



The Monadnock

SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / February 7-13, 2024

ECR WSS
Postal Customer

Presort STD
US Postage
PAID
Monadnock Shopper

Keene Jazz Orchestra Holds Big Band Dance Saturday, February 17th



Keene Jazz Orchestra

The Keene Jazz Orchestra (KJO) invites everyone to come out and enjoy the Valentine spirit with the classic sounds of an authentic big-band dance on Saturday, February 17th at 7:30 pm. at The Best Western Plus in Keene.

Celebrate and enjoy the brilliance of a 17-piece band fronted by dynamic vocalist Bella (Rebecca) Holtz, sharing the music of Count Basie, Glenn

Miller, and Benny Goodman. Bar and food service will be available through Tempesta's restaurant on site.

The group is comprised of the Monadnock Region's finest instrumentalists, educators, and students, and boasts a résumé of performances and collaborations with some of the greatest living performers and repertoire in jazz and big band music.

Founded by Scott Mullett, the Keene Jazz Orchestra's mission is to perform, propagate, and provide education for American Big Band music. Mullett was the KJO music director until his untimely death in January 2018. In February of that year, KJO started the Scott Mullett Fund for Jazz Education, which has the mission to advance the jazz educational opportunities of the community and for individuals seeking to further their jazz education. Today the fund offers guest artist clinics in the Spring and helps fund people to attend jazz camps such as the Vermont Jazz Center's Jazz Workshop.

Tickets for the event are on sale at Toadstool Bookshop and Prime Roast, both in Keene, as well as online at www.keenejazzorchestra.org.

C.M. Minkler ~ Your Local Painting Specialists

Think Mink!



Elee Hull of C.M. Minkler is pictured making some paint touch-ups. This veteran-owned, local painting contractor based out of Keene provides quality residential and commercial interior and exterior painting solutions to homeowners.

By Lori Catozzi Cook

Painting the interior of a home leaves the walls clean and refreshed, looks aesthetically pleasing, helps to personalize a space, and can even increase the value of a home. But paint-

ing the interior of a home can also be stressful if you don't have the right experience or equipment needed. The painting process can also be messy and tricky, which is why it's a great idea to ask the pros at C.M. Minkler Paving & Painting, LLC for help.

C.M. MINKLER, page 4

Art Collection Silent Auction To Benefit Dublin Community Center



Robert Collier Pastel

Robert Collier, David Dodge, Chris Reid, John Sirois, and Dan Thibeault, among others. Thirty-seven of these works will be the feature of the exhibit and silent auction.

All are welcome. Bidders will need to register on site for a bidding number.

The Dublin Community Center is located at 1123 Main Street in Dublin.

For more details, contact the center at info@dublincommunitycenter.org.



John Sirois Oil

The Dublin Community Center will present the Monaghan Art Collection Silent Auction, beginning with an open reception on Friday, February 9th from 5 to 7 p.m. and continuing until noon on Saturday, February 17th. Hours differ for various days. This is the third time that the Community Center has mounted a silent auction of an art collection contributed by a Dublin resident.

Sharron and Denny Monaghan, residents of Dublin since 1972, have been ardent supporters of Monadnock area artists. This interest led them over the years to accumulate a significant collection of original paintings, including works by Sue Callahan,

Winter Gala Will Support House Of Hope

A Winter Gala Live Auction and Worship Concert will be held on Saturday, February 10th at 6:30 p.m., as a fundraiser for House of Hope NH, a faith-based, six to eight month residential program providing hope for women overcoming addiction.

The evening will feature live music with The Cashmans and special guest, 1 King Worship, and a live auction. Dessert-style appetizers and mocktails will be served with coffee provided by

Identity Coffee Lab.

House of Hope NH is a sanctuary of healing, restoration, and transformation located in the Monadnock Region. Since January 2019, 79 women and 52 children have been helped.

Tickets are \$25 each and seating is limited. Reserve online at www.HouseOfHopeNH.org. The gala will be held at Hidden Hills Banquet Hall at 18 Lisa Drive, off Route 202, in Rindge.

CASH PAID
for Unwanted
& Junk Vehicles
CAR GUYZ
585-6601

Cota & Cota
YOUR LOCAL
HEATING EXPERTS
603-357-0000
WWW.COTAOL.COM

BERGERON
CONSTRUCTION CO., INC.
RESIDENTIAL • COMMERCIAL
Renovations • Additions • Custom Homes
Structural Repairs • Kitchens/Baths
27 Matthews Rd., Keene "Since 1909"
www.bergeronconstruction.com
603-352-4447

**SNOW
REMOVAL**
603-757-2329

WILCOX TREE SVC.
A local tree service
you can trust!
603-363-8197
www.wilcoxtreeservice.com

PUPS AT PLAY
DAY CARE
BOARDING
TRAINING
686 RTE. 202, RINDGE
603-562-4547

**CASH
FOR GOLD**
GOOD FORTUNE
Jewelry & Pawn
110 Main Street • Keene

TEMPERATURE
CONTROLLED UNITS
**KEENE
MINI STORAGE**
INC.
RT 101 • KEENE, NH
(603) 357-2666

TOYOTA
Repair & Service
G&R Autoworks
357-2484

**McClure's
Tree Service**
SPECIALIZING IN
DANGER TREES
Free Estimates • Fully Insured
Same Day Callbacks
Keene • (603) 203-0613

the MELANSON
company
Roofing & Sheet Metal Since 1932
Commercial • Residential • Service
Locations in Keene & Bow, NH • Bennington, Rutland & Williston, VT
www.melanson.com • (603) 352-4232

STORE-IT
SWANZEY
WINTER HOLIDAY
10% OFF SPECIAL
Any Sized Unit • Now Thru Mar 2024
1-800-352-5251

BURST PIPES?
Tri-State Restoration
(603) 352-6802
Water / Fire / Smoke / Mold
FREE ESTIMATES!
TriStateRestoration.info

DAVIS OIL
& PROPANE
Now offering full service
PROPANE
603-352-1306

Mail: PO Box 487, Keene, NH 03431
Location: 445 West Street, Keene
Office open 9 am to 4 pm
PHONE 352-5250 FAX 357-9351
www.shoppernews.com
CIRCULATION VERIFICATION COUNCIL

Yesterday & Today... Section II

BIRTHDAYS	12	ENTERTAINMENT	12-13	GREEN	6	MYSTERY PHOTO . 19, Sec. II	
CLASSIFIEDS	14-15	FAMILY	12	HEALING	16	PETS	2
COOKING	9	GARDEN	5	MONEY	8	REAL ESTATE	15

40,247
Mailed Weekly
Mailed Into Every Home In
Keene and 36 Area Towns
Total Circulation 41,850

Spring 2024 Pre-Buy Discount Cards Available Now through April 15th!
 Send us a check for any amount and we'll mail you gift cards for that amount plus an additional 15%



Mail checks to:
Pete's Stand
 517 Main St., Walpole, NH 03608
 Text Teresa at 802-376-9737 with any questions

Harrell's Continental Keene's Ride to Boston \$199 Every Time!
 Max. 4 passengers • No Deposit Required
 No Hidden Fees!
 Text Logan to 603-499-9777 to book your ride to/from Boston Logan.



For every ride to BOS, Harrell's will donate \$4 to Monadnock Family Services.



PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY



Winston

Hello there, I'm Winston! You might not notice me at first glance, as I tend to keep to myself and observe from the sidelines. Some might call me shy, but I prefer to think of myself as a cautious observer. Loud noises and sudden movements tend to startle me, so I appreciate a calm and quiet environment where I can feel safe and would do best in a home with older children. While others are winding down for the day, I come alive in the nighttime hours. That's when I'm most inclined to play and enjoy a good meal. So if you're looking for a companion to keep you company during those late-night hours, I'm your guy. Winston is a male domestic shorthair, brown and grey, five years old.

The Adoption Center is located at 101 West Swanzezy Road on Route 10 South. Currently, the adoption center is open to the public Thursdays through Sundays 11 a.m. to 3 p.m. More details, visit www.monadnockhumanesociety.org.

WUNDERKIND marketing

WE ARE YOUR LOCAL OUTSOURCED MARKETING DEPARTMENT

- Social Media Management
- Website Development
- Google & Social Ads
- Email Marketing
- Photography
- Videography

202 209 6427 - 180 Emerald St Suite 207, Keene, NH
hello@wunderkind-marketing.com
www.wunderkind-marketing.com

Treehugger Farms Stove Shop
 Rt. 12, Westmoreland

Wood, Gas & Pellet Stoves



Green or Kiln-Dried Firewood
 Pick up or Delivered
 Order online or Call
603-399-8454
TREEHUGGERFARMS.COM
 Mon-Fri 10-4, Sat 9-1

IS THIS YOUR MONTH?
 Motorcycle & Motor Vehicle Inspections
Don't wait. Make an appointment today!




RED'S

12 River Street, Jaffrey, NH
 603-532-6642 • REDSOFAJFFREY.COM

Cota & Cota

FAMILY OWNED & OPERATED SINCE 1941

PROPANE GAS • PLUMBING
 HEATING OIL • GENERATORS
 24/7 QUALITY SERVICE

455 WINCHESTER ST, KEENE NH
603-357-0000
WWW.COTAOL.COM

Nathan R. Lynch PLLC

Attorney at Law
 Licensed in NH, VT, MA & CT

**Criminal Law,
 Family Law, DUI
 Gun Rights, Bankruptcy**

260 MARCH HILL ROAD, WALPOLE, NH
603-756-4700
www.walpolelaw.com • nate@walpolelaw.com

EXPERIENCE
 for today's market

 Ranger Curran	 Robin Smith	 Norma Couture	 Bert Inman
 Debbie Lucey	 Vince Dolan	 Kirsten Perkins	 Clark Wulff
 Connie Joyce	 Laurie Mack	 Joshua Benner	 Tere Clarkson

RE/MAX TOWN & COUNTRY
 117 WEST STREET KEENE, NH 03431
 (603) 357-4100 • WWW.MYKEENEHOME.COM

The Premier Fitness Stores in New Hampshire & Vermont



Treadmills, ellipticals, rowing machines, home gyms, free weights, exercise bikes, and more!

Top brands like Precor, Matrix, WaterRower, Nustep, BodySolid, and more!

TOTAL FITNESS EQUIPMENT

A local family owned business TotalFitnessEquipment.com

294 West Street
 Keene, NH
 603.354.3437

Aldworth Manor Has Two Special February Dinners Planned

Aldworth Manor in Harrisville has two special dinner events planned, one for Lunar New Year and the other for Valentine's Day. Advanced reservations are required and tickets for either or both of these events can be purchased online.

On Saturday, February 10th, the menu will offer crispy veggie rolls, chicken and mushroom dumplings, pork dumplings, roasted orange pork, soba peanut noodles, garlic bok choy, and a traditional festive dessert. There are vegetarian and gluten free options and a tofu option is available for the roasted pork.

On Wednesday, February 14th, a romantic dinner menu includes crispy sun-dried tomato arancini, citrusy shrimp ceviche, orange duck confit with whipped potatoes and glazed carrots, and tiramisu for dessert. Vegetarian

options are available for the ceviche and main course. A glass of prosecco or wine is included.

The online price per person for the Lunar New Year dinner is \$46.35, and \$77.25 per person for the Valentine's dinner. A three-percent processing fee is included. Taxes, tips, and beverages are not included.

Doors will open at 6 p.m. Guests are asked to arrive between 6 and 7 p.m. and food service will begin as soon as they are seated.

Aldworth Manor is located at 184 Aldworth Manor Road off Chesham Road. To purchase tickets for February 10th, visit www.aldworthmanor.com/events/lunar and for February 14th, visit www.aldworthmanor.com/events/valentines2024.

For more details, email reservations@aldworthmanor.com.

Valentine Italian Supper In Westmoreland

The Westmoreland United Church will hold a Valentine Italian Supper at the Westmoreland Town Hall, Route 63, on Saturday, February 10th from 5 to 6:30 p.m.

The all-you-can-eat menu includes

spaghetti, lasagna, salad, bread, dessert, and beverage. The cost is \$12 for adults and \$5 for children 10 years old and under. Take out is available by calling Jo Ann LaBarre at 603-399-9028.

STAR PAINTING
Interior Painting
Spray-Roll-Brush
Drywall Repair

FREE ESTIMATES
20% Off with Ad
(H) 603-357-1325
(C) 603-721-6220

For Valentine's Give Your Sweetie a Gift Certificate for Yoga/Pilates!

Aloha
Healthy Living

83 Court St., Keene • josephine@alohakeene.com



Now Open at Our New Location!

