



## Emergency Tree Work? Chris Lane Enterprises Is Ready, 24/7



Ryan Matuszewski had a bird's-eye view from the 80-foot maple tree that Chris Lane Enterprises took down in Swanzey.

By Lori Catozzi Cook

As homeowners, we know the importance of tree maintenance to protect our properties and prevent injuries. However, emergencies still happen and require immediate action by the professional services of Chris Lane Enterprises.

Fallen trees, hanging large limbs, or trees that have had severe weather damage are all issues that New Englanders have to deal with, especially this time of year. And when this happens, call Chris Lane Enterprises immediately, 24/7. You could avoid a power outage, a damaged structure or other property, or even worse, someone getting injured.

“We are ready for storms and any winter work needed,” says Chris Lane, owner of the locally owned and operated business. “Tree removal can be very risky, depending on the tree size and proximity to buildings, power lines, or roads.”

Chainsaw accidents are not a rare occurrence. According to CDC reports, over 36,000 people receive hospital treatment for chainsaw injuries each year.

TREE WORK, page 9

## The Queen’s Cartoonists Perform Music From Cartoons Projected On The Stage

### Family Entertainment At The Colonial Theatre



Pulling from over 100 years of animation from around the world, The Queen’s Cartoonists will bring animated films to life by perfectly synchronizing their performances with the films projected on The Colonial Theatre stage on Friday, March 15th at 8 p.m. The band matches the energy of the cartoons, leading the audience through a world of virtuosic musicianship, multi-instrumental mayhem, and comedy.

Projections of animated films dazzle the audience, while the band re-creates

original soundtracks note-for-note, or writes their own fresh compositions to modern pieces, all the while breathing new life into two uniquely American forms of art: jazz and animation. Tying everything together is their brand of comedy: anecdotes about the cartoons and their composers, stream-of-consciousness humor, and elements of a musical circus.

The Colonial Theatre is located at 95 Main Street in Keene. For more details or tickets, call 603-352-2033 or visit [www.thecolonial.org](http://www.thecolonial.org).

## Really Really Performed At Redfern March 5th Through 9th

*Really Really* – a play by Paul Downs Collaizzo loosely based on the Duke Lacrosse team criminal case of 2006 – will be performed by Keene State College Theatre and Dance at Redfern Arts Center on Wyman Way in Keene from Tuesday, March 5th through Saturday, March 9th from 7:30 to 9 p.m.

The play is directed towards people of “Generation Me” and what that means in the climate of a college campus. The play is co-directed by the chair

of the department and Associate Professor, Kirstin O’Brien, along with Broadway actor Jake Odmark – who originated the role of Davis, the subject of the accusation, in the world premiere of *Really Really* at Signature Theatre in Washington, DC in 2012.

Tickets will be on sale at the Redfern Box Office: \$12 for general public, seniors (62+) \$7, and youth (18 and younger) \$7. Note: this play has mature content.

## Cheshire County Historian To Retire In October

Alan F. Rumrill, executive director of the Historical Society of Cheshire County, announced that he will retire in October of 2024 after 41 years on the job. For many Cheshire County residents, Rumrill has become the voice of history in the region. His “Monadnock Moments” radio stories have been broadcast weekly on WKBK Radio since 1985.

Rumrill makes frequent public presentations and field trips on topics such as railroad history and the Walldogs murals in downtown Keene, and he is often interviewed by the media for historical context on news stories. He has authored many articles and has had nine books published.

Dominic Perkins, the Board President of the Historical Society, said that the board will do a nationwide search to find Rumrill’s replacement. Perkins noted, “Alan can be really proud of the organization that he helped shape. Because of his leadership, we expect a lot of interest in his position given the strength and size of the organization, the overwhelming support from donors and the community, and the diversity and breadth of our programming. He’s truly turning over a top-notch organization to his successor.”

In 1983, Rumrill became the first paid employee at the previously all-volunteer organization – the Historical Society of Cheshire County, New Hampshire.

