Main Street Grill & Bar: trivia, 6:30 p.m.

Portsmouth

Gas Light: Sean McCarthy, 7:30 p.m.
The Goat: Rob Pagnano, 9 p.m.
Thirsty Moose: Game Time Trivia, 7 p.m.

Rochester

Governors Inn: live music, 8 p.m.
Porter's: karaoke night, 6:30 p.m.

Seabrook

Red's: Francix Simard, 7 p.m.

Somerset

Speakeasy: open mic night, 7 p.m.

Thursday, Sept. 9

Auburn

Auburn Pitts: open mic jam, 6:30 p.m.

Bedford

Copper Door: Chis Lester, 7 p.m.
Murphy's: April Cushman, 5:30 p.m.
T-Bones: Jodee Frawlee, 6 p.m.

Concord

Area 23: Drum Circle, 7 p.m.
Cheers: Ryan Bossie, 6 p.m.
Hermanos: State Street Combo, 6:30 p.m.

Penuche's: open mic night w/ Brian Burnout, 8 p.m.

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

Derry

T-Bones: Joanie Cicatelli, 6 p.m.

Epping

Tellys: Austin McCarthy, 7 p.m.

Exeter

Sea Dog: Arty Francoeur, 5 p.m.

Goffstown

Village Trestle: Chris Perkins, 6 p.m.

Hampton

CR's: Rico Barr Duo (piano & percussion), 6 p.m.
The Goat: Mike Forgette, 9 p.m.
McGuirk's: Sean Buckley, 8 p.m.
Smuttynose: Troy & Luneau, 6 p.m.
WHYM: music bingo, 6 p.m.

Hudson

T-Bones: Josh Foster, 6 p.m.

Kingston

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

Laconia

Fratello's: Ted Solovicos, 6 p.m.
T-Bones: Rory Scott, 6 p.m.

Londonderry

Stumble Inn: Mugsy Duo, 7 p.m.

Manchester

Cactus Jack's: Corinna Savlen, 6 p.m.
Crown Tavern: live music, 5 p.m.
Currier: Paul Nelson, 5 p.m.

Concerts

Venues

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

Bank of NH Pavilion

72 Meadowbrook Lane, Gilford
293-4700, banknhpavilion.com

Bank of NH Stage in Concord

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

Capitol Center for the Arts

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

The Flying Monkey

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

Fulchino Vineyard

187 Pine Hill Road, Hollis
438-5984, fulchinovineyard.com

Granit

e State Music Hall

546 Main St., Laconia
granitstatemusic hall.com

Hampton Beach Casino Ballroom

169 Ocean Blvd., Hampton Beach
929-4100, casinoballroom.com

Headliners

Headlinerscomedyclub.com

Jewel Music Venue

61 Canal St., Manchester
819-9336, jewelmusicvenue.com

LaBelle Winery Derry

14 Route 111, Derry
672-9898, labellewinery.com

Lakeport Opera House

781 Union Ave., Laconia
519-7506, lakeportopera.com

The Loft

131 Congress St., Portsmouth
436-2400, themusic hall.org

The Music Hall

28 Chestnut St., Portsmouth
436-2400, themusic hall.org

Northlands

247 Monadnock Hwy., Swanzey
northlandslive.com

Palace Theatre

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

Rex Theatre

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

Stone Church

5 Granite St., Newmarket
659-7700, stonechurchrocks.com

The Strand

20 Third St., Dover
343-1899, thestrandover.com

Tupelo Music Hall

10 A St., Derry
437-5100, tupelomusic hall.com

The Word Barn

66 Newfields Road, Exeter
244-0202, thewordbarn.com

Shows

Bella White and the Old Hat Stringband Thursday, Sept. 2, 7

p.m., Word Barn

Dueling Pianos with the Flying Ivories Thursday, Sept. 2, 7:30 p.m., LaBelle Winery Derry
Brit Floyd (a Pink Floyd show) Thursday, Sept. 2, 8 p.m., Casino Ballroom
A Night of Sinatra with Rich DiMare Friday, Sept. 3, 6 & 8 p.m., Music Hall
Alanis Morissette with Garbage and Liz Phair, Friday, Sept. 3, 7 p.m., Bank of NH Pavilion
33% Live's Killer Queen Experience Friday, Sept. 3, 8 p.m., Tupelo
Mica's Groove Train Friday, Sept. 3, 8 p.m., The Strand
Fitz and the Tantrums Friday, Sept. 3, 8 p.m., Casino Ballroom
Sooan & David Starfire with Hiram, Fermented Beats featuring Hennessy Sound by 767 Audio Friday, Sept. 3, 8 p.m., Jewel
Sinatra tribute artists Chris Jason & Joelle Righetti Saturday, Sept. 4, 5 p.m., Fulchino
Toby Keith with Matt Stell and Laine Hardy Saturday, Sept. 4, 7 p.m., Bank of NH Pavilion