MONADNOCK OIL & VINEGAR CO. LLC **NEW HAMPSHIRE HERB & SPICE CO. LLC**

1596 Main St., Dublin, NH • 603-563-7066
For more information, visit www.monadnockoilandvinegar.com



Join MoCo for Vacation Camp this February & April!
For kids 4 years old through grade 6

February (19-23) Vacation Camp Theme: **Spy Camp**
April (22-26) Vacation Camp Theme: **Dino Camp**

Tuition assistance is available!

Visit moco.org/vacation-camps for further information, registration paperwork and to find the Vacation Camp Welcome Packet.

Call (603) 357-2100, email info@moco.org or visit MoCo at 40 Roxbury Street, Keene, NH to register!

A free musical theatre production and arts gala is held on the last day of camp for parents, siblings, grandparents, caregivers, and friends to attend and see what we learned that week in camp!

See you soon!

MoCo Arts | 40 Roxbury Street, Keene, NH | moco.org



WILCOX TREE SERVICE
603-363-8197

A FULL-SERVICE TREE COMPANY!
www.wilcoxreeservice.com

24 HOUR EMERGENCY SERVICES
HAZARDOUS TREE REMOVAL
FREE ESTIMATES FULLY INSURED

WILCOX CRANE SERVICE
603-903-8624

Gilsum Coin Mine
Buying and Selling:
Gold & Silver Coins
Currency

Brian Bazarnicki
603.762.8744 • brianbaz@icloud.com

Stop by the shop at 3 Brakehill Road, Gilsum, NH

COME GROW WITH US IN 2024!

HAPPY NEW YEAR FROM ALL OF US TO ALL OF YOU!

Allen Bro's Rt. 5, Westminster, VT
Exit 5, I-91 (20 min. from Keene)

Hours: Mon-Sat 6am-8pm, Sun. 7am-8pm
allenbrothersfarms.com (802) 722-3395

Brighten Your Day with Highlights!



\$25 OFF
Expires 3/31/24. With this coupon.

MJD Company
HAIR DESIGN
Center at Colony Mill
149 Emerald St. Keene • 603-358-3100

Love where you work!

Treat yourself to a coworking space that sparks passion and productivity. Join us at The HIVE with a daily, weekly or monthly membership!
<https://hannahgrimes.com>

Homestead Thrift Shop

WINTER BREAK IS OVER!

REOPENING WED., FEB. 7!
Open Wed-Fri. 10 am-4 pm
and Sat. 10 am-2 pm

221 Main Street, Marlborough
Conveniently located next to Doug's Dogs off 101 in the former home of Homestead Books
603-876-3415

Does Your Child Have An Interest In Farms & Gardening?




Jeffrey P. Smith Farm Scholarship

To Connect Young People With Agriculture & The Natural World Around Them

Now Accepting Applications For 2024, as Well as Donations to the Scholarship Fund

(603) 756-2988 ext. 4 or info@cheshireconservation.org

More info at Cheshireconservation.org/jps-scholarship
Applications due by 3/31/24. Donations are accepted throughout the year.

CUSTOM WINDOW TREATMENTS
 Shades • Shutters • Blinds
 Drapery • Home Automation

MONADNOCK SHUTTER & SHADE
 603.352.0511
 MONADNOCKSHUTTERANDSHADE.COM

Sure-Footed Winter Walking

NEXGRIP CANADA

Available at **BOOTLEGGERS**
 FOOTWEAR CENTERS

425 West St., Keene • 603-352-5201

Make And Take Valentines With Archie The Pig

Everyone is invited to meet adorable Archie the Pig from The Amazing Grace Animal Sanctuary, and create Make & Take Valentines at the Dublin Community Center on Sunday, February 11th. Arts and crafts supplies will be provided for folks to drop in anytime between 1 and 3 p.m. to make valentines to give to someone special.

People are also invited to make some valentines that will be delivered to the animals back at the Amazing Grace Sanctuary, including Buddy the Goat, the horses, sheep, llamas, and Gronk and Henrietta, two pigs who fell in love. A story about how they met and married will be read throughout the afternoon, and books about Gronk and Henrietta will be available for purchase just in time for Valentine gift giving. Proceeds from book sales will benefit the animals. All are invited to come spread the love.

The Dublin Community Center is located at 1123 Main Street in Dublin.

Happy Valentine's Day

from your Cupid!

Voted #1 GOLD Best of Monadnock 2023 Readers' Choice Awards Hair Salon

Mia Capelli SALON

Keene, NH • 603-358-0030
 Walk-Ins Welcome
 Gift Certificates Available

BWBG Yard Work & ODD JOBS, LLC

- STORM CLEAN-UPS
- BRUSH CUTTING & CHIPPING
- TREE TRIMMING & REMOVAL

603-352-6510

Your Local Painting Specialists

C.M. MINKLER, Continued from page 1

C.M. Minkler was established in 2019 and has quickly become the go-to company for not only your paving needs but also interior and exterior painting. Their reputation can be seen in the recognition received from the community in *The Monadnock Shopper News* Best of Monadnock Reader's Choice Awards – winning Gold the last three years under the "Painting" category.

The business also received recognition from the *Keene Sentinel* Choice Awards for "Best Painting" for 2021 and 2023.

And then there are the personal kudos: "I was impressed with the teamwork I saw led by Chris," says Dan Ortiz. "It is a strong statement to watch the owner of a company work alongside his employees. He stands behind his work and his follow-through was as expected. My experience with C.M. Minkler was positive."

Beth Hollenbeck says, about her experience with C.M. Minkler: "They were fabulous from start to finish. We recommend them highly."

"We needed a good taper and painter and Chris Minkler came through with flying colors," says Walter Hagedorn. "His crew was efficient and did a fantastic job at a reasonable price. We are definitely going to use his services again and recommend him to others."

The C.M. Minkler crew strives to give high-quality services, paying close attention to details and producing dramatic results at the best cost possible. Competitive pricing, experienced crews, and guaranteed satisfaction separate them from the competition.

These professionals know what it takes to get the job done right and efficiently. Preparing the job properly ensures a better end result. They have the right equipment to get the job done, and the skills and experience to produce a finish that looks phenomenal. These pros also have the know-how to select the right product for their customers' specific needs – ensuring that the paint lasts longer and looks its best.

And for those looking ahead to having the exterior of their home painted to boost its curb appeal, look no further as C.M. Minkler is the perfect solution. The team will help transform the exterior of a home to make it look brand new, using high-quality paints and superior painting techniques so the home will have a long-lasting finish to withstand New England seasons.

Besides painting services, C.M. Minkler also paves driveways, parking lots, tennis courts, roads, and more; hard pack; patch work; oil and stone; seal coating; line striping; rumble strips; cold patch; site work; grading; drainage work; and asphalt removal – which they crush and reuse.

C.M. Minkler is a veteran-owned, local painting contractor based out of Keene. They provide quality residential and commercial interior and exterior painting solutions to homeowners and businesses in New Hampshire, Vermont, and Massachusetts.

"Our company is unique in many ways," says owner Chris Minkler. "We put customer satisfaction at the very top of our priority list. We answer your calls and provide a timely estimate at a fair cost."

He continues by saying that they understand all too well the difficulties many homeowners face when it comes to completing projects, so utilizing the services of C.M. Minkler means that the job will be completed in the expected time frame.

"And we go the extra mile to make our customers smile," he adds.

C.M. Minkler offers discounts to all veterans and anyone currently serving in the military. They also offer a discount to first responders, police officers, EMTs, and firefighters. "We feel very strongly about giving back to anyone who has already given so much to help us," Minkler says.

C.M. Minkler Paving is a fully insured company that offers free, no obligation, estimates. For more details, call 603-414-7997, email chrisminkler1256@gmail.com, or visit www.thinkminkpavingandpainting.com.

MORE SMALL UNITS ADDED!

West Peterborough Self Storage

Climate & Humidity Controlled Street Level & Secure

375 Union St., W. Peterborough • 603-924-0109
www.westpeterboroughselfstorage.com

C.M. MINKLER SEAL COATING

OFFERING RESIDENTIAL & COMMERCIAL SEAL COATING

"Think Mink"

- Paving
- Driveways
- Hard Pack
- Patch Work
- Oil & Stone
- Seal Coating
- Line Striping
- Rumble Strips
- Cold Patch
- Drainage
- Site Work
- Asphalt Removal
- Excavating & Dirt Work
- Trucking

FREE ESTIMATES 603-414-7997

Veteran Owned • Fully Insured • Serving VT, NH, MA

GATHERING WATERS CHARTER SCHOOL

NOW ENROLLING 2024 - 25 GRADES K - 12

Apply here! by Feb 29

DALE BLANCHARD DRYWALL

NEW HOMES ADDITIONS REMODELS FULLY INSURED REFERENCES

35 YEARS' EXPERIENCE
I DO WHAT I SAY WHEN I SAY!
 100s OF SATISFIED CUSTOMERS
603-499-2006

NO BULL!
 Bringing Low Cost & High Quality Together.

1 Pair Single Vision Rx **\$59.95** Complete

Check out our competitive prices on **Digital Progressive Lenses.**

Darrien Eyewear
 Family Owned & Operated Since 1998
 172 EMERALD STREET • KEENE • 603-355-2020
 Hours: Tues.-Fri. 10-4; Sat. 10-2, Closed Sunday & Monday

LIBERTY LAUNDRY & DRY CLEANING

Self-serve Laundromat
 Pick-up & delivery
 Wash, dry, fold dry cleaning

GOLD Best of Monadnock 2023 Readers' Choice Awards LAUNDROMAT

SILVER Best of Monadnock 2023 Readers' Choice Awards DRY CLEANER

The Monadnock Region's Favorite Place to Do Laundry!

603-924-6020 • Peterborough Shopping Plaza
 19 Wilton Road, Peterborough, NH
www.LibertyLaundryNH.com

A Great Way To Brighten Your Winter

Winter is the best time to buy seeds for your gardens. Don't let the cold, possibly snowy days of winter get you down. Brighten your day with seed catalogs or look online and start picking out what you want in your garden. There's something special about looking at photos of colorful flowers and vegetables on a cold, winter day that makes me smile. And, you'd be surprised how many plants can be started from seed indoors. It's not complicated and can give you something to look forward to each day, watching the seedlings grow and planning on where you want to plant them in your garden.

Woods and Gardens

with Rose Kowaliw

There are many garden plants such as annual flowers, veggies, and herbs that can be started from seeds while it's still cold and snowy outside. The trick, of course, is to sow them indoors and then transplant them into your garden once the soil has warmed up again in spring.

First, decide which garden seeds to buy; figuring out how much room you have for growing them will help you narrow down the choices. For example, if you have a small garden or will only be growing in containers on a deck, compact varieties of plants are the way to go. Some vegetables and flowers are available in space-saving varieties. Choose the best seed variety to maximize every inch of growing space you have.

When picking out vegetable seeds to grow, think about the produce your family enjoys eating most. If you love spicy food, try growing a few hot pepper plants along with sweet bell peppers. Or maybe you want to be able to harvest salad greens for several weeks so a mesclun seed would be a better choice rather than a type of head lettuce.

Garden plants vary in how long it takes for them to mature, so you'll want to choose seed selections best suited for your climate. Start by checking the 'days to maturity' information on the seed packets and calculating if your growing season is long enough to grow the flowers or vegetables you want to grow. If you live in a northern climate, like New Hampshire, the growing season is shorter. Look for disease-resistant varieties when shopping for garden seeds, especially if you have had problems in your garden previously.

When purchasing tomato seeds, look for varieties labeled with a VFN designation after their name. This means the variety is resistant to verticillium and fusarium wilt diseases (fungi) that commonly plague tomatoes, as well as damage from nematodes (round worms) in the soil.

Pollinators

Many annual flowers like African marigold, nasturtium, and sunflowers are easy to grow from seeds sown directly in the garden after your last frost date. Not only do they add bright colors, they'll also help attract pollinators that can improve the yield from several types of crops such as squash. There are also pollinating insects that are predators of plant pests, so they do double duty for your garden. There is a 'Save The Monarchs Seed Collection' that might be fun to plant. Annuals, perennials and herbs provide important food sources for insect pollinators, especially in the heat of summer. Consider planting sunflowers, zinnias, marigolds, and cosmos in or near the vegetable garden. Herbs such as lavender, basil, borage, dill, fennel, oregano, and catnip will also attract many pollinators.

The Abelia shrub, also known as the 'bee bush,' has a lovely scented white flower that is a favorite of bumblebees and honeybees. It's rich in nectar and pollen, blooming from June to October and also attracts wildlife.