HISTORIAN, page 8



Alan Rumrill takes Stoddard students from the James Faulkner Elementary School on a field trip to the Stoddard Historical Society.

## Acclaimed Irish-American Tenor Brings Variety Show To Park Theatre To Kick-Off Shamrock Fest

The Park Theatre in Jaffrey has announced the lineup of entertainment for its third annual Shamrock Fest.

The 2024 edition kicks off on March 1st at 7:30 p.m. with a variety concert program hosted by master tenor Andy Cooney. The show is called “Andy Cooney’s Irish Celebration.” Cooney is one of America’s most acclaimed tenors. His Irish-American roots and his incomparable voice have enchanted audiences around the world including the legendary Carnegie Hall in New York City. His variety show includes Irish comedian George Casey, Irish folk singer Ciara Fox, the Guinness Irish Band and the Emerald Fire Irish Dancers.

Reserved seat tickets are \$29 to \$49. Celtic rock band, Waking Finnegan takes The Park’s stage on Thursday, March 14th at 7:30 p.m. They performed a standing ovation show at the Jaffrey theatre in 2023. Local singing favorite, Eve Pierce, is the lead singer of the band. Tickets are \$20.

Dueling Pianos returns to The Park

with a special “Irish Edition” on Friday, March 15th at 7:30 p.m. Two grand pianos are center-stage with a team of outrageously talented pianists who seem to know every song ever written. And for this show, that includes Irish songs. There will be lots of audience participation. Tickets are \$25.

The classic Irish themed musical film, *Finian’s Rainbow*, will be screened in The Park’s big screen auditorium on Saturday, March 16th at 1:30 p.m. The restored film from 1968 stars Fred Astaire, Petula Clark and Tommy Steele.

Father and son fiddlers, Ryan and Brennish Thomson, bring their special brand of music to Shamrock Fest this year. The Fiddling Thomsons will be on the Eppes Stage at The Park on Saturday, March 16th at 7:30 p.m. They present lively music on fiddles, accordion, banjo, Celtic flute, piano, guitar, wooden spoons, jaw harp, and more. They won the prestigious New Hampshire 2023 Governor’s Arts Award for Folk Heritage. Tickets are \$20.

SHAMROCK, page 10

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**PET OF THE WEEK**  
from THE MONADNOCK HUMANE SOCIETY

**Hades, Eurydice, And Bubba**



Howdy all you friendly people! We are three inseparable friends on a journey to find our forever home together. Allow us to introduce ourselves:

**Hades:** The brains of the operation. With a mind as sharp as our whiskers, I'm always up for a new challenge. Interactive toys? Count me in. But what I love most is the warmth of a cuddle and the joy of companionship.

**Eurydice:** Sweet and serene, that's me. I find my bliss in cozy corners and gentle shoulder rides during playtime. Life is for relaxing and enjoying the little things, like the soft touch of a caring hand.

**Bubba:** Ready, set, explore. Adventure calls my name, and I'm always eager to answer. From hide-and-seek to discovering new nooks and crannies, I'm the explorer of the trio, fueled by curiosity and boundless energy.

Together, we form an unbeatable team, each bringing our unique qualities to the table. Our bond is unbreakable, and our love for each other knows no bounds. We thrive on companionship and togetherness, finding joy in each other's company every single day. If you're looking for not just one, but three furry friends to brighten your days, look no further.

Hades, Eurydice, and Bubba are female dwarf Dumbo rats, one year old.

The Adoption Center is located at 101 West Swanzy Road just outside of Keene on Route 10 South. Currently, the adoption center is open to the public Thursdays through Sundays 11 a.m. to 3 p.m. Learn more about the adoption process, and about other adoptable pets, at [www.monadnock-humaneociety.org](http://www.monadnock-humaneociety.org).