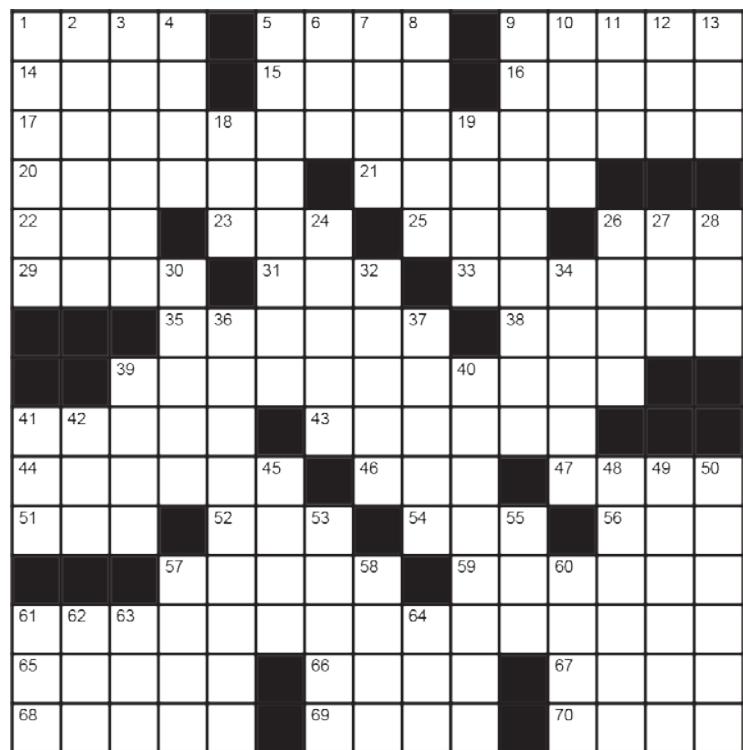
Shredocalypse 2021: Immortal Guardian & Paladin Saturday, Sept. 4, 7 p.m., Jewel
Cheap Trick Saturday, Sept. 4, 8 p.m., Casino Ballroom
Hiss Golden Messenger Sunday, Sept. 5, 4 & 7 p.m., Word Barn
Dead Archer presents Wednesday, Sept. 8, 7 p.m., Stone Church
Sons of Serendip Wednesday, Sept. 8, 7:30 p.m., Cap Center
Scotty McCreery Thursday, Sept. 9, 8 p.m., Casino Ballroom
Willie Nelson & Family, Sturgill Simpson, Gov't Mule, Margo Prince Friday, Sept. 10, 5 p.m., Bank of NH Pavilion
Dead Gowns and Izzy Heltai Friday, Sept. 10, 7 p.m., Word Barn
LeAnn Rimes Friday, Sept. 10, 8 p.m., Tupelo
Carbon Leaf — The Hunting Ground Tour Friday, Sept. 10, 8 p.m., Bank of NH Stage in Concord
Kittel & Co. Friday, Sept. 10, 8 p.m., Music Hall
Neighbor Saturday, Sept. 11, 6 p.m., Stone Church



Alanis Morissette

Susan Werner Saturday, Sept. 11, 7:30 p.m., Rex Theatre
The Machine Saturday, Sept. 11, 7:30 p.m., Flying Monkey
Blue Oyster Cult Saturday, Sept. 11, 8 p.m., Tupelo
Cold Chocolate Sunday, Sept. 12, 3 p.m., Cap Center Music in the Park Series at Fletcher-Murphy Park (livestream also available)
Lindsey Buckingham Sunday, Sept. 12, 7:30 p.m., Music Hall
Dead Archer presents Wednesday, Sept. 15, 7 p.m., Stone Church
Gordon Lightfoot: 80 Years Strong Tour Wednesday, Sept. 15, 8 p.m., Music Hall