The seven best flowers to plant for bees:

1. Bee Balm (*Monarda spp.*)
2. White wild indigo (*Baptisia alba*)
3. Purple coneflower (*Echinacea purpurea*)
4. Black-eyed susan (*Rudbeckia hirta*)
5. Joe-pye weed (*Eutrochium purpureum*)
6. Marsh blazing star (*Liatris spicata*)
7. Wrinkleleaf golden rod (*Solidago rugosa*)

I can almost smell the gardens blooming... and hear the buzzing bumblebees...

Rose Kowaliw has enjoyed gardening for over 40 years and also has as a variety of houseplants, including a few she's had for over 20 years.

**BEDS PLUS
FREE
BEDMATCH
MATTRESS TEST**

Peterborough • 603-371-0202

HANDYMAN

Call Keene Handyman!
Repairs or Remodels
603-852-6891
KeeneHandyman.com

**WOOLWAX®
STOPS RUST!**

**The most trusted name in
vehicle undercoating protection!**

**Available At:
Alternative Detailing Solutions**
257 Rt 10, Gilsum • (603) 358-3300

**JAFFREY
APPLIANCE
REPAIR**

(603) 831-2658

jaffreyappliancerepair.com

Friendly Service, Quick Turnaround, Calls Returned Promptly!

**EVERYTHING
MUSIC**

**ROUSSEAU'S
MUSIC**

124 Main St. • Jaffrey
603-532-4311
rousseauismusic.com

DAN'S

"Solving Your Water
Quality Problems"

**WATER
TREATMENT
SERVICE**

Over 35 Years'
Experience
**SALES OF
NEW SYSTEMS**
Most Existing
Systems Serviced

- Water Softeners
- Neutralizers
- Iron Filters

888-679-6059 or
603-756-4398

DAN WATERMAN

**Kirsten Perkins
REALTOR®**
603-499-3344
kirsten@kirstenlavoie.com

Free Consultation
Priceless Advice

RE/MAX
Town & Country
603-357-4100
117 West St Keene

- Tree Work
- Crane Work
- Chipping
- Storm Damage Cleanup
- Pruning
- Stump Grinding
- Cabling

**Free Estimates
24 Hr. Service
Fully Insured**

603-355-0208
www.chrislaneenterprises.com

GOLD
Best of
Monadnock
2023
Readers' Choice Awards

Kitchen/Bath
Renovator

SILVER
Best of
Monadnock
2023
Readers' Choice Awards

Builder/Contractor

*To our customers
and supporters:
You're the Best!*

*We are honored
and very pleased.*

**Thanks
so much.**

K&J Dean Builders, Inc.

Complete
Construction
Services

Over 60 Years' Combined Experience
Your Dream is Our Passion

Kevin, Sr. CALLS PROMPTLY Kevin, Jr.
603.252.9530 RETURNED 603.499.3561

www.kandjbuilders.com

PRESIDENTS DAY SALE

Save up
to \$900

on Serta® iComfortECO™ mattresses
when paired with a Motion Perfect®
Adjustable Base.*

Serta iCOMFORTECO™

*Purchase a Serta iComfort® or iComfortECO™ mattress between January 31, 2024 and February 26, 2024 and receive up to \$500 off an iComfortECO™ mattress and up to \$400 on an eligible adjustable base. The maximum \$900 savings applies to a King size eligible mattress and a King size Motion Perfect® base. See participating stores for details. These offers may not be applied to previous purchases, cannot be combined with other offers and are available only on qualified purchases made at participating retailers in the 50 United States and the District of Columbia while supplies last. Product availability, pricing and offer dates may vary by retail location. Void where prohibited by law. © 2024 Serta, Inc.

Frazier & Son

FURNITURE

• FAMILY OWNED AND OPERATED FOR MORE THAN 60 YEARS •

(800) 494-3876 • (603) 352-0337

www.frazierandsonfurniture.com

233 Old Homestead Highway
(Route 32, south of the airport)
Swansey, New Hampshire

Monday - Friday 10 to 6
Saturday 10 to 5 • Sunday Closed

STONES'
Septic Service

**DON'T LAUGH,
EVERYBODY POOPS!**

**COMPLETE MAINTENANCE
SERVICE TO MEET
YOUR SEPTIC NEEDS.**

Brian Stone (603) 354-3391
30 MILE RADIUS FROM KEENE
brian@stonesseptic.com

**WE STRIVE TO BE #1
IN THE #2 BUSINESS!**

Adams
**AFFORDABLE
FURNITURE**

**Clean, Used
Home Furnishings
& Decorating
Accessories**

**Pick Up and
Delivery Services
Available**

**125 Old Homestead Hwy.
Swansey, NH**

**Hours: Friday, Saturday and
Sunday • 10-4**

357-1926

A Pleasant, Peculiar People

Recently we farmers hosted a birding event. We prepared by reading our bird notebook, with its 20 years of birds we've identified here on the farm. Plus there are records of early frosts, and July hail, and lots of animal sightings.

"Remember the loon flying overhead?" we said. "Remember the bobcat? Remember the first time we saw the pileated woodpecker? Remember the bear, and the moose? Remember the yellow-rumped myrtle warbler by the pond?"

We are amateur birders at best, but we had a pretty good list to read to our visitors, in case there weren't any real birds out and about at the end of January. Plus we had our mammal and amphibian lists: even more diversion for birders not seeing birds.

The event, sponsored by the Cheshire and Windham County Conservation Districts, attracted a good group. We had the farmers, the conservationists, and experienced and brand-new birders, coming from Vermont and New Hampshire.

Now birders are a pleasant, interested, interesting people. Individually, they are eager to tell you their birding stories and to listen to your farm stories. Collectively, they are a bit more peculiar.

But we had been warned: In the middle of the most fascinating remarks on small sustainable farming and its wonderful effects on bird populations and diversity, suddenly one birder would point at the sky, and the whole group would swing up their binoculars and turn as one to gaze at a tiny flying speck. Then there would be a long pregnant pause, followed by a spirited discussion of the speck. Then the crowd would turn smiling back to the farmer or conservationist that had been mid-speech.

There was one point during the tour that there were no arms pointing or binoculars lifted. That was when we visited four really big birds in the barnyard: four draft horses, two of which ambled over for petting, and two of which kept eating their morning hay.

After we talked about our nice horses and our nice heavy use protection area grant in the barnyard, we went on to the garden. Suddenly the birders were all a-twitter! There were red crossbills, calling and flying! The farmers were all a-twitter too: We had never seen or knowingly heard a crossbill on our farm!

**Green
Monadnock**

with Kim Peavey



There was an evening grosbeak on top of a pine tree, a beautiful golden bird that sometimes visits our bird feeder, and who was a first for some of the birders. There were two red-tailed hawks. There were purple finches, New Hampshire's state bird. By then, some of the birders were in bird-list bliss.

At each stopping point we farmers told a bird story: The red-tailed hawk that had gotten caught in our former mesh garden fence, and how glad we were to set it free, and how glad we were for another conservation grant that allowed us to put up a metal fence that didn't catch birds. All the birders nodded happily.

We talked about how birds benefit from the farm's crop diversity, mulch, cover-crops, and low-till agriculture. We mentioned the tree swallows' lovely liquid call as they swoop around our garden catching bugs. We pointed to all the wild, bird-friendly edges of the garden.

We went on to the pond, the mushroom yard, and the fields, where the birders showed their mammal mettle by identifying possum, rabbit, and deer tracks. We talked about pasture conservation projects, and one birder said maybe we could see flocks of nightjars migrating if we stood on the edge of our biggest field at dusk in September.

We liked that idea, especially since the only nightjar we've heard on our farm was identified by a visitor. We're not even sure that hearing a bird counts for your bird list, but as I say, we are amateur birders, so we'll take everything we can get. That day we got 18 different species, and we got a nice bunch of birders on a warmish day in January, loving birds and loving farms.

Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.

A Trusted Partner for All Your Renewable Energy Needs

**Green
Energy
Options**

Solar, Home Heating and Cooling

Federal Tax Credits Available

37 Roxbury St. Keene, NH 603-358-3444
GreenEnergyOptions.com

**BAGSTER
AUTO**

**Auto Mechanics • Rust Repair
Bodywork • Auto Restoration
Oil Undercoating • State Inspections**

Just 10 minutes south of Keene on Route 10!
577 Keene Rd., Winchester • bagsterautollc@gmail.com
603-392-0213

**KEENE MONUMENT
COMPANY**

"We make memories last"

We are the leader in stone products and specialty lettering. Visit the area's largest display of monuments and memorials.

Bronze Plaques, Granite Mailbox Posts, Steps, Benches & More!
555 Main St. • Keene • 603-352-7221 • Fax 352-0309
Local Family Owned • www.keenemonument.com

**Your Beautiful
Home Starts at
ANDY'S FURNITURE!**



Celebrating **43 years** this year!

**Andy's
OF KEENE**

**OPEN 7
DAYS!**

93 Park Avenue, Keene
603-352-4334
www.andysoak.com

CASH PAID

For gold & silver jewelry, coins, watches, sterling silver items, stamp collections, military medals, objects of value.



Greg Walsh
603-903-3069 call or text
"MAKING HOUSE CALLS SINCE 1979"

Elevated Home Services

Roofing • New Construction
Remodels • Decks • Siding • Windows
Exterior Carpentry Installs & Repairs

603-852-4872

Free Estimates

Fully Insured



Read the MSN online: www.shoppernews.com

**MAXIMIZE YOUR FUEL
DOLLARS THIS WINTER!**

- Schedule a heating system check-up
- Change the air filter in your furnace
- Make sure your vents are unobstructed
- Keep furniture away from radiators

**GARY JACKSON
HEATING SERVICES LLC**

Bringing comfort to your family and home.



32 Roxbury St., Marlborough, NH
603-352-6900

www.garyjacksonheatingservices.com



**CHAMPION
OVERHEAD DOOR**

Garage Doors & Openers • Sales • Service
Residential & Commercial

Keene's Best 2021 Winner!

123 Ryan Road, Dummerston, VT
802-579-4477 Cell • 802-251-0900 VT • 603-363-8800 NH
Email janet@championoverheaddoor.com

At Homestead Thrift Shop, Donated Goods Support Communities

The Homestead Thrift Shop located in Marlborough is a volunteer organization that recycles quality donated goods for funds to support the wellbeing of Marlborough and surrounding communities. They donated over \$63,000 in 2023 to Marlborough and other Cheshire County community nonprofits. Since our opening in June 2021, they have donated a total of over \$164,000.

These donations helped support programs that feed families, children, and seniors; and address housing concerns, as well as several other services that support the residents of these communities. Three Marlborough town departments are also supported.

The Homestead Thrift Shop is located at 221 Main Street in Marlborough, the former home of Homestead Books, located conveniently off 101 next to Doug's Dogs. Its hours are Wednesday to Friday 10 a.m. to 4 p.m. and Saturday 10 a.m. to 2 p.m.

Donations of clean home furnishings, adult clothing, shoes, jewelry, and craft items in good condition are accepted until 3 p.m. Wednesday through Friday and until noon on Saturday or at the discretion of volunteers.

For more details or to volunteer, call 603-876-3415.

Darwin And The Beagle Are Subject Of Talk

A program called "Charles Darwin, The Beagle and Captain Fitzroy: An Extremely Unlikely Trio" will take place Saturday, February 10th at 1 p.m. at Heberton Hall at the Keene Public Library.

The program will discuss how Darwin came to serve as the "naturalist" aboard H.M.S. Beagle, a position usually reserved for the ship's doctor? Darwin had no degree in science, had never been to sea, and was a civilian, hence not a member of her majesty's navy.

Marc Koolen, retired biology instructor, pieces together how the suicide of the ship's first captain, the theft of a lifeboat in South America, the capture of three natives from Tierra Del Fuego, and a deep fear that haunted Captain Fitzroy led to Darwin's appointment. Using models and slides for illustration, Koolen tells the story of life aboard the Beagle and the fates of those involved.

Federated Church of Marlborough Ash Wednesday, Feb. 14th • 6:30 pm



We'll mark the beginning of the Lenten journey, the journey that offers an opportunity for us to reflect on ourselves, our world, and how we stand in it. Together we'll remember that our lives are always shaped with mercy.

Rev. Dr. Dana Mann, Pastor
16 Pleasant Street (603) 876-3863
www.federatedchurchmarlborough.org

WORSHIP WITH US Sunday at 10:00 a.m.



The First Congregational Church of Swanzey

679 Old Homestead Highway
603-352-6689 • www.swanzeyucc.org

Fill out our READERS' CHOICE BALLOT BestOfMonadnock.com

CLAREMONT
Ford OF CLAREMONT
Nobody Sells for Less!
Call or Text Coach at 802-738-8686 for all of your commercial vehicle needs!