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**ConVal Class Of '78 Reunion June 22nd**

Plans are underway to host a reunion for the ConVal Class of '78 on Saturday, June 22nd in Stoddard. The event will be from noon to 8 p.m. with a rain date on Sunday, June 23rd. Members of this graduating class who would like to be included in this reunion and

future correspondence emails should reach out to Barry Nielsen, [bbalanced@hotmail.com](mailto:bbalanced@hotmail.com) or Valerie (Horn) Page [valpagedesign@live.com](mailto:valpagedesign@live.com). All RSVPs are requested by the end of February for planning purposes.

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## Dancing With The Keene Stars March 22nd And 23rd At Redfern Arts Center



This year's Stars, bottom (L to R): Toby Tousley, Jared Vonderhorst, Sarah Roosa, Susan Silver, Emily Nichols, Ren Doyle, Jacob Carroll, and Melanie Fedorowicz. Missing is Eric Parker.  
 The Stars' Partners, top (L to R): Rebecca Wilder, Colleen Barry, Rich Clough, Artie Knowles, Megan Kondrat, and Maria Ganio. Missing are Tammi Squires, Adam Berube, and Rogerio Wasilewski.

Move over *Dancing with the Stars*, the Keene High School Project Graduation Board will once again hold Dancing with the Keene Stars at Redfern Arts Center at Keene State College on Friday and Saturday, March 22nd and 23rd at 7 p.m. (doors open at 6:30 p.m.), with a matinee on Saturday, March 23rd at 2 p.m. (doors open at 1:30 p.m.).

Rich and Pam Clough, owners of Keene Fusion Studios, have worked to pair these local "Stars" with experienced dance community members for a fun dance competition. The audience will get a chance to vote for their favorite dance duo and will be entertained with a fun Disney-themed second half.

The proceeds from Dancing with the Keene Stars goes toward Project Graduation – a night of celebration and fun for the Keene High School graduating class. Statistics show that graduation night is one of the most dangerous nights for seniors. Project Graduation is a celebration that is a safe alternative to the dangerous tradition of party hopping the night of graduation, which often involves drinking and driving. The saving of just one life is priceless.

Tickets for Dancing with the Keene Stars are \$22 and can be purchased by calling the box office Mondays through Fridays from noon to 4 p.m. at 603-358-2168 or visit [keene.universitytickets.com](http://keene.universitytickets.com).

## Iconic Comedian Paula Poundstone In Keene March 2nd

Iconic comedian Paula Poundstone will take the stage of The Colonial Theatre on Main Street in Keene on Saturday, March 2nd at 8 p.m.

Known for her smart, observational humor and legendary spontaneous wit, she is the star of several HBO specials, including *Cats, Cops and Stuff* (which marked the first time a female comedian won Best Comedy Special in the Cable Ace Awards) and *Paula Poundstone Goes to Harvard*. Poundstone is a regular panelist on NPR's comedy news quiz, *Wait Wait... Don't Tell Me!* She is also heard weekly on her successful comedy podcast *Nobody Listens to Paula Poundstone*.

For more details or tickets, call 603-352-2033 or visit [www.thecolonial.org](http://www.thecolonial.org).

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 (Prepared by the Historical Society of Cheshire County)

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This photo shows the aftermath of a fire at what Keene business?

There was no winner of last week's mystery photo contest. Glue was made in this large Keene factory.



**Round-Table Forum: Meet Swanzey's Candidates**

The Swanzey Preservation Society (SPS) is hosting a moderated, nonpartisan, round-table forum on Tuesday, February 27th, from 6 to 8:30 p.m. at Whitcomb Hall in West Swanzey. Interested parties will meet the candidates running for Town Office in 2024. Admission is free and light refreshments will be served.

Every declared applicant will be invited. Questions crafted and posed by SPS will reflect the relevant issues facing the Swanzey community.

For more details, contact the SPS via email at spsgrange1992@gmail.com, call them at 603-352-3443 or 603-903-0530, or find them on Facebook.