COME ON, COME ON MOVE A LITTLE CLOSER



Down

1. Mouth might get one in the mosh pit (3,3)
2. Macy Gray "I try to say goodbye and ___" (1,5)
3. Jack Johnson hitched his boat "To ___" (3,3)
4. Adjusts levels or does this
5. Bob Seger classic "They love ___" (3,5)
6. "___ got the time if you've got the inclination" Phish
7. Iron Maiden "___ Of The Dark"
8. Dead Or Alive was over their head w/ "___ Deep" (2,3)
9. Van Halen song about Netherlands capital, perhaps
10. 'Live Taste' Gallagher
11. Rob Derhak jam band
12. Historic time period in music is called this
13. Singer Shannon
18. Wardrobe's fashion line
19. '01 Slipknot state-named album
24. What tourists do
26. Old timer may use this word for a pretty girl at show
27. "Each time ___ just the thought of you makes me stop before I begin" (1,2)
28. Steely ___
30. Josh Rouse song for Christmas?
32. '97 Faith No More song 'She Loves ___' (2,3)
34. James Brown saxist Parker
36. A rocker's right hand person
37. Authors org.
39. Some have gaping hole in this ear part
40. Warren Zevon "___ Pitiful Me" (4,4)

41. TV network-owned record company
42. 'Put Your Records On' Corinne Bailey
45. Counting Crows "___ On The Ledge"
48. '01 posthumous Carpenters album "___ Goes By"
49. Prodigy "___ Of The Land" (3,3)
50. '05 My Chemical Romance hit
53. 3-note chord
55. Bonehead interviewee
57. Counting Crows "Can't ___ thinking

- 'bout it"
 58. Songwriter paper scribble or this
 60. 'Dynamite Monster Boogie Concert' Raging ___
 61. Neil Diamond "___ Believer" (2,1)
 62. Crue 'Dont' Go Away ___ (Just Go Away)
 63. Sheryl Crow 'Everyday ___ Wind-ing Road' (2,1)
 64. 'Boyz-N-The-Hood' rappers
- © 2020 Todd Santos

Across

1. Stone Gossard track he plays for his tailor when snug?
5. Pop punkers American ___ (hyph)
9. Def Leppard has a one-___ drummer
14. Hurting James Carrington song?
15. Air Supply "___ The Nights Are Better"
16. Shimon of Sick Puppies
17. Chevelle "So lay down, ___" (3,6,2,4)
20. Poorly selling bands are cut off and considered these
21. John Mellancamp "___ Toot Toot"
22. Turner that sang w/Tina that sang w/ Bryan Adams
23. Iconic music video channel
25. Alanis Morissette "You ___ Me Nothing In Return"
26. "___ It In A Minute" Hall And Oates
29. 'The E.N.D.' Black Eyed ___
31. Bell Biv DeVoe jumped 'Above The ___' when dunking
33. 'I See You Baby' band Groove ___
35. Beck song that makes you sick?
38. Gorillaz' Albarn
39. '02 Aimee Mann album for a late 60s sci-fi show? (4,2,25)
41. Adam Duritz band Counting ___
43. '02 Mudvayne album 'The End Of All Things ___' (2,4)
44. Prince "___ A Star" (4,2)
46. Rick Springfield 'The Power Of Love (The ___ Of Love)'
47. Member pledge or this to make it
51. Mariah Carey "You'll finally ___ the truth that a hero lies in you"
52. 1st or 2nd group of songs
54. Not an amateur
56. Tim McGraw "___ Never Lets It Go To Her Heart"
57. Rocker interviewer Howard
59. 'Paint ___ Princess' Silverchair
61. '01 REM 'Reveal' song (9,2,4)
65. 'Feelin' Alright' writer Dave

66. The Moments 'Love On ___-Way Street' (1,3)
67. Ben Harper hated homelessness with 'Give ___ A Home' (1,3)
68. What labels must do with pop culture changes
69. TV On The Radio wrote a letter q/' ___ Science'
70. VHS Or ___