BIRTHDAY COMING UP? Kids can win **FREE** cake! ShopperNews.com/Community

CHESHIRE WELLNESS CENTER
HEART HEALTH AWARENESS
Did you know that your beating heart can be used to measure your stress levels?
Schedule a FREE NeuroPulse Screening today for both you and your loved ones
Our office uses specialized technology to measure whether your heart rate is out of balance. This NeuroPulse test combines spinal, nerve, and heart rate testing to accurately measure your stress levels.
DON'T GUESS! TEST YOUR STRESS. CALL 603-357-5700 or ONLINE

Mini Split Cleaning & Installations
Heat & Cool Down to -31° F | Low Cost Performance | Whisper-quiet Operation | 10-Yr. System Warranty
Looking for a way to stay warm and breathe easier this winter? Look no further than Unity Heat Pumps!
Our expert team specializes in both cleaning and installing heat pumps, ensuring that your home or business stays cozy and comfortable all season long!
unityheatpumps.com
james@unityheatpumps.com
802-365-1009



Monadnock United Way

Imagine What We Can Do Together

THANK YOU FOR SUPPORTING MONADNOCK UNITED WAY'S ANNUAL CAMPAIGN

Please celebrate with us as we recognize our 2023–24 Circle of Excellence award winners:

Enterprise Award: C&S Wholesale Grocers

Summit Award: Savings Bank of Walpole

Trailblazer Award: Hinsdale ACERT Program

Spirit of Monadnock Award: Impact Monadnock Business Ambassadors

Register here



Wednesday, February 7, 5:30pm–7:00pm
Monadnock Ford, 119 Monadnock Hwy, Swanzey



STOCK WATCH

Listings At Close of Market February 2, 2024 • Courtesy of RBC Wealth Management
Dow Jones Closed 38,654.42 +544.99 • Prime Rate 8.50% +0.00

	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	196.11	-4.43	Danaher Corp. (Kollmorgen)	246.33	13.33
Becton Dickinson (C.R. Bard)	237.19	0.54	Merck (Hubbard Farms)	126.41	5.59
Toronto Dominion Bank (TD Bank)	60.26	-0.89	Deluxe (NEBS)	20.80	0.79
PC Connection	66.17	0.27	Teleflex (Jaffrey)	245.74	7.16
Bank Of America (Fleet)	33.47	0.04	Timken (MPB Corp.)	85.92	4.49
Corning Inc.	32.35	1.39	M&T Bank Corp. (People's United)	133.49	-8.03
Ametek, Inc. (Precitech)	167.44	3.92	Dover Corp. (Markem)	158.75	8.81

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver (\$ per ounce)	22.77	-0.25	Wheat (cents per bushel)	602.00	0.00
Gold (\$ per ounce)	2055.20	33.70	Corn (cents per bushel)	442.75	-3.75
Platinum (\$ per ounce)	901.60	-18.50	Soybeans (cents per bushel)	1,188.00	-21.00
			Cattle (cents per pound)	184.00	3.00
			Crude (\$ per barrel)	72.34	6.53

RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC
Investment and insurance products offered through RBC Wealth Management are not insured by the FDIC or any other federal government agency, are not deposits or other obligations of, or guaranteed by, a bank or any bank affiliate, and are subject to investment risks, including possible loss of the principal amount invested.

Teatotaler's \$100 Court Win Costs Meta Immunity

By Damien Fisher

The tech giant behind Facebook and Instagram potentially lost more than \$100 when it lost the small claims lawsuit brought by Emmett Soldati, owner of Teatotaler's Cafe.

Mark Zuckerberg's Meta also lost immunity under Section 230 of the Communications Decency Act, the law frequently used to shield social media companies from legal consequences.

"This judgment is definitive that Facebook is not immune," Soldati told InDepthNH.org.

Soldati's been fighting Meta for years since the company deleted Teatotaler's Instagram page without any reason. He went up against Meta's high-priced lawyers and represented himself in court, even taking the case to the New Hampshire Supreme Court.

The result of his labors was Dover District Court Judge Sawako Gardner's ruling this month that states the company did have a contract with Teatotaler's.

Gardner's ruling finds the terms of service agreement users sign when they create their social media accounts on Instagram have the legal force of contracts. When Meta deleted Teatotaler's account in violation of the terms, it was breaking its contract with Soldati's business.

This represents a major legal change to the way Meta is used to operating, according to Soldati.

"Meta counsel tried to claim it's a free service and they do not owe users anything. You are making a promise to provide this account, absolutely this is a contract," Soldati said.

The other big change for Meta in Gardner's ruling is that the company cannot avoid certain lawsuits using the federal Decency in Communications Act.

Section 230 of the Decency in Communications Act has been used to protect social media companies from getting sued when users post defamatory content, Gardner found that Meta could not use Section 230's protections to stop Soldati's lawsuit.

"Social media companies have used Section 230 to dismiss case after case after case," he said.

Teatotaler's Instagram account was deleted without notice in 2018. Soldati said his business never violated any of Meta's terms of service which would result in a deletion, and he never got an explanation from the company.

Soldati was able to create a new account five days later, but he lost the follower base he had spent years building on the social media platform. Soldati used the Instagram page as a digital storefront for Teatotaler's and the loss of his original account hurt his bottom line, he said.

Meta did not respond to a request for comment. According to court documents, the company offered no explanation for the deletion, and representatives told the court it did not need a reason.

Teatotaler's business is known for its progressive embrace of social issues, including its celebration of the LGBTQ+ community. The business was targeted last year by neo-Nazi's when it hosted a drag queen story hour. The New Hampshire Attorney General's Office is seeking Civil Rights violation charges against members of neo-Nazi group NSC-131 for the incident.

Soldati does not think his business's pro-LGBTQ+ position is behind the deletion. He blames incompetence.

"I don't believe that to be the case. I think it's more likely Facebook's technology failed," he said.

Gardner's ruling awards Soldati \$100 in damages plus \$145 in court costs. He's currently seeking a clarification order, as he's spent a lot more than \$245 with Meta. But, his case was about more than the money, it was about forcing the company to admit it was in the wrong.

"It's always been about standing up for something so simple," Soldati said.

Jackson Hewitt

GUARANTEED BIGGEST REFUND

3 CONVENIENT LOCATIONS

- 919 ROUTE 10, SWANZEY, NH
- AT WALMART, KEENE NH
- 116 MAIN STREET, MARLBOROUGH, NH

CALL TODAY: 603-876-6410
OR GO TO WWW.JACKSONHEWITT.COM

Jackson Hewitt is locally owned by Talon Tax Service, located at 116 Main Street, Marlborough, NH • 603- 876-6410

\$25.00 OFF!
with this coupon

Edward Jones > edwardjones.com | Member SIPC



Monadnock Region: Our process? We listen. Really listen.

Scot A Ward, CRPC™
Financial Advisor
178 Main St Suite B
Keene, NH 03431
603-499-7134

MKT-5894M-A-A1 AECSPAD 20948468

Fast & Reliable Verizon Home Internet
(No hidden fees or equipment charges)

verizon

HANNAFORD PLAZA • KEENE, NH
603-357-7700
www.WirelessZone.com/Keene
Mon.-Fri. 9-7, Sat. 9-6, Sun. 11-4

Have questions? We can help.
No appointment needed!

 Kristen

Joseph D. Durell, CFP®, MBA
First Vice President – Branch Director
Portfolio Manager – Portfolio Focus
70 Main St., Suite 300 | Peterborough, NH 03458
(603) 924-4836 | joseph.durell@rbc.com
www.joedurell.com



A division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC, 21-PE-00265 (02/21)

Your Choice wills & trusts elder law

Estate Planning and Elder Law Attorneys



Nathan G. Chaffee **Sarah C. Frankel**

WARD LEGAL GROUP

129 West Street • Keene
603.352.7310 • www.wardlegalgroup.com

Valentine Treats

COOKING, Continued from page 9

Chocolate Truffles

You may be tempted to save these chocolate truffles for a special occasion, such as Valentine's Day. But with just a few ingredients, this truffle recipe is also easy to make anytime. Use a variety of the coatings for fun. (Use dark chocolate chips if preferred.)

Ingredients:
3 cups semisweet chocolate chips (worth extra \$\$ to use high-quality chocolate chips here)
1 can (14 ounces) sweetened condensed milk
1 tablespoon vanilla extract

Optional coatings: Chocolate sprinkles, Dutch cocoa, espresso powder and cacao nibs

In a microwave, melt chocolate chips and milk; stir until smooth. Stir in vanilla. Refrigerate, covered, two hours or until firm enough to roll. Shape into one-inch balls. Roll in various coatings as desired and place into miniature muffin cup or candy cup holders.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

Valentine Treats For The Sweet

*The water is wide, I cannot cross o'er
Neither have I the wings to fly.
Build me a boat that can carry two,
And both shall row, my Love and I.
-from an American Folk Song*

A Valentine dinner should be an easy meal, prepared with love and attention to details. Set the table with lots of votive candles and a lovely bowl of flowers or lemons. Put on some soft music, serve up a special meal and count your blessings with someone dear to you. Cooking Corner this week offers some suggestions for your Valentine's Day pleasure, whether you share a meal or just some snacks with someone who is your favorite 'sweetie.'

Cooking Corner

with Nancy Adams



Salad Nicoise for 2

Here's a slightly modified version of the famous French Salad Nicoise. This salad has all the classic elements – green beans, potatoes, tuna, eggs and olives – but with a few updates to perk it up for a winter meal for two.

Ingredients:

- Vinaigrette:
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon minced shallot
- 1 teaspoon minced fresh thyme (or 1/4 teaspoon dried)
- 1 teaspoon Dijon mustard
- 2 anchovies, minced (or 1 teaspoon anchovy paste from a tube)
- salt and freshly ground black pepper to taste

Whisk all ingredients together in a small bowl; set aside

For the Salad:

- 6 or 8 grape tomatoes, halved lengthwise
- pinch each of sugar and salt
- 6 small red potatoes, cooked until tender (no need to peel)
- 6 oz. green beans, trimmed, cooked just until tender, drained well
- 2-3 tablespoons extra virgin olive oil
- 3 large eggs, hard cooked 8 minutes for a 'jammy' texture
- 1 (5-7 oz.) can or jar olive-oil packed tuna, broken into bite-size with fork
- 6-8 Nicoise olives
- 1-2 tablespoons capers

Stir together tomatoes, sugar and salt in a small bowl; set aside to macerate. Flatten cooked potatoes gently with side of a chef's knife to 1/2 to 3/4-inch thick (okay if some crumble). Heat oil in a skillet over medium-high heat. Add potatoes and cook until lightly crisped on both sides, two to three minutes per side. Drain potatoes on some paper towels and season to taste with salt and pepper. Assemble all ingredients on the work counter: reserved vinaigrette, tomatoes, fried potatoes, cook green beans, hard cooked eggs, tuna, olives, and capers. Onto each of two plates, divide evenly the tomatoes, tuna, and beans. Peel hard cooked eggs and place three halves on each plate. Divide warm, crisp-fried potatoes between plates. Drizzle each salad with two tablespoons vinaigrette and sprinkle with olives and capers. Serve, passing extra vinaigrette.

Steak Board Dinner for Two

Consider this a classic steakhouse dinner that's served on a board, accompanied by optional chilled shrimp with cocktail sauce, an iceberg wedge salad, and oven roasted potatoes. To prepare the board, here's a few tips but feel free to experiment:

Perfect Pan-Seared Tenderloin – get a cast iron skillet nice and hot. Prepare two (4-6 oz.) tenderloin steaks (or other favorite cut) by wiping dry with paper towels and seasoning with salt and pepper. Then sear the steaks for a caramelized flavorful crust on both sides, two to three minutes. Pop pan into a preheated 400 degree oven for about four to five minutes per side for medium-rare. You may have to vary the time depending on the thickness of the steaks. Let steaks rest for five minutes before serving. If desired, add a knob of

butter to the hot pan; add about 1/2 cup wine or broth to pan and boil to reduce to about half; serve in a small pitcher on the side.

Roasted Baby Potatoes – toss desired number of baby potatoes for two in some olive oil; season to taste with salt and pepper. Roast in preheated 425 degree oven for 15-20 minutes, until browned and tender. (If preferred, serve baked potatoes with butter or sour cream instead.)

Wedge Salad with Blue Cheese Dressing – wash, dry and slice two wedges of iceberg lettuce. Prepare or purchase blue cheese dressing, sprinkling on some crumbled blue cheese when served.

To prepare serving board (or large platter) – load the hot food (steak and potatoes) onto a serving board; place it on a larger one holding the cold items. Cold items might include some cooked, chilled shrimp and cocktail sauce, the wedge salad and steak sauce.