**Dance To Live Music With Cruzin' Carl Band**

Monadnock Tri-state Dance Club will offer a chance to dance to live music with the Cruzin' Carl Band on Saturday, February 24th from 7 to 10 p.m. Admission is \$12. There will be refreshments and a 50/50 raffle. All

ages are welcome. The event will take place at ELMM Hall on Durkee Street on Winchester.

For more details, call Rich at 603-398-8539.

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 CHECK BACK FOR UPDATES



## Writing Workshops With Pam Bernard – Winter Sessions



Wylene Branton Wood of Westminster, Molly Kelly of Harrisville, Pam Bernard of Walpole, Yvette Yeager of Keene, Carol Ripley of Keene, Judy Epstein of Walpole, and Prudence Baird of Brattleboro

(Photo by Judith Petry)

Award-winning author Pam Bernard is offering another series of her ongoing eight-week memoir writing workshops, to begin early March. Groups are designed to accommodate different levels of experience. All writers are welcome.

Bernard's process relies heavily on the close study of craft. Deep understanding and engagement with craft provide more than a scaffolding of knowledge upon which to build a story. They provide a way to explore and examine one's life when the unreliability of memory finally gives way and no longer can be trusted. Imaginative, artful leaps are a crucial part of writing memoir. Memory and imagination, then, form the basis of this genre. As writers begin to write and identify deeper themes, they learn how important the study of craft is, finding a way finally to shape experience into a story others can share.

Alison Scott of Peterborough shared her feelings about the workshop: "I feel cherished, encouraged to risk, and inspired to bring my very best. Her lessons always provide me with a keen appreciation for the craft of writing. Who knew there would be so many exciting ways to dive into the craft that also opens my heart, shares my truth, surprises me, and nudges me to rethink old stories? Excerpts from published memoirists spark questions and open doors. As well, each participant's feedback has helped me 'hear' my own story with fresh ears. All of these elements that provide structure to the workshop have encouraged me to share my story with more skill. I am inspired to review my life with interest and compassion. In doing so, I soothe and comfort that very young part of me who did not feel heard. What could be more restorative than revisiting key times in our lives with the desire to develop fresh insight, compassion and courage to speak?"

For more details, visit [www.pambernard.com](http://www.pambernard.com), email [pambernardwriter@gmail.com](mailto:pambernardwriter@gmail.com), or call 603-756-4177.

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## Six Easy Winter Experiments And Activities For Grandparents, Parents, And Caregivers

Winter in our neck of the woods equals colder temperatures, snow and ice, and shorter days. Winter also means time for experiments and activities – indoors and out – that relate to the season. For those with a group of preschoolers in their care, or younger grandchildren or children of their own, here are six easy winter experiments and activities adults can do with kids.

### Maple Syrup Snow Candy

Sugar and snow candy was a favorite of mine growing up. I remember groups of us hovering around a huge bowl dipping our forks in and twisting up the taffy-like maple deliciousness. You'll want to make this after the next fresh snow. You'll need real maple syrup (one quarter cup for three people), popsicle sticks (saves on getting the sticky substance off a fork later), a candy thermometer, a baking sheet, and a pot to boil the maple syrup.

Bring your maple syrup to a boil on the stove. Using a candy thermometer, continue to boil until syrup reaches the soft ball stage (235 to 240 degrees). Note: If you don't have a candy thermometer, drop a tiny bit in a glass of water and if it forms a ball, it's ready. Remove from heat and pour the syrup over fresh clean snow on a baking sheet. Press popsicle sticks into syrup and roll it up into a candy pop. The kids will see how cold snow instantly stops the syrup from cooking and cools it to the consistency of taffy in seconds.

### Snow Volcano

Instead of making a volcano inside – which can be quite messy – why not make a snow volcano? Each child gets a small container to put outside in the snow,

which then gets heaped up with snow around it to form a volcano shape. Into each container, put two spoonfuls of baking soda, a spoonful of dish soap, and a few drops of food coloring of your choice. Stir this well. Then, all at the same time, the kids add about six teaspoons of vinegar and step back to watch their volcanos erupt. (If it doesn't work the first time, try adding a little more dish soap and vinegar.)