WORD★Roundup™

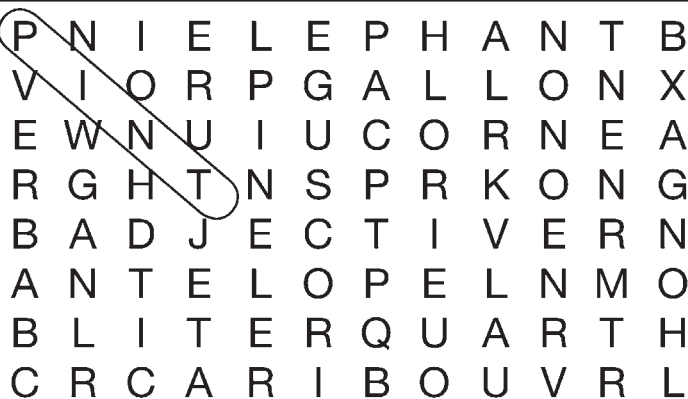
by David L. Hoyt & Jeff Knurek

Find and Circle...

- Four units of volume
- Three parts of the eye
- Three three-syllable mammals
- Three parts of speech
- Populous Asian city: _____

Last Week's Answers: e: GALLON TALLER SELLER WALLET WILLOW COLLIE ALLY / GALAXY PLANET ORBIT MOON STAR / AFRICA EUROPE / WEST / HIGH

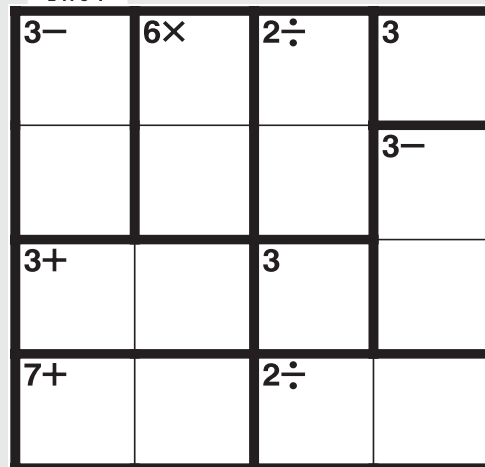
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KENKEN

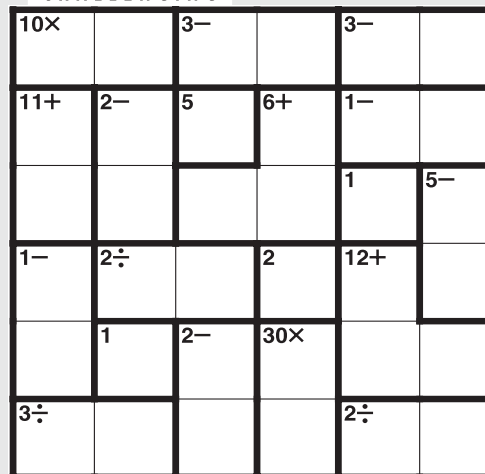
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CHALLENGING



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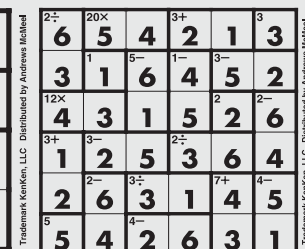
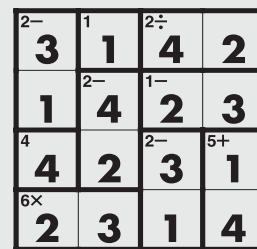
RULES

- 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



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“Locked In” — in memory of comedian Sean Lock