Salmon Fillet in Parchment

An easy way to prepare a meal for two (or more if desired). Serve with a side dish of rice to catch any of the packet juices and fruit or green salad.

- Ingredients: (for each single serving)
- 4 to 6 oz. salmon fillet
- 1 tablespoon lemon juice
- salt and freshly ground black pepper
- 1/2 carrot, cut in julienne
- 1 green onion, cut in julienne
- 1 teaspoon dill weed

Fold a piece of parchment paper (or foil) in half; cut into half a heart, leaving the fold; open. Place salmon on one half of parchment. Top with remaining ingredients. Fold over parchment and make a thin fold all around the edges to seal in juice. Place packets on a baking sheet. (Packets can be refrigerated up to five hours before baking at this point; bring to room temperature when ready to bake). Bake fish at 350 degrees for about 15 minutes, or until fish tests done. Transfer individual packets to serving plates and slit open carefully as steam is hot.

COOKING, page 8

SURVEYING & ENGINEERING
 Lot Lines • FEMA-Elevation Certs • Subdivisions • Site Plans
 Plus Septic Designs, Wetlands & Soil Mapping,
 Local, State & Federal Permitting and More!
FIELDSTONE
 LAND CONSULTANTS, PLLC
 Surveying • Engineering • Environmental
 603-672-5456
 FieldstoneLandConsultants.com

Everything You Need at Prices You Can Afford!
WINTER CLEANING LEADS TO UNWANTED CLUTTER.
 Bring your clean items to Salvation Army Family Store to resell. This helps our struggling neighbors with PSNH or heating bills.
 Store Hours: Mon.-Sat. 10am to 5pm
 Donations: Please Call
 132 Rt. 12 S., N. Swanzey • 603-357-2207

RUETER
 FOUNDATION REPAIR
 WE STOP LEAKS! WE STABILIZE WALLS!
LEAKY WALLS • BULKHEADS SEPTIC, SEWER & WELL LINES
 Free Estimates • Lifetime Guarantee
BECAUSE SHIFT HAPPENS!
 603.263.3691 • www.RueterFoundationRepair.com

DAVIS OIL & PROPANE
NOW OFFERING PROPANE
FULL-OPERATION • FULL SERVICE
 For Stoves, HW heaters, Fireplaces, add-ons
 Competitive pricing • Licensed Propane Technicians
FREE ESTIMATES
 Safe service with our professionals • 24-hr Watchdog Service since 1926
 559 Main St., Keene • 603-352-1306 • davisoilandpropane.com

WEBSITE DESIGN
 Building Websites Since 1995
 We offer a wide range of website design services which includes:
Wordpress Website Design
Content Management
Hosting, Domains & Email
Search Engine Optimization
Fair Competitive Pricing
603-357-0643
 KeeneWebWorks.com

THE CHIMNEY SPECIALISTS, INC.
 Chimney Sweeping • Construction • Relining
 Repairs • Installations • Inspections • Waterproofing
 Serving the Monadnock Region for over 40 Years
 (603) 357-4159 • www.chimneynh.com • info@chimneynh.com

Daniel's MOVING SPECIALISTS
 When Your Move Counts, Count on Us!
 Your local independent mover since 1936. Whether it's across town or across the country, we do it all with our own drivers and equipment.
1.800.NEXTMOVE

DRONE
 Photography
 Real Estate • Aerial Mapping
 Video & More
 Part 107 Licensed & Insured
 603-608-3487 • gabeshakourfilms.com

MONADNOCK APPLIANCE
 Your local service provider since 2010 is now also your NEIGHBORHOOD APPLIANCE RETAILER.
 Refrigerators • Freezers
 Dishwashers • Stoves • Cooktops
 Washing Machines • Dryers
 Dryer & Vent Cleaning Service
603-899-9999
 Come visit our NEW STORE
 497 US-202 #1
 Rindge, NH 03461
 (near Market Basket)
 DARR BULLOCK

Round it up
 Round up your change in February to support the Monadnock Food Co-op FARM FUND

monadnock FOOD CO-OP
 SUPPORTING OUR LOCAL FARMERS
 34 Cypress Street
 Keene NH
 603.355.8008
 monadnockfood.coop

Valentine's Day

Wednesday February 14th

Monadnock Food Co-op Hosts Local Love Sample Night

The Monadnock Food Co-op at 34 Cypress Street in Keene will hold a Local Love Sample Night on Friday, February 9th from 4 to 6 p.m.

The Local Love Sample Night features local and regional vendors that offer products perfect for a Valentine's Day gift or a delicious compliment to a Valentine's Day meal. Local producers Northeast Wine Co., Saxy Chef, Frisky Cow Gelato, and Shire's will demo their products.

A basket of locally loved products sold at the co-op

will be raffled off during the event.

The event will also feature a DIY Herb-Infused Body Oil workshop hosted by Stephanie Sutch from The Preserved Garden. Attendees will indulge in self-love and learn how to care for their skin with natural body oils infused with herbs and take home their own oil infusion. The workshop is free to attend. Those interested can RSVP at www.monadnockfood.coop/event/diyoils.



Professional Bra Fitting
and Lingerie



lapechelingerie.com 21 West Street, Keene 603-354-3137

HEART TO HEART!

Stoneman
CUSTOM JEWELERS

The Only True Full Service Jeweler In The Area.

82 Washington St. • Keene, NH • 352-0811
www.stonemancustomjewelers.com

Monadnock Brides

will be published in our
Wednesday, February 14th issue.

The deadline for advertising & editorial copy will be
Thursday, February 8th at 4:00 pm.

See your advertising representative for more details.

LOVE IS IN THE ORCHARD

Valentines Dinner

Wednesday, February 14th

Tickets in advance
Scan QR Code

Visit our Facebook page for more details.

Alyson's Orchard
Rt. 12, Walpole
Open Wed-Sat
5pm-9pm

Since 1952-

Howard's Leather

There's Nothing Like Real Leather

Shop Locally for The
Finest Selection of
Leather Apparel & Gifts

Moccasins • Coats • Jackets • Hats Belts • Handbags
Western Boots Big & Tall Sizes • Gloves
Motorcycle Apparel • Jewelry & Gifts

1651 Rt. 9 Spofford, NH • 603-363-4325
www.howardsleathernh.com
Mon.-Sat. 9:30 am-5:30 pm; Sun. 11:30-5:30

VALENTINE'S DAY

February 14

We Have the Best!

Greeting Cards • Card Making
Supplies • Stickers • Gifts
Frames • Candy • Balloons • Cigars
Giftwrap • Stuffed Animals

603-924-7203
40 Main Street
Peterborough, NH
steelesstationers.com
Hours: Monday-Saturday 9-5

101 Ways to Say "I Love You"

Add a sweet touch to your Valentine's Day gifts filled with our temptingly delicious homemade chocolates.

Plus other yummy Valentine's Day gift items.

Be Goodie Shoppe

We've been making
Valentines sweeter for **93**
Years

49 Main Street, Keene (603) 352-0326
OPEN: Mon.-Sat. 10-7

Valentine's Day

Singing Valentines – A Twist On Love



UpGray'd Quartet poses with the exuberant Luca Paris after he receives a Singing Valentine in 2023.

UpGray'd Quartet from the Keene Cheshiremen/Chapter features: (L-R) John Devlin, tenor, of Dublin; Steve Salamin, lead, of Keene; Mark Brosseau, baritone, of Sullivan, and Craig Fischer, bass, of Surry. Visit them at <https://www.upgrayedquartet.com>.

One of the most unique ways to show you care for someone might be to send a "singing telegram" for Valentines Day 2024.

Sung in four-part harmony by a handsomely dressed Cheshiremen quartet, the message arrives at the specified location – it can be anywhere on Valentine's Day – surprising your sweetheart, and spontaneously! These four men will appear unannounced

and sing two love songs to an often red-faced, sometimes tearful, recipient. The quartet presents her (or him!) with a beautiful fresh red rose, a sweet "gift," and then captures the moment with a picture. The picture is later e-mailed to the recipient and/or the sender as a keepsake of that special delivery.

Singing Valentines will be performed live by a Barbershop Quartet from the Cheshiremen Chorus to anyone in Keene and the greater Monadnock region on Valentine's Day, Wednesday, February 14th.

They will surprise sweethearts, mothers or fathers, grandmothers or grandfathers, daughters or sons, friends, bosses, co-workers, doctors, teachers – any special person – with the gift of a Singing Valentine. The quartets will show up at homes, workplaces, hospitals, schools, nursing homes, restaurants – wherever they are sent. And wherever they appear, they'll draw a crowd and often a few tears. These dedicated quartets will be delivering in the morning, afternoon, and evening.

This is a major fundraising event for the Cheshiremen Chorus, the 72-year community arts nonprofit musical organization and the Keene chapter of the Barbershop Harmony Society, the international singing organization of men and women, of all ages, from all walks of life, who love to sing this four-part harmony, together. They meet weekly on Tuesdays at 6:30 p.m. at the United Church of Christ in Keene.

To learn more about the Singing Valentine program, visit the Cheshiremen www.cheshiremen.org. There, people can place an order online and easily pay securely with any credit card or PayPal. They'll call back soon after, directly, to confirm all the details. People may also call them toll free at 1-877-31B-SHOP and leave a message.



KEENE JAZZ ORCHESTRA
SCOTT MULLET, FOUNDER STEVE CADY, DIRECTOR

Valentine's Dance
Bella Holtz, vocalist

Date: Saturday, Feb 17 • 7:30pm
Place: Best Western Plus, Keene


Tickets \$15, \$12 students,
available at Keenejazzorchestra.org,
Toadstool Keene, and Prime Roast

Valentine's Day Sale

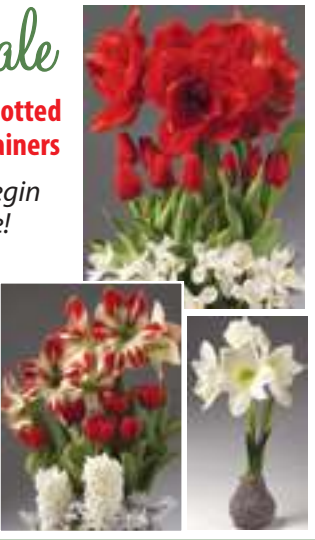
A large selection of mixed bulb gardens, potted amaryllis, waxed bulbs & decorative containers

Sold in a DORMANT state - ready to begin growing when you take them home!

Open to the Public Thurs., Feb. 8 through Wed., Feb. 14 9AM-3PM Daily



**160 JAFFREY ROAD
MARLBOROUGH, NH**



You'll LOVE Our Great



SERVICE & SAVINGS!

Washers ♥ Dryers ♥ Refrigerators ♥ Ranges
Dishwashers ♥ Microwaves ♥ Grills and More!



Local. Family Owned.
603-899-9999
497 US-202 #1 • Rindge, NH

Happy Valentine's Day Dinner Buffet

Wednesday, February 14th • 4–9 PM
Adults: \$25 • Kids: \$13
No Reservation Needed

**Veg Pakors • Corn Paneer Bites • Samosa Chat • Chilly Chicken
Paneer Gobi 65 • Dai Saag • Mushroom Mutter • Paneer Butter Masala
Veg Chettunadu • Aloo Pepper Fry • Shrimp Fried Rice • Goat Biryani
Beef Rogan Josh • Chicken Xacuti • Chicken Tikka Masala**

Tawa Tandoori Chicken • Mailli Chicken • Harryla Chicken • Lamb Sheeh Kebab

Kids Chicken Nuggets • Mac & Cheese • Chicken Alfredo

**Dessert: Gulab Jamun • Strawberry Mousse • Carrot Halwa
Mixed Kulfi • Mango Kheer**



199 N. Main St., Troy, NH
603-242-3682 • 475-343-0333
toasttab.com/royal-spice-199-n-main-st

Heat Things Up This Valentine's Day!

- Healing
- Relaxation
- Heart Health
- Mental Health

- Aromatherapy
- Spa Vacuum
- Spa Caddy
- Creative Lighting & so much more!



New Spas Have Just Arrived!

0% 60 Month Financing Available



233 Monadnock Hwy (Rt. 12S), Swanzey, NH
Tuesday-Friday 10-5, Saturday 10-2
www.clearwaterpoolandspa.net • 603-357-5874

Always Close to Your Heart!