**Monadnock Family**  
with Lori Catozzi Cook

### Watercolor Painting

So, this is a bit of a twist in regular watercolor painting, because the kids use ice and magnets to paint! You will need watercolor paints, watercolor paper, an ice tray, small metal objects (like Christmas bells), and wand magnets (look in your local department store). Fill the ice tray with water, place the small metal objects selected into each slot, and freeze. Drop a few drops of watercolor paint on the paper, and then using one of the ice cubes move it around on the paint using the magnetic wand. Your child is learning about magnetism while creating artwork!

### Snowstorm In A Jar

For a fun winter-themed science experiment that is easy to put together, why not make a snowstorm in a jar? Fill a 16-ounce jar two-thirds full of baby oil. In a separate bowl, put a squirt of white paint into a one-quarter cup of water and stir well (you want the water to appear white). Pour the water mixture in with the oil and add a sprinkling of iridescent glitter to the jar. Now it's time for your snowstorm. Break up an Alka-Seltzer tablet into small pieces and drop two or three pieces into the jar. The kids should see white bubbles through the baby oil which appear to be a snowstorm in a jar!

### Snowball Launchers

What could be more fun than making a launcher that can shoot stuff across a room? If using this indoors, the "snowballs" that would be used for these launchers would be marshmallows, cotton balls, or something else that isn't apt to break anything.

For the launcher, you'll need a white paper cup, small balloons, and any crafts to decorate the outside of the shooter. Cut a hole in the bottom of the paper cup and use scissors to cut out the bottom of the cup – be careful not to cut out the lip so the shooter stays sturdy. After the shooter is decorated, tie the end of the deflated balloon and cut off the opposite end that isn't tied, and slide it onto the bottom of the cup. The kids can put a "snowball" in the cup, pull back on the balloon, and let it fly! They can make up games to see what snowball goes farther or make it more of a scientific experiment to discover what different materials go the furthest.

### Magic Milk

Pour enough whole milk into a baking sheet or baking pan so it covers the bottom and then some. Next, put drops of food coloring using as many colors as you'd like so it covers all the milk. Pour a small amount of dish soap into a separate bowl and dip the tip of a cotton swab to coat it. Gently touch the soapy cotton swab tip to the milk in the other dish and observe what happens when you repeat that to each pooled color. Try transferring the colorful creation onto a white poster board by lightly placing the paper on top and then carefully picking it up off the milk; let it dry.

These simple activities and experiences are a great way for our curious children to not only have fun but to learn at the same time.

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

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## Jordan Tirrell-Wysocki At Joyful Noise Café



Jordan Tirrell-Wysocki

The Federated Church of Marlborough is pleased to host an afternoon concert at its Joyful Noise Café

featuring Jordan Tirrell-Wysocki on Sunday, March 3rd at 3 p.m. A \$12 donation is welcome at the door.

Tirrell-Wysocki is an award-winning New Hampshire-based fiddler/singer who brings fresh energy to traditional Celtic music. He has toured nationally with bands of various genres, performed across Ireland, and released multiple recordings of Celtic music that can be heard on radio stations in Ireland and Scotland as well as around New England.

In addition, he is an Emmy-nominated composer who has written soundtracks for audiobooks and television, and his lifelong passion for history helps bring to life the traditional music around which he built his career.

The Federated Church of Marlborough is located at 16 Pleasant Street in Marlborough.

For more details, reach the church at 603-876-3863 or email them at office@federatedchurchmarlborough.org.

## Covenant Living Of Keene To Host Series Of Senior Health Fairs

Local area older adults have an opportunity to get basic health questions answered as well as have some assessment tests completed at Covenant Living of Keene's Senior Health Fair series through June.