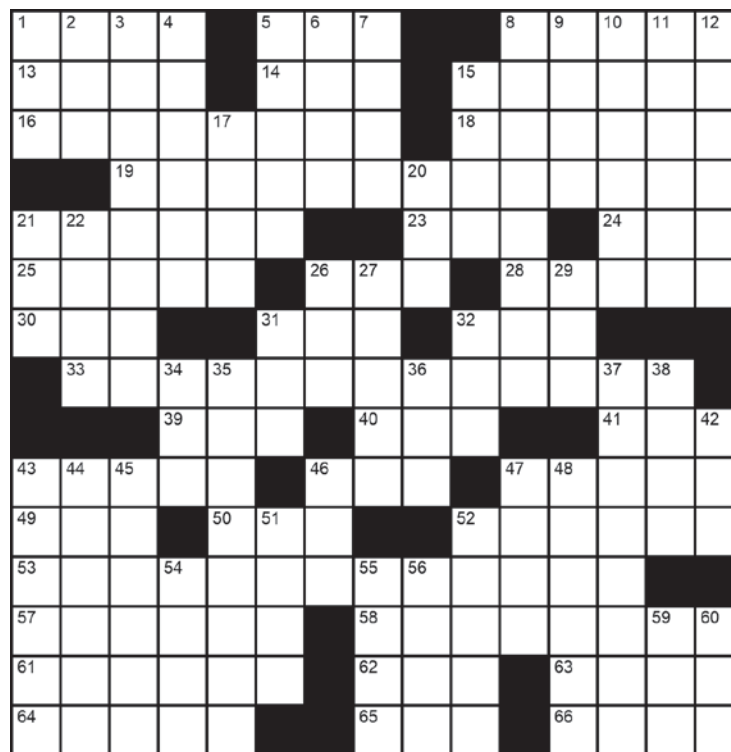
Across

- 1 The “T” of MIT, briefly
- 5 Close friend
- 8 Lumps of dirt
- 13 Cream-filled Hostess cake
- 14 2016 Olympics locale
- 15 Bucks
- 16 Question presented by Jimmy Carr that starts “If you could change ...”, part 1
- 18 Grandmother, in Guatemala
- 19 Question, part 2
- 21 Daily news sources, still
- 23 Traveling through
- 24 Back muscle, for short
- 25 Crossword constructions
- 26 Singer ___ Lipa
- 28 Rap duo Kris ___
- 30 Plea at sea
- 31 Comedian’s asset
- 32 Kung ___ beef
- 33 Question, part 3
- 39 4, on a phone
- 40 Soccer official
- 41 Spheroid
- 43 “Finding Dory” actor Willem
- 46 “CSI” evidence
- 47 Hindu title of respect
- 49 Cockney’s residence?
- 50 Improvise with the band
- 52 Rocky’s surname
- 53 Pithy response from Sean

Down

- 1 Despite, in poetry
- 2 Long, long, long time
- 3 Not too hard on the wallet
- 4 Place with a lot of activity
- 5 Hybrid hatchback
- 6 It just isn’t ... “isn’t”
- 7 Sluggish
- 8 2018 series spun off from “The Karate Kid”
- 9 Reed and Bega, for two
- 10 Palindromically titled 1976 album with “Evil Woman”
- 11 Southfork Ranch setting
- 12 Elevator passageways
- 15 The Rock, in “Moana”
- 17 ___ d’oeuvres
- 20 IVF eggs
- 21 Family-friendly film ratings
- 22 Three in ___ (tic-tac-toe win)
- 26 Metal singer Ronnie James ___

- 27 Mid-road maneuver
- 29 Go bad
- 31 “1917” backdrop
- 32 Adobe file format
- 34 Earlier
- 35 1989 Jack Nicholson role
- 36 “Back to the Future” actress Thompson
- 37 Canadian-born hockey legend
- 38 “Switch” attachment
- 42 South American slitherer
- 43 “___ that what you will”
- 44 Painter Modigliani
- 45 “___ that were in the mood” (“Vogue” line)
- 46 Driver’s lic. issuer
- 47 Big name in chemicals (and audio tapes and floppy disks, once)
- 48 Activist lawyer Gloria
- 51 Danny Pudi’s character on “Community”
- 52 It’s good in Puerto Rico
- 54 Zest of ___
- 55 “Unexpected ___ in bagging area”
- 56 Home of Xenia, Youngstown, and Zanesville
- 59 “Boyz N the Hood” actress Long
- 60 Demolition compound



R&R answer from pg 39 of 8/26

Jonesin’ answer from pg 40 of 8/26



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\$8 MARTINIS

Live Music 6-9pm
 Thurs, Sept. 2nd - Jeff Mrozek
 Fri, Sept. 3rd - Rose Kula
 Sat, Sept. 4th - Chris Lester