Sterling Silver Locketts
on 18" Silver Chain



Cheshire Jewelers LLC

The Center at Colony Mill • 149 Emerald St. • 358-6543
Tue–Fri: 10–4:30; Sat: 10–2; Closed Sun & Mon

Ice Cream Pizza

Choc chip crust • Frozen custard and your choice of 2 additional toppings

Daily 11:30am-9:30pm

Ricks
Ice Cream & Desserts
58 KEY ROAD, KEENE • 352-4226

VALENTINE'S PARTY DANCE
Monadnock Tri-State Dance Club
FEBRUARY 10 • 7PM
CHAMPAIGN JAM
\$10 Members / \$12 Non-Members
Contact Rich at 603-398-8539
ELMM Hall, Durkee St., Winchester

Cheshire Village at Home Social
Thurs., Feb. 15 • 1 pm
ALOUETTE ISELIN
Dulcamer Music
Keene Senior Center
312 Marlboro St.
603-903-9680

Making Outdoor Winter Discoveries

Sometimes we need a push to go outside in the winter. But for our family's health, getting out into the fresh air to get some exercise is just what we need. And winter is the perfect time to make some exciting outdoor discoveries with the kids.

One such activity that can involve making a lot of discoveries is taking the family out into the woods or a local park to identify animal tracks. Fresh snow can show tracks of a variety of animals in this area, like rabbits, squirrels, foxes, and deer – to name a few. Take a cell phone or camera along to snap photos of the different tracks that you come across. Older children might enjoy drawing the tracks in a journal to identify them later. Try to guess what animal made the tracks, where it was going, and what it might have been doing. When back home, identify the animal tracks at www.naturetracking.com or try the iTrack Wildlife app.

Also on this trail exploration, keep an eye out for animal scat (poop). You might be able to determine what kind of animal belongs to your discovery. Are there bones or fur visible? Then that scat would be from a carnivore. Animal scat with seeds in it could be from a bird. Take a picture of it to identify later: www.icwdm.org/identification/feces/scat-id. Note: This track/scat identifying can go on throughout the winter. Following each snow, venture out to see if you can add to your animal discoveries.

It gets dark so early in the winter, so why not consider going on a night hike with the kids? Give each child a flashlight or headlamp and head out on a well-known trail around dusk. What do you see? Perhaps you notice how bright the stars are in the winter sky. What do you hear? The hoot of an owl or the scurrying of animals.

Take the family drey hunting. Dreys are those cool squirrel nests that look like large messy balls of leaves high in trees. Although the leaves look like they got stuck in crooks of branches during leaf shedding in the fall, these leaves are placed there by squirrels. Once you start spotting them, you'll see them everywhere.

Scavenger hunts are always fun to go on. Why not go on a nature winter hunt? Some items that might be on your list could include a pinecone, a leaf clinging to a tree, a squirrel, an icicle, a snowflake, animal tracks, cardinals, an evergreen branch, or winter berries.



There's nothing like a cozy winter bonfire (check with your fire department to see if you need a permit!). Ask your neighbors, grandparents, or friends to join you. Don't forget hot drinks, and have something to cook over the fire, like hot dogs, marshmallows, or popcorn. Don't forget blankets, roasting sticks, and a large thermos for keeping the hot drink hot.

One way to stay warm outside is to keep moving. So, why not set up a winter obstacle course? Use cones or natural obstacles to zigzag around. Create a hurdle to jump over, something to climb, a balance beam to cross, or a tunnel to crawl through.

We don't realize all the colors that make up nature until we really look for them. Grab a variety of paint chips from a paint store and head out to match the colors. Even reds and oranges can be found in the great outdoors.

Speaking of color, why not get your little artists outdoors to create art in the snow. Each child gets a spray bottle filled with water. They then add a few drops of food coloring of their choice and shake it up. Head outside, find a big patch of snow for a canvas, and create a masterpiece.

Winter is the perfect time to encourage your children's curiosity and engage them in learning about nature and all its wonders.

Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

SEAFOOD DINNERS **NEW MENU COMING SOON!**

DINNER TABLE Restaurant

121 Old Homestead Hwy, North Swanzy **357-2525** Wed 7:30a-2p, Thur-Sat 7:30a-2p; 4-9p, Sun 7:30a-2p, Closed Mon & Tues

Feb 10: Lunar New Year
Feb 14: Valentine's Day

Celebrate your good friends and special someone with unique holiday menus at Aldworth Manor

Tickets at aldworthmanor.com/events

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

- February 4, 2024**
Luke Skywalker James, son of Melinda & Christopher James, Jaffrey, 4
- February 8, 2023**
Talia Jade Durgin, daughter of Jade & Travis Durgin, Bennington, 3
- February 11, 2023**
Lane Daniel Baker, son of Justin & Whitney Baker, Swanzey, 1

HANNAFORD'S BIRTHDAY CAKE
This Week's Winners

Talia Jade Durgin, Bennington, 3
Lane Daniel Baker, Swanzey, 1

Keene's Premier Winter Dining Destination!

The Pub
Restaurant and Caterers

Stop in for Daily Specials!

Tuesday – Sunday 7:00 AM 'til 2:00 PM
131 Winchester St. Keene 352-3135
www.thepubrestaurant.com

ENTERTAINMENT and DINING

Wednesday, Feb. 7
MISCELLANEOUS
Silent Reading Club 6:30-8:30pm. Putney Public Library, 55 Main St., Putney, VT. Never get enough quiet time to read? Want to hang out with others but not feel pressure to utter even a single word? With an option to leave your phone at the Phone Check and non-optional directive to observe silence, the Silent Reading Club might be just what you need to eliminate distractions and dig into a book! **802-387-4407**.

Music Technology Immersion 6-9pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. A 3-day immersion in the field of music technology, featuring sessions on Audio Recording, Sound Design, and Live Recording. Free. **603-358-2168**.

Thursday, Feb. 8
MISCELLANEOUS
Conant Generations: Families Who Graduated From Conant High School 7pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Free and open to all. **603-598-0120**.
Al-Anon Meeting 12-1pm. United Church of Christ, 2nd floor, 23 Central Square, Keene. Help and hope for friends and families of alcoholics. In person and on-line. For questions call or e-mail **603-369-6930**. district7@nhal-anon.org. www.nhal-anon.org.

MISCELLANEOUS
Monaghan Art Collection Benefit Silent Auction Dublin Community Center, 1123 Main St., Dublin. Various hours. Runs through Saturday, Feb. 17th.

Local Love Sample Night 4-6pm. Monadnock Food Coop, 34 Cypress St., Keene. Local and regional products perfect for Valentine's Day. www.monadnockfood.coop.

MARCO POLO GARDEN
Chinese Restaurant & Lounge

OPEN 7 DAYS • 603-357-3464

FREE SMALL PORK FRIED RICE with order of \$40 or more

Total before tax. One coupon per person. Cannot be combined with any other offers. Not valid for delivery. Some terms and conditions may apply. Coupon Expires March 5, 2024.

marcopolonh.uorder.io • 601 Main St., Rt. 12, Keene

Saturday, Feb. 10
ARTS, MUSIC & THEATER
Winter Gala Live Auction and Worship Concert: Live Music with The Cashmans 6:30pm. Hidden Hills Banquet Hall, 18 Lisa Drive, Rindge. Dessert-style appetizers and mocktails. \$25 each, limited seating. Fundraiser to benefit House of Hope. www.houseofopenh.org.
Monadnock Tri-State Dance Club: Valentine's Party Dance 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "Champaign Jam". Everyone welcome. \$10 Members/\$12 Nonmembers. Rich: **603-398-8539**.
Starlight Lounge (Retro Jazz): Josh Evans' Trio 7-9:30pm. Dublin Community Center, 1123 Main St., Dublin. \$15 per person.
Music Technology Immersion 10am-4pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. A 3-day immersion in the field of music technology, featuring sessions on Audio Recording, Sound Design, and Live Recording. Free. **603-358-2168**.

The Starlight Lounge Retro Jazz With The Josh Evans' Trio In Dublin

On Saturday, February 10th from 7 to 9:30 p.m., the DubHub will be transformed into the Starlight Lounge, a retro jazz club celebrating the smooth, smokin', sultry sounds of the 1930s, '40s and '50s as played by the Josh Evans' Trio.

Attendees are invited to dress up in fancy duds and dance the night away, or simply come as the music transports listeners into a bygone era. The music

of Sinatra, Bennett, Martin, and others will be featured. Some surprise guest vocalists will join the band.

The DubHub will provide the appetizers, sweets, and aesthetic. Attendees are welcome to byob. Tickets, which are expected to go fast at \$15 pp at the door, can be reserved by contacting info@dublincommunitycenter.org

The DubHub is located at 1123 Main Street in Dublin.

"Yoga For Your Feet" Class At Aloha



Josephine Russell often teaches Yoga for the Feet. Afterwards the comment is often, "I did not even know that my feet needed the attention."

In her workshop, attendees will stretch the four arches of the feet and the toes, and rejuvenate and relax a part of the body that works daily. The event will take place Saturday, February 10th at Aloha on Court Street from 10:30 a.m. until noon. The cost is \$30.

Register vagaro.com/alohakeene or call 603-762-3129

Josephine Russell, at left, will teach class participants to stretch the four arches of the feet and the toes, and rejuvenate and relax a part of the body that works daily.

Multi-Media Presentation On Ella Fitzgerald

On Thursday, February 15th at 6 p.m., jazz vocalist, educator, and entrepreneur Nanette Perrotte will lead a free Multi-Media Presentation, Ella

Fitzgerald: the Queen of Swing, at the Richmond Veterans Memorial Hall at 150 Old Homestead Highway.

Monadnock Food Co-op Holds Community Book Club

Monadnock Food Co-op at 34 Cypress Street in Keene will hold its Community Book Club in the Community Room on Monday, February 12th at 6 p.m.

For February and March, the group will read and discuss *The 1619 Project: A New Origin Story*. The group will also

listen to the podcast *Unreformed: the Story of the Alabama Industrial School for Negro Children*. Learn more about *The 1619 Project* at www.1619books.com.

For more details, email Megan at marketingsupport@monadnockfood.coop.

Saturday, Feb. 10 DINING PLEASURES

Meatball Madness as Take Out Only 5-6pm. Fitzwilliam Community Church, 85 Route 119 West. Selections are Italian, Swedish, and Italian turkey meatballs. Prices are \$12 per quart and \$8 per pint. Place orders by Tuesday, February 6th by calling Roberta at 603-585-3407 between 9 AM and 6 PM or by e-mail to fcnh@yahoo.com.

Westmoreland United Church Valentine Italian Supper 5-6:30pm. Town Hall, 780 Rte. 63, Westmoreland. Spaghetti, lasagna, bread, salad, dessert, beverages. Adults/\$12, Children 10 and under/\$5. All you can eat. Take out available. Jo Ann LaBarre: 603-399-9028.

Winter Dinners: Lunar New Year 6-9pm. Aldworth Manor, 184 Aldworth Manor Rd, Harrisville. Doors open at 6 and food service begins once you are seated. \$45 per ticket for food. Tickets and more info available at www.alldworthmanor.com/events.

LECTURES & WORKSHOPS
Yoga for Your Feet 10:30am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Rejuvenate and relax a part of the body that works daily to carry you about. Leave with happy feet. \$30. Register at 603-762-3129. www.varago.com/alohakeene.

MISCELLANEOUS
February Adventure Bus Trips: NYC/Your Way Adventure Limousine & Transportation. \$79 per person. 603-357-2933. www.advlimo.com.

Darwin, The Beagle, and Captain Fitzroy: An Extremely Unlikely Trio 1pm. Keene Public Library, Heberton Hall, 60 Winter St., Keene. Using models and slides for illustration, Marc Koolen tells the story of life aboard the Beagle and the fates of those involved. Free to the public. 603-352-0157.

Sunday, Feb. 11 ARTS, MUSIC & THEATER

Music Technology Immersion 1-4pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. A 3-day immersion in the field of music technology, featuring sessions on Audio Recording, Sound Design, and Live Recording. Free. 603-358-2168.

MISCELLANEOUS
February Adventure Bus Trips: Boston Your Way Adventure Limousine & Trans-

portation. \$55 per person. 603-357-2933. www.advlimo.com.

Make & Take Valentines: With Archie the Pig 1-3pm. Dublin Community Center, 1123 Main St., Dublin.

Monday, Feb. 12 MISCELLANEOUS

The Monadnock Food Co-op Community Book Club 6pm. Monadnock Food Co-op, Community Room. For February and March the group will read and discuss, *The 1619 Project: A New Origin Story* Megan Lafaso Hercher: 603-355-8008. www.monadnock-food.coop/event/bookclub.

AI-anon Zoom Meeting 12-1pm. Keene. Check out AI-Anon's free service to friends and families who suffer from the impact of a loved one's drinking. Meeting ID: 825 6820 3953. Passcode: Keene. To join by phone use same ID and password 480560 and dial 646-876-9923.