The senior living community will have guest speakers and offer older adults check-ups on vital signs, blood pressure screenings, mini cognitive evaluations as well as information on stroke prevention, diabetes, nutrition, and more.

The next senior health fair will be held on Wednesday, March 6th, from 10 a.m. to 2 p.m. At 1 p.m. Susan R. Abert, Esq., CELA will give a presentation on recent Power of Attorney (POA) changes in New Hampshire and the importance of POA in estate planning.

Another senior health fair is planned for Wednesday, June 5th, from 10 a.m. to 2 p.m. At 1 p.m. Brian Stoning, PT, director of therapy, will give a presentation on balance.

"We know that health education and preventive care are both important aspects of our well being for now and into the future," said Gregg Burdett, executive director at Covenant Living of Keene. "By offering this series of health fairs, it gives older adults in the area an opportunity to stay on top of the latest health information and the best news – it's all free."

Covenant Living of Keene, located at 100 Wyman Road, is a Continuing Care Retirement Community which offers older adults independent living, assisted living, memory care, and long-term care, and outpatient therapies. For more details, call 603-352-3235.

## Jaffrey Candidate's Night Thursday, February 29th

The Jaffrey Chamber of Commerce and the Jaffrey Woman's Club will co-sponsor the annual Candidate's Night on Thursday, February 29th at 7 p.m. at the Jaffrey Woman's Club at 33 Main Street. (The storm date will be Thursday, March 7th.)

Candidates for the local municipal office and those running for the Jaffrey-Rindge School Board will be participating and speaking to the voters as well as answering questions. All are encouraged to attend. Light refreshments will be served. For more details, call Marc Tieger at 603-532-8765.

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Honeywell (Allied Signal)	197.17	1.06	Danaher Corp. (Kollmorgen)	250.00	7.05
Becton Dickinson (C.R. Bard)	240.76	-2.99	Merck (Hubbard Farms)	127.79	2.34
Toronto Dominion Bank (TD Bank)	59.94	0.58	Deluxe (NEBS)	20.12	-0.04
PC Connection	67.75	0.36	Teleflex (Jaffrey)	251.07	-0.97
Bank Of America (Fleet)	34.09	1.02	Timken (MPB Corp.)	81.71	-0.85
Corning Inc.	31.91	-0.13	M&T Bank Corp. (People's United)	138.31	4.98
Ametek, Inc. (Precitech)	173.89	5.39	Dover Corp. (Markem)	161.46	0.93

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	23.48	0.81	Wheat (cents per bushel)	562.00	-36.00
Gold (\$ per ounce)	2025.40	-13.30	Corn (cents per bushel)	429.50	-1.00
Platinum (\$ per ounce)	914.20	33.70	Soybeans (cents per bushel)	1,173.00	-12.00
			Cattle (cents per pound)	187.00	1.00
			Crude (\$ per barrel)	78.24	1.64

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## Record US Electric Vehicle Sales In 2023

According to a report from Cox Automotive, there were almost 1.2 million new electric vehicles (EVs) sold in the USA in 2023. This new EV sales record gives EVs a 7.6 percent share of the U.S. market, up from 5.9 percent in 2022. *Consumer Reports* and other surveys including informal ones locally confirm most EV owners are likely to buy another EV. While this is good news for the electric vehicle industry, it's worth noting that the US lags behind Asia and Europe.

Although some major US automakers have announced that they are scaling back EV production plans, carmakers are expected to launch at least 24 all-new, all-battery-powered vehicles in the USA this year. This will represent a nearly 50 percent increase, and five are expected to retail under \$50,000.

Not only are there more EV choices in 2024, there are more Federal incentives. Dealers can apply the federal tax credit for you at time of sale for a new or a used EV credit.