Sunday, 3:30-6:30
 Sept. 5th - Jeff Mitchell

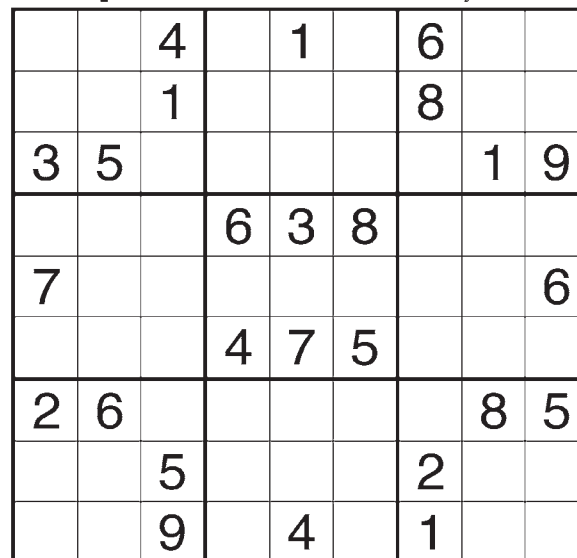
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NITE SUDOKU

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 41.

Conceptis Sudoku Puzzle A By Dave Green



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Difficulty Level ★★★★★

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SIGNS OF LIFE

All quotes are from *Keep It Simple*, by Terry Bradshaw, born Sept. 2, 1948.

Virgo (Aug. 23 – Sept. 22) *With my first week's pay I went down to the clothes store because they were having a sale on rayon short-sleeved shirts. ... They were selling for fifty cents, and I bought every one of them that fit me. That was my very first purchase. ... They were nice, too, right up until you wore them. Then they fell apart. Maybe just buy one.*

Libra (Sept. 23 – Oct. 22) *You know the expression dirt cheap? Well, dirt isn't cheap. Dirt can be expensive, and the more fertile the dirt the more it is going to cost. It's called soil.*

Scorpio (Oct. 23 – Nov. 21) *That part of my career that brought me the greatest pleasure were the years when we were building a great team. Position by position I could see the Steelers getting better and better, preparing to win. Build!*

Sagittarius (Nov. 22 – Dec. 21) *One night I went with some teammates to see the Ice Capades. The star of the show was JoJo Starbuck The first time I saw her I remember thinking, wow, look at that absolutely gorgeous girl skating. That feeling was pretty much the high point of our relationship. It needs to be a two-way street.*

Capricorn (Dec. 22 – Jan. 19) *I definitely wasn't the role model I wanted to be. ... Once, I remember, I got really furious at myself for throwing a stupid pass and started cursing myself out; then I got mad at myself for cursing, so I cursed myself for cursing. It was definitely confusing trying to figure out how I fit in the world. It takes time.*

Aquarius (Jan. 20 – Feb. 18) *People, you don't have to ride the Supreme Scream to make each day a little special. Just pop some popcorn or something.*

Pisces (Feb. 19 – March 20) *How did it feel to be picked by the worst team in pro football? ... It was fabu-*

lous. The worst team in pro football was still in pro football. Yep.

Aries (March 21 – April 19) *But I just threw the ball to the open man. And if the man wasn't quite as open as he needed to be, I scrambled a little bit and then just threw it to him a little harder. If it works, it works.*

Taurus (April 20 – May 20) *[T]here are few things in life that I enjoy more than being outside on a golf course with some good friends. The key thing for me is to not take it very seriously. Because if I did take it seriously it would drive me crazy. Key thing.*

Gemini (May 21 – June 20) *They have big shows where they select the best rose. The best rose? Maybe somebody can explain to me what does a bad rose look like? Smell the roses.*

Cancer (June 21 – July 22) *My rookie year would have made a great plot for a movie: A young, innocent man with a rocket throwing arm gets drafted by a pro football team stocked with grizzled veterans. Everyone has something to learn.*

Leo (July 23 – Aug. 22) *And there is no such thing as speed gardening. Quality, not speed.*

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 act indecisively (6)	_____
2 paper for streamers (5)	_____
3 pale hue (7)	_____
4 1970s British sitcom (8)	_____
5 clamps together, as teeth (5)	_____
6 lost fumble, say (8)	_____
7 Kevin of "Apollo 13" (5)	_____

GE	LE	AL	ID	WA
ME	GR	FF	CON	PO
OAT	TU	ITS	CRE	RR
OV	PE	BA	RN	ER

Last Week's Answers: 1. CLEMENS 2. WAGNER 3. MUSIAL 4. JACKSON 5. THOMAS 6. WILLIAMS 7. RUTH