Wednesday, Feb. 14

DINING PLEASURES

Valentines Dinner: "Love is in the Orchard" Alyson's Orchard, Orchard Tavern, 57 Alyson's Lane, Walpole. Tickets in advance. See ad in Valentines section of this issue.

Winter Dinners: Valentine's Day 6-9pm. Aldworth Manor, 184 Aldworth Manor Rd, Harrisville. Doors open at 6 and food service begins once you are seated. \$75 per ticket for food and a glass of prosecco or wine. Tickets and more info available at www.alldworthmanor.com/events.

MISCELLANEOUS
February Adventure Bus Trips: Foxwoods Adventure Limousine & Transportation. \$49 per person. 603-357-2933. www.advlimo.com.

RELIGIOUS
Ash Wednesday Service 7pm. St. James Episcopal Church, 44 West St., Keene. All are welcome. www.stjameskeene.com.
Ashes To Go 8-9am. St. James Episcopal Church, 44 West St., Keene. The Rev. Elsa Worth will be present to offer a quick prayer and the administration of ashes to anyone who would like them. Find this event on the sidewalk in front of St. James – rain, snow or shine. www.stjameskeene.com.

10" Cheese Pizza \$5.00 With this coupon Excludes Gluten Free Excludes Delivery Limit 2 per Coupon Now Offering ONLINE ORDERING

CHESHIRE VILLAGE PIZZA

9 Ashuelot St., Keene **603-357-4604**
VALID MONDAY FEBRUARY 12, 2024

MIJALISCO Restaurante Mexicano

463 West Street, Keene **603-354-3123**
mijalisco1nh.com
Open Daily

Buy One Lunch or Dinner & Get 2nd OF EQUAL OR LESSER VALUE FOR HALF PRICE!

Must present coupon at time of sale. Offer not valid with any other offer. Must include two drinks. One coupon per party.

Wicked Glass Art
Hearts for Valentine's Day

Make 5x7 heart for \$10 or take a heart kit home for \$10
FEB 8TH-10TH • 11AM-4PM!
GIFT CERTIFICATES AVAILABLE
Owner Artist Judith Bosies • 26 Roxbury St., Keene • 603-757-3934

February Adventure Bus Trips

NYC/Your Way • 2/10 • \$79pp
Boston/Your Way • 2/11 • \$55pp
Foxwoods • 2/14 • \$49pp
Encore • 2/19 • \$49pp
Mohegan Sun • 2/23 • \$49pp

See www.ADVLIIMO.COM FOR MORE!!
Call or Text **603-357-2933**

GUITAR LESSONS
Lessons online via Zoom, Skype & other platforms

All ages welcome • Gift Certificates
Ukulele & Harmonica Lessons Offered

Tad Dreis • Keene, NH
603.762.9378 • www.taddreis.com

Special Events at the DubHub:

Starlight Lounge
Saturday, Feb. 10th • 7:00–9:30pm
Retro Jazz with Josh Evans' Trio • \$15/person

Silent Auction Featuring Works of Monadnock Artists
Friday, Feb. 9th–Saturday, Feb. 17th
Various Hours • Email for Bidding Details

Make and Take Valentines with Archie the Pig
Sunday, Feb. 11 • 1:00–3:00pm

DubHub Coffee House & Open Mic
Saturday, Feb. 17th • 7–10pm • All Welcome!
Featuring Susan Lee Anderson & Mike Garrels

Dublin Community Center
1123 Main St., Dublin, NH
info@dublincommunitycenter.org

PULLED PORK SANDWICH OR PLATE, PLUS TWO SIDES

BUY ONE, GET ONE 1/2 OFF!

EST. 2017
SMOKEHAUS
-BARBECUE-

13 Main St. (Rt. 101) • Dublin, NH
603-876-3320 • www.smokehausebbq.com
Fri/Sat 11-7; Sun, Tues–Thurs 11-6:30; Closed Mon
LARGE ORDERS: EMAIL SMOKEHAUSDUBLINNH@GMAIL.COM
*Second meal of equal or lesser value. With this coupon. Exp. 2/29/24.

Fill out our READERS' CHOICE BALLOT **BestOfMonadnock.com**

THE COLONIAL
COLONIAL PERFORMING ARTS CENTER
95 Main St, Keene, NH

NORTH SHORE COMEDY

Brad Mastrangelo
Tim McKeever
Mark Riley
Mark Scalia

FEB 17
8 PM

The Machine PERFORMS **PINK FLOYD**

FEB 24 at 8 PM

Paula Poundstone

MAR 2
8 PM

RHYTHM OF THE DANCE
The National Dance Company of Ireland

MAR 8 at 8 PM

LET'S SING TAYLOR
A LIVE BAND EXPERIENCE

MAR 9 at 8 PM
603-352-2033 TheColonial.org
SEASON UNDERWRITERS

CS Wholesale Grocers **Visory**

The Colonial Theatre is a 501(c)3 nonprofit organization

CLASSIFIEDS

monadnock
orksource

Adult Foster Care

Looking for a nurturing, compassionate
Home Care Provider
To support an active but aging Senior Adult
Female who enjoys socializing and being out
in the community. In your home.
Established Day Program
Monday - Friday

- **Competitive Stipend**
- Respite allotment
- 24-hour support
- Extensive training provided

Direct Support Professionals

Entry level position starting at \$15 per hour
providing community support for people
experiencing disabilities in the
Keene/Rindge/Jaffrey/Peterborough area.

- **COMPETITIVE PAY**
- Extensive training provided
- Full or Part Time positions
- Benefits for Full Time

Contact Rob Gillis at (603) 924-3326
Or email rob@mworksource.org

K
CITY OF KEENE
NEW HAMPSHIRE

THE CITY OF KEENE IS HIRING!

If you're a job seeker who is looking for
a meaningful career, check out all that
the City of Keene can offer you!

Our current openings include:

- Library Page
- Seasonal Maintenance Workers
- Firefighter/Paramedic/AEMT/EMT
- Summer Jobs at Parks and Rec!
- Highway Maintenance Workers
- Service Aide II/Water and Sewer
- Administrative Assistant/Human Services
- Recreation Assistants
- Police Officers
- Police Social Worker
- Civil Engineer
- Makerspace Teaching Intern
- Motor Equipment Operator II/ Highway
- Sports Officials
- Motor Equipment Operator I/Highway
- Crossing Guard
- Call Firefighter

For details and to apply:
<https://keenenh.gov/jobs>. EOE.

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP
WALK-IN TUB
1-855-417-1306

With purchase of new Safe Step Walk-in Tub. Not applicable with any previous walk-in tub purchase. Offer expires while supplies last. See web page. Max present offer amount of purchase. CLE1102/25 10/28/2022/25 10/28/22

It's not just
a generator.
It's a power
move.

Receive a free 7-year warranty
with qualifying purchase*
valued at \$735.

Call 866-643-0438 to
schedule your free quote!

GENERAC

Auto Services

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! Newer models, too! Call 866-258-6720 B

DONATE YOUR CAR to Veterans Today! Help and Support our Veterans. Fast-Free pick up. 100% tax deductible. Call 800-245-0398 N

Firewood/Pellets

WWW.TREEHUGGERFARMS.COM
Green or Kiln-Dried Firewood
Pick Up or Delivery.
Order online or call
603-399-8454

Health/Fitness

KeeneToday.com
Health News

ATTENTION OXYGEN THERAPIST! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free information kit. Call 877-929-9587 N

Help Wanted

KeeneToday.com
Help Wanted

Home Services

AGING ROOF? NEW HOMEOWNER? GOT STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 888-878-9091 N

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage and mold growth in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 888-872-2809 N

BATH & SHOWER UPDATES in as little as one day! Affordable prices - no payments for 18 months! Lifetime warranty & professional installs. Senior & military discounts available. Call 855-761-1725 N

BECOME A PUBLISHED AUTHOR. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide or visit website 877-729-4998 www.dorranceinfo.com/ads N

Miscellaneous

KeeneToday.com
News - Weather - Sports

DON'T LET THE STAIRS Limit Your Mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 833-399-3595 N

ALASKA, EUROPE, HAWAII + dozens of other popular Trips! Starting at \$1649 pp (double occupancy req'd.) YMT Vacations plans everything, leaving you to relax & enjoy. Call M-F for more details. Use promo code YMT2024 for \$250 off. Limited time only. 877-626-1958 N

CARING FOR an aging loved one? Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors help take the guesswork out of senior care for you and your family. Free, no-obligation consult: 844-556-4158 B

DISH NETWORK \$59.99 for 190 channels! Blazing fast internet, \$19.99/mo. (where available). Switch & get a free \$100. VISA gift card. Free voice remote. Free HD DVR. Free streaming on all devices. Call today! 833-800-0411 B

SWITCH AND SAVE UP TO \$250/YEAR on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time offer: get 50% off on any new account. Use code GIFT50. For more information 866-926-5071 B

JACUZZI BATH REMODEL can install a new, custom bath or shower in as little as one day. For a limited time, we're cutting installation costs in half and offering a FREE safety upgrade! Additional terms apply. Subject to change and vary by dealer. Offer ends 3/31/24. Call 844-501-3208 N

MOBILEHELP America's premier mobile medical alert system. Whether you're home or away. For safety & peace of mind. No long term contracts! Free brochure! 888-489-3936 N

REPLACE YOUR ROOF w/the best looking & longest lasting material steel from Erie Metal Roofs! 3 styles & multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off install + Additional 10% off install (military, health & 1st responders.) 833-370-1234 N

WESLEY FINANCIAL GROUP, LLC timeshare cancellation experts, over \$50,000,000 in timeshare debt & fees cancelled in 2019. Get free info package & learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. 833-308-1971 N

Pets

COCKER SPANIEL RESCUE OF NEW ENGLAND Has all ages and colors available, neutered. All shots. Adopt fee req. Save a life; adopt a Rescue Cocker **603-547-3363** www.csrne.org

DOBERMAN RESCUE UNLIMITED Has many wonderful Dobermans looking for homes. **603-887-1200** www.dru.org

GREYHOUNDS FOR ADOPTION! Make a Fast Friend. Several sweet ex-racers waiting for good homes. **603-355-1556**

WANT A NEW FELINE FRIEND? Cats and kittens of all kinds available for a reasonable fee. Fundraising & shelter volunteers needed. **603-532-9444** www.KittyRescueNH.org

Services

Adams AFFORDABLE KEENE, NH MOVING
Your Hometown Movers
Low Rates & Senior Citizen Discounts
FREE QUOTES
Residential & Commercial
We Now Offer Entire Home Cleanout Services
Locally Owned & Owner-Operated For Over 25 Years
References Proudly Supplied
357-1926

Services

ROB PARKER & SON CONTRACTING
Roofing • Windows • Decks
Home Improvements
603-554-5253

Services

RUSSELL TREE LLC.
Over 15 years experience. Fully insured. Free estimates! Safe, expert tree care. Bucket truck/chipper/expert climber/operator. Stump grinding, crane tree removal. Locally owned.
603-313-0736

Services

KERNOZICKY GC LLC
Interior/exterior painting, sheetrock, carpentry, laminate & tile.
No job too small.
Insured, free estimates.
603-852-2479

SCOTT FARRAR **NOW HIRING**
PT RECEPTIONIST and PT ACTIVITY ASSISTANT
Both should be available evenings and weekends.
For more details or to apply, contact **Angela Pelletier** angela.pelletier@scott-farrar.com or call **603-924-3691**

Altium Packaging
Formerly **HILLSIDE PLASTICS**
Across from the Airport

NOW HIRING
Scan the code or visit www.careers.altiumpkg.com.

MACHINE OPERATORS
\$22⁷⁵ to start with shift differentials up to **\$2.50 per hour!**
NO experience required. **On-the-job training provided!**

It's Not Just a Job...
Medical • Dental • Vision
401K • FSA/HSA • Vacation
Short/Long-term Disability
Life Insurance and more!