There are more EV charging stations coming on line as the Bipartisan Infrastructure Law funds are building out a nationwide charging network. A single



The Town of Peterborough's Ford F-150 Lightning truck that they bought in 2023 and which they will be showing at the Drive Electric Expo in Keene on April 20th. Pictured are Nate Brown, Facilities superintendent, Wastewater Treatment Facility, and staff member Anthony Carland.

industry standard charging plug has been agreed to, creating easier access to charging.

To learn more about electric vehicles, there will be over 20 different EV models featured at the annual Keene Earth Day Drive E Expo next to the Monadnock Food Co-op this spring. The Monadnock Sustainability Hub, in collaboration with the Monadnock Food Co-op, organizes this Expo each year. Owners and dealers – including New Hampshire's first used EV dealer – will be showing EVs. The Earth Day Drive E Expo on Saturday, April 20th runs from noon to 4 p.m. at the Whitney Brother's parking lot along the rail trail in Keene. For more details, see <https://monadnocksustainabilityhub.org/events/list>.

## Cheshire County Historian Announces Retirement

HISTORIAN, Continued from page 1

Under his stewardship, the Historical Society of Cheshire County has grown to six staff members, 130 volunteers, three buildings, 150+ programs annually, an annual budget of over \$500,000, and an endowment over \$4 million.

Rumrill's co-workers at the Historical Society of Cheshire County say that they appreciate his management style. Rick Swanson, the Director of Development, says, "Alan finds a great balance between supervising his staff and giving them freedom. He pays close attention to what we are doing, yet he encourages us to make our own decisions."

Jenna Carroll, the Education Director, says, "Alan Rumrill has been a guiding force for the staff at the Historical Society of Cheshire County. I am grateful to have had ten years of history in this region alongside him, learning at every turn. His commitment to preserving our local history and enthusiasm for sharing stories with the community is infectious. I've learned to become a better storyteller under his leadership. I truly appreciate Alan's ability to encourage us on staff to find our place in history, where our curiosity and creativity is valued, and our successes are shared. I'm confident we can carry those lessons into the future: to reliably collect, preserve, and communicate the region's past with objectivity, context, empathy, humor, and grace."

In the months leading up to his retirement, Rumrill has been honored with a couple of career awards: the New Hampshire Preservation Alliance's 2023 Preservation Achievement Award for outstanding leadership in research, public outreach, and stewardship; the American Association for State and Local History's 2023 Leadership in History Award; and a Rotary Paul Harris Fellow award.

After his retirement, Rumrill intends to continue working part-time at the Historical Society of Cheshire County as a Senior Historian, a new position for the agency, and as a resource for historical research and use of the society's collections.

Locals should be glad to hear that he will continue to present public programs and prepare media programs such as "Monadnock Moments" on WKBK Radio and "Mystery Photos" in *The Monadnock Shopper News*.

Perkins added, "It will be hard to find anyone with the local knowledge that Alan has accumulated over the years, which is why we are really happy to know he will be staying on part-time as our Senior Historian."

An endowed fund in his name has been created to support the ongoing cost of the new position. The Historical Society of Cheshire County welcomes gifts to support the position for years to come. For more details, contact [rswanson@hscnh.org](mailto:rswanson@hscnh.org), call 603-352-1895, or go to the web page [hscnh.org/alan-f-rumrill-fund](http://hscnh.org/alan-f-rumrill-fund).

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## Emergency Tree Work? Chris Lane Enterprises Is Ready, 24/7

TREE WORK, Continued from page 1



Ryan Matuszewski is all harnessed up and ready for tree work.

Safety is number one for this professional crew. "Getting large trees down safely and efficiently is better left to those who are qualified and have the necessary equipment," Lane says, then adds that his tree service business is fully covered with all insurances.

To take safety one step further, this responsible business owner has regular ANSI (American National Standards Institute) inspections to ensure that aerial lifts are in safe working order. The ANSI standards for this type of equipment are designated as "voluntary recommended practices." For Lane, having these high standards not only ensures his crews' safety, but reduces costly repairs and downtime for the company.