Sudoku Answers from pg40 of 8/26

Puzzle A

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

Puzzle B

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

Puzzle C

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

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Creme de la weird

It's back-to-school time all across the country, and in Kentucky, one district has an unexpected challenge in one of its high schools. WLKY-TV reported that high school students in the Meade County school district are attending school dressed as and acting like ... cats. One grandmother is upset because her two grandchildren don't want to go to school anymore. "Apparently, from what I understand, they're called 'furrries,'" she said. "They identify with animals. These people will hiss at you or scratch at you if they don't like something you're doing. The students are told they can't wear hats or Budweiser shirts in school, but they can wear cat ears, cat tails, masks, leashes. It doesn't make sense." Superintendent Mark Martin says the problem is being handled on an individual basis, which he can't discuss.

Awesome!

The Vatican in Rome is full of the spoils taken by or given to popes over the centuries, but Pope Francis has a new toy that's delighting him: a foosball table. The Associated Press reported that a Tuscany-based table football association, Sport Toscana Calcio Balilla, presented the pope with the game on Aug. 18, and he immediately struck up a match with Natale Tonini, president of the club. Pope Francis is a big fan of soccer and of his home club, San Lorenzo, in Argentina.

Bright ideas

- Two Polish companies are joining forces to make construction workers' lives more pleasant, Reuters reported on Aug. 23. Budimex and Lotos have created a floral-scented asphalt with a mixture of natural and synthetic oils that neutralize the typical smell of asphalt. "At times one could smell the scent of flowers, which made working more pleasant," said Slawomir Szpak, a foreman for Budimex. The company is planning to introduce the new compound on a wider scale.

- In Canberra, Australia, farmer Ben Jackson recently lost his beloved aunt. He couldn't attend her funeral because of COVID-19 restrictions, so he did the next best thing: He dropped his sheep's food from a truck in the shape of a giant heart, then shot video from a drone as the ewes gathered to eat. "It took me a few goes to get it right ... and the final result is what you see," Jackson told the Associated Press. "That was as close to a heart as I could get it."

Crime report

Kristin Levine of Bristol, Connecticut, was the victim of a porch pirate on Aug. 23, but the thief was a little unusual: It was a black bear who walked across her driveway with an Amazon package in its mouth, NBC Connecticut reported. Fortunately, the bear wasn't much interested in the contents (toilet paper) and dropped the item in her neighbor's yard. "I knew nothing in there was going to be irreplaceable, so it was a fun afternoon for sure," Levine said.

Government in action

The city of Naples, Florida, has spent more than \$340,000 over the last three years suing the owners of seawalls that officials say are in disrepair and pose a danger to citizens, Wink News reported. The city and property owners have gone around and around about who owns the seawalls, and the lawsuits continued even after an engineer hired by Naples determined that only one of the seawalls was actually failing. Finally, in May, an arbitrator declared that the seawalls are owned by the city of Naples. "Procrastination and wasting money of the taxpayers is complete," announced the new mayor, Teresa Heitmann.

Irony

At Harvard University, the president of the organization of chaplains coordinates the campus's assorted religious communities. The New York Times reported that the new president, 44-year-old Greg Epstein, is a bit of a trailblazer in the job: He's an atheist. Harvard chaplains unanimously felt Epstein, who previously served as the university's humanist chaplain, could relate to a growing group of young people who no longer identify with any religious tradition. Epstein grew up in a Jewish family and recognizes the "real need for conversation and support around what it means to be a good human and live an ethical life," he said. "We don't look to a god for answers. We are each other's answers." The chairperson of the nominating committee, the Rev. Kathleen Reed, explained: "We're present-

ing to the university a vision of how the world could work when diverse traditions focus on how to be good humans and neighbors."

Compelling explanation

Erick Minto, 49, walked into a convenience store in Wawa, Florida, on Aug. 17, and asked for free food, The Smoking Gun reported. When the clerk refused, Minto allegedly pulled out a knife and pointed it at the worker, uttering a quotable line: "Don't make me do something stupid for a Snickers bar." The clerk handed over the candy bar, but Minto left the store without it and later told Pinellas County Sheriff's officer that he was "attempting to trade the knife for a Snickers bar." He was charged with armed robbery.