\$1,500⁰⁰ SIGN UP
Paid out in 90 and 180 day increments

Join Our Team! 413-475-1140
282 Millers Falls Road, Turners Falls, MA 01378



•••••
• Fill out our •
• **READERS' CHOICE** •
• **BALLOT** •
• online: •
• BestOfMonadnock.com •
•••••

Services	Wanted	Wanted
THE NEXT BEST THING The Odd Job Guru- You Name It, We Can Do It Cleanouts: Construction, Home Improvements, Basements, Attics, Garages, Etc. Scrape & Paint- Moving- Hardpack Driveways- Landscaping & Simple Lawn Care. Roofing- Pressure Washing- And More! 10% off the first job 603-313-8021 or 603-313-8105	BRIAN'S RARE COINS NOW OPEN Buying and selling US Coins. Gold & Silver Bullion avail- able at competitive prices. I need Silver Dollars, Indian Head Pennies, Buffalo Nick- els, All sets of Coins, Paper, Money, All Proof & Mint Sets. Gold & Silver Coins & Jewel- ry, Sterling Flatware. Highest Prices Paid. 653 Washington Street, Claremont, NH 03743. Please call for hours 603-477-2902	CASH PAID for vintage coin and stamp collections, paper money, antiques, gold and silver jew- elry, pocket watches, sterling silver, or anything unique. Call or text Greg 603-903-3069 gwalsh2015@gmail.com \$\$ CASH PAID \$\$ FOR OLD TOOLS Planes, axes, Stanley tools, etc. 1 tool or entire collection. 802-579-5891

Cheshire Cleaning

COMMERCIAL
Fully Insured & Bonded

Voted Best Cleaning Service
10 Years in a Row

(603) 209-9735
www.cheshirecleaning.com

Do you **LOVE LOCAL** products?
Do you **BELIEVE** in **FARM to TABLE**?
Do you **LOVE** the Co-op?
Be a part of Your local **COMMUNITY!**

Please see our website to apply!
Monadnockfood.coop/employment

Altimax Arctic 12

Winter - Studdable

The General Altimax Arctic 12 studdable passenger tire is designed for the highest cold weather demands. It has excellent traction on ice and snow covered roads with increased braking capability and a smooth, quiet ride.

Please call for sizes, pricing and availability

FREE COMPUTER ALIGNMENT

with purchase of 4 New Tires

All Prices Include:
• Mount & Balance • New Valves • Old Tire Disposal • Free Tire Rotations •

ALTIMAX™ RT45

Stylish touring all-season tire supplies a quiet, comfortable ride combined with year-round traction and extended treadlife.

185/65R15	205/60R16	235/65R16	225/55R18
195/65R15	205/65R16	215/50R17	225/60R18
205/65R15	215/65R16	215/60R17	235/55R18
205/55R16	225/60R16	225/45R17	235/65R18

BRAKE SPECIAL	WALKER	COMPUTER
BRAKE & SAFETY CENTER 25% OFF <small>MUST PRESENT COUPON</small>	EXHAUST SYSTEMS OUR LIFETIME WARRANTY COVERS NOT ONLY THE MUFFLER, BUT THE PIPES, TOO! 25% OFF <small>MUST PRESENT COUPON</small>	DIAGNOSTICS Check engine light on? Vehicle running rough? Vehicle stalling out? Come see us for a diagnostic check-up! FREE <small>Reg. \$79.95</small> <small>MUST PRESENT COUPON</small>

TOP QUALITY

Auto • Marine • Lawn & Garden

DUBE'S TIRE CENTER

300 PARK AVE., KEENE, NH • 603-352-1445
MON.-FRI. 8-5:30 • SAT. 8-12

Over 50 years of good, old-fashioned hometown service!

REAL ESTATE

Now Accepting Applications!

Southwestern Community Services

Payson Village Senior

Rindge, NH

Two Bedroom Apartments
Heat, hot water & electricity included in rent.

Applications may be picked up, requested by phone, or found on our website. Applicants must be 55+ & income eligible.

63 Community Way, Keene, NH 03431
www.scs-helps.org
Phone: 603.719.4288 • NH Relay: 1.800.735.2964

Please, recycle this newspaper.

Katie Beam

GALLOWAY REAL ESTATE

P.O. Box 100
Walpole NH 03608

o: 603-756-3661
c: 603-313-2785

Katie@gallowayservices.com
www.gallowayservices.com

Inventory is Low,
Free home consultations for opinion of value & Staging recommendations.

Spacious
1 & 2 Bedrooms

Incl. Heat & Hot Water
Beautifully Maintained
NICE LOCATION
POOL ON PREMISES

CALL
(603) 352-9105

Emile J. Legere Mgmt. Co.
Keene, New Hampshire

Enthusiastic • Experienced! • Motivated!

- ✓ FREE HOME WARRANTY
- ✓ FREE PROFESSIONAL PHOTOGRAPHY
- ✓ FREE PROFESSIONAL CLEANING

Thinking about MOVING?

Buying or selling... I can help guide you through the process with ease.

ROBIN SMITH

603-313-9902
robin@rsmithrealtor.com

LICENSED IN NEW HAMPSHIRE & FLORIDA

Brian Michaud

Waterfront & Country Homes
PROFESSIONAL • COURTEOUS • EXPERIENCED
brian@dowhillrealty.com
OFFICE 603.446.2385 • CELL 603.831.1627

CALL A MEMBER OF THE
CONTOOCCOOK VALLEY
BOARD OF REALTORS

It's official!

You shouldn't wait another 6 weeks to list your home.

Call us today!

Call us Today!

Your Local Real Estate Professionals

25 Turnpike Road, Jaffrey, NH 03452
www.tiegerrealty.com

PHONE: 603-532-8765
FAX: (603) 532-4519
Email: info@tiegerrealty.com

DESPRES & ASSOCIATES
Keller Williams Realty
41 Main St., Jaffrey, NH
603-532-8742 • 603-232-8282

CLASSIFIED ADVERTISEMENT ORDER FORM

PERSONAL AD

15 words • \$14.75 for 2 weeks
Each Additional Word = 25¢ • Each Additional Week = \$7.25 • Expires 10/31/24

Any advertisement for an incoming-producing product or service competing with an area business, regardless of its nature, or any ad to sell AKC Registered animals for profit, shall be considered a BUSINESS AD. Lost & Found ads are FREE!

BUSINESS AD

1" (25 words) • \$14.75 per week
Each Additional 1/2" (12 words) = \$7.25 • Expires 10/31/24

First Name: _____ Last: _____

Company Name (if Business Ad) _____

Phone: (____) _____ Ext. _____ Use in Ad? (1 word) Yes No

Phone: (____) _____ Ext. _____ Use in Ad? (1 word) Yes No

Website: _____ Use in Ad? (1 word) Yes No

Email: _____ Use in Ad? (1 word) Yes No

First Issue to run (Wednesday date): ____/____/____ Run it for ____ weeks

Category: _____ Ad: _____

Total # Words: _____

352-5250 DEADLINE: Friday 3pm prior to issue.

Please mail this form, along with payment to MSN, PO Box 487, Keene, NH 03431 or place envelope in our back door drop box at 445 West St., Keene by 8am Friday.



The Letter Project

I am enrolled in an End-of-Life Doula program through the University of Vermont. It has many elements of meditation throughout the program. I have learned about The Stanford Letter Project and would like to share with you how it invites all of us to reflect deeply on people from the past and those who are a part of our present lives.

The Letter Project originated from Stanford University in 2015 and has grown in popularity to the point that it is now in eight languages and can be downloaded for free. The goal is to help empower and support all adults to prepare for their future and take the initiative to talk to their doctors and their friends and family about what matters most to them at life's end. But it does not stop there. The life review becomes a way of acknowledging important people in your life and can assist in your desire to say things to those who matter.

The project offers letter templates, which help guide you along the way on different subjects. The subjects explored are deep and heartfelt. This is where the practice of paying attention to the breath can be helpful in processing the results of your exploration. Sometimes it is hard to allow one's feelings to flow out and at times opening can feel overwhelming. When you pause to pay attention to the breath, it can help to lower your blood pressure and your pulse.

Consequently, the blood flow is not as strong, so you find yourself more at ease. In this more relaxed state, you can observe your feelings and emotions versus reacting to them.



Writing these letters is no easy task. But wouldn't it be nice to be able to express to those you love how you feel about them? I wrote one letter to those who I appreciate in my life. There are four so far. I cried my eyes out and felt emotionally drained. But afterward I felt clearer. These letters can be given to your loved ones now, or they can be tucked aside for them to see after you are gone.

The templates, as a reminder, cannot be completed in one sitting. The letters have topics and examples. There are seven tasks of life review. They have the potential to bring up old memories that are not always pleasant ones. On the other hand, a letter can bring out the deep love you feel for someone in your life.

The template process starts out with naming key people in your life, then expressing your pride in their achievements. Another template talks about remembering treasured moments and expressing gratitude for all the love you received. It involves thanking them for their concern at trying times in your life. Another talks about forgiveness to those who have hurt you and for those you have hurt. And the last one is saying goodbye. For many, this is the hardest.

I encourage you to look up the Stanford Letter Project. It may not be for you, but it may bring some ideas to you that you prefer to talk over with those you love now instead of writing. And it may help you to look at tying up loose ends. All of this could be very gratifying.

A reminder to those of you who have created your advance directive: You have established your wishes. I encourage you to look at these templates to see if you covered all areas with your PCP. This is where your voice and end of life decisions can be heard. Too many times, family members do not agree. Your written letter can help to clarify your wishes. Many of you may have a close therapeutic relationship with your physician or primary care person. But many may not. You may think advance directives are not for you. Being in the healthcare field, I am a strong advocate of advance directives because they are your personally expressed wishes.

For questions about Mindfulness Meditation, visit www.mindfulnesskeene.org.

Aylene Wozmak has been practicing meditation for over 15 years. She worked as a hospice nurse for nearly three decades in Cheshire County. Her training in mindfulness comes from Harvard Medical School Dept of Continuing Education. She is the chairperson and a facilitator at The Monadnock Mindfulness Practice Center.

We're not doctors; we're divers.

HELPING YOU FEEL BETTER!

"Improving health, fitness, and sense of well being by simulating the effects of Scuba Diving to 50 feet with Hyperbaric Atmosphere"



Fatigue
Diabetes
Parkinson's
Fibromyalgia
Multiple Sclerosis

Cancer
Vision Loss
Chronic Pain
Long COVID
Lyme Disease

HYPER FIT

Please call for available sessions

603-460-5683

Open Tues. - Sun. HyperbaricFitness.com

Independent HomeCare, LLC
Care that comes to you

82 FITZGERALD DRIVE • JAFFREY NH 03452
603-407-0004 OFFICE • 603-403-9588 ON CALL

Providing **homemaker services**: meal prep, groceries, errands, appointments. As well as **personal care** such as bathing, dressing, hygiene, and dementia care to individuals in need.

website: independenthomecarellc.com
email: officeadmin@independenthomecarellc.com

Quality, reliable care from people who live in your community and care about you!

MONADNOCK DENTAL ASSOCIATES

Your Smile is our Passion

MONDAY 7AM-4PM
TUESDAY 7AM-6PM
WEDNESDAY 7AM-4PM
THURSDAY 7AM-4PM

123 Main Street • Jaffrey
603-532-8720

At Brattleboro Hearing Center your hearing healthcare is our top priority.

Our Doctors of Audiology keep up with the **latest technology** and our **research-driven** practices provide the **best possible outcomes** in the treatment of hearing loss. Our Swanzey office often has **same-week availability** for appointments. We're proud to offer personalized, patient-centered care.



NOW ACCEPTING NEW PATIENTS IN SWANZEY!

Swanzey, NH • 603-354-3325
Brattleboro, VT • 802-254-3922
Greenfield, MA • 413-773-5119
www.BrattleboroHearing.com

STILL WEARING YOUR MOM'S GENES?

BOTOX • LIP FILLERS • WEIGHT LOSS Rx
IV INFUSIONS • CHIN & NECK REDUCTION
HAIR RESTORATION • VAMPIRE FACIALS

Introspect Wellness
(603) 338-6065
hello@introspect-wellness.com

[f](https://www.facebook.com/introspectwellness) [i](https://www.instagram.com/introspect_wellness_nh) [introspect_wellness_nh](https://www.instagram.com/introspect_wellness_nh)

Free Neuro-Pulse Test Measures Heart Balance

February is National Heart Health Month. To celebrate, Cheshire Wellness Center is offering a free Neuro-pulse test that measures heart balance. The test combines spinal, nerve, and heart rate to determine heart balance.

Participants will find out where their stress level is and get some great strategies for reducing stress and keeping their heart and whole body in terrific shape. Those who take the test will discover exactly what's going on in their body and what they can do to get healthy and stay that way.


To schedule a time, call 603-357-5700 or contact through the Cheshire Wellness website.

WE ARE ALL ABOUT SAVING TEETH!



106 Grove Street, Peterborough
603-567-4955 info@ourtowndentist.com

CALL US TODAY AND WE WILL BE HAPPY TO HELP!



819 Court Street, Keene • 603-215-5800
www.MonadnockPerio.com
info@MonadnockPerio.com



Jihae Yang, D.D.S.



Dr. Tae H. Kwon
Board Certified Periodontist

SERVING NEW HAMPSHIRE, VERMONT & SURROUNDING AREAS.