Extreme reaction

Soccer fans are known to be passionate about their sport, but at a game in Pauls Valley, Oklahoma, on Aug. 15, it was the referee who lost control. Davi Bathez issued a red card to a player during an adult league game, which ignited a scuffle amongst players. According to WKRC-TV, Bathez went to his truck and retrieved his firearm, which he fired toward the player and the crowd. Then he hopped in his vehicle and sped away, but police caught up with him quickly and confiscated his .38-caliber handgun. Remarkably, no one was injured in the incident. Bathez was charged with feloniously pointing a firearm.

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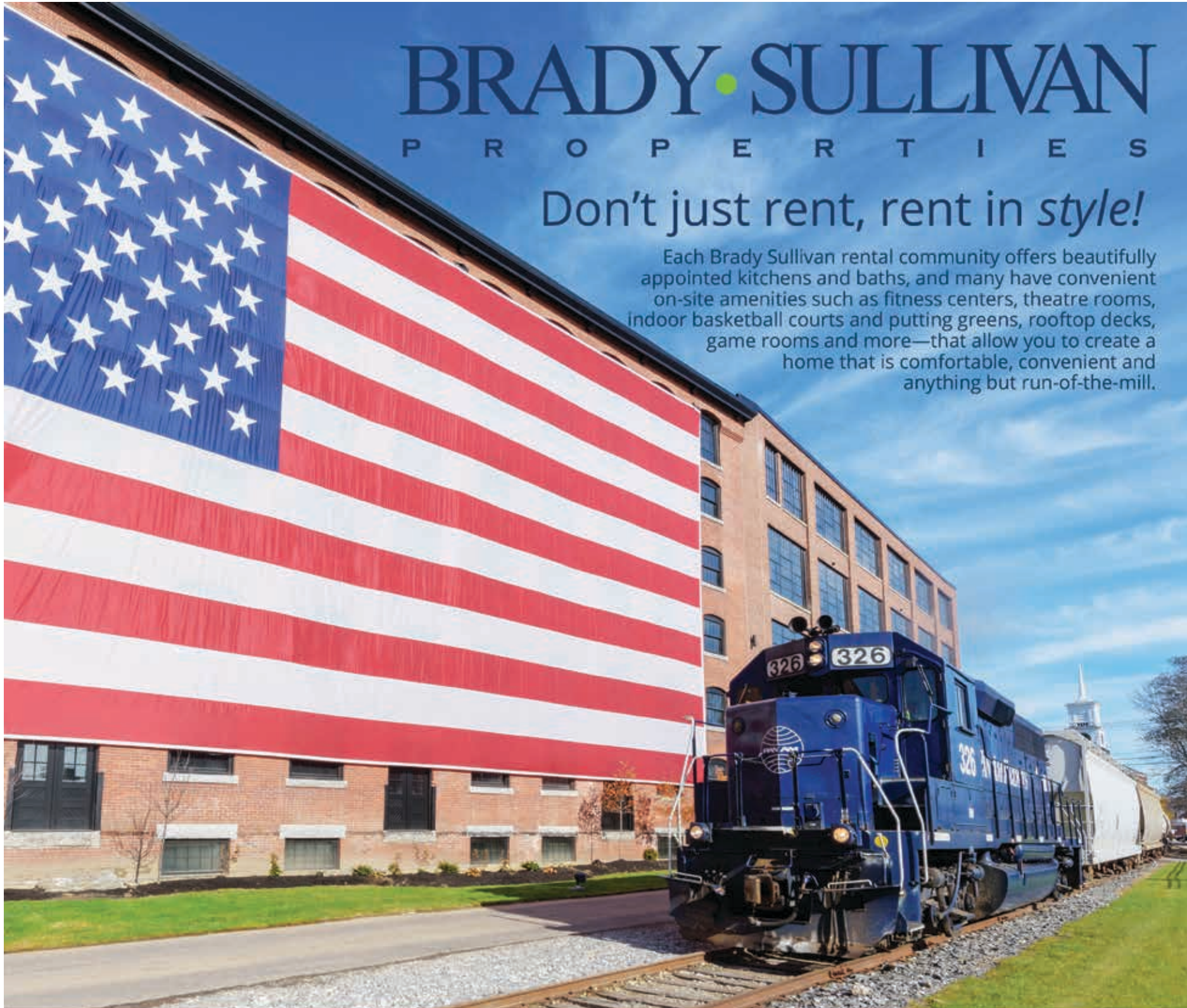
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