Since 2008, Lane has serviced the Cheshire County area with the skills, experience, and equipment needed for

any tree work-related project done skillfully and securely. Because of this expertise in tree care, he understands the important role that trees play in a home's landscape. "Every tree has a design behind it," he adds.

Trees need regular maintenance to ensure their long-term health and safety. They can be impacted by things that only a pro might detect, such as insect infestation, disease, or even a tree that is too big for its surroundings.

Sometimes a property owner isn't sure whether a tree needs to be removed or even has any idea of how much it would cost to remove a tree. Does the tree just need pruning or trimming, or is it beyond that point and will be a hazard? Having the expertise of Chris Lane Enterprises to help inform and educate you will help a homeowner make the right decision. From there, Lane puts a plan in place to complete the job based on the customer's specific scenario.

"I'm very happy with the job Chris and his crew did in taking down two huge 80-foot maple trees that were dying and in a difficult spot hanging over our house," says Sheila Swett. "Chris came the same day I called to give me a very detailed estimate of what to expect. He was obviously very knowledgeable about trees. He patiently explained my options and answered all my questions. On the day of our appointment he and his crew showed up on time and ready to work. It was amazing to watch how well the guys worked together with the crane operator. I'm sure it wasn't an easy job, but they made it look that way. They methodically chipped

up all the brush, hauled everything away, and raked and cleaned up the yard. I highly recommend Chris Lane Enterprises as a reliable and professional tree service."

One thing that homeowners should be thinking about this time of year is the pruning of their fruit and ornamental trees. Pruning helps regulate growth, increase yields, improve the size and quality of fruit, and helps maintain the plant's health. This is done during the dormant season, before active growth begins in the spring.

For homeowners who are trying to clean up their property's appearance and view, removing or pruning a few struggling trees just might do the trick. Trimming trees and shrubs helps ensure safety, promote plant health, and maintain beauty. And Lane provides free estimates with no obligations.

Chris Lane Enterprises specializes in bracing and cabling, corrective pruning, cavity work, thinning and trimming, fence line and stone wall clearing, storm and wind damage repair, complete tree and shrub removal, diseased trees, stump grinding, stump removal, crane work, and more.

"We have all the tools and equipment necessary for any tree removal project, including bucket trucks, log loaders, stump grinders, and cranes to handle any job – brush trimming to large tree removal," Lane adds.

For more details, call 603-355-0208 or visit [www.chrislaneenterprises.com](http://www.chrislaneenterprises.com).

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## Italian Dinner And Music At The Keene VFW

An Italian Dinner and Music event will be held on Saturday, February 24th at the Keene VFW at 459 Winchester Street.

The menu includes choice of Italian pasta dishes with or without meat, salad, garlic bread, coffee, and dessert. Dinner music will be from 4 to 6 p.m. with music by request from 6 to 8 p.m. Tickets on sale for \$10 at the Keene VFW or by calling 603-357-0149.

## Language & Learning Anecdotes: A Toddler With Autism With Sue Ingalls In Hancock

On Thursday, February 22nd at 7 p.m. former Hancock resident and teacher Sue Ingalls will have an informal conversation about her book, *Language and Learning Anecdotes: A Toddler with Autism*, in the Daniels Room at the Hancock Town Library.

This anecdotal story offers insight and discovery of ways that positively impacted the life of a young child with a diagnosis of autism. This is free and open to all.

## Community Book Group Announces Together As Book Discussion February 28th

On Wednesday, February 28th from 6:30 to 8 p.m., the Putney Library at 55 Main Street in Putney, VT will hold its first Community Book Group to discuss the book, *Together: The Healing Power of Human Connection*.

Each month, the group will read a book published within the last three years that offers inspiring, actionable advice on how to grow a more connected world. Putney Library cardholders can pick up a copy of the book at the library. This is free and open to the public.

## Adult Community Potluck Luncheon

An Adult Community Potluck Luncheon will be held on Wednesday, February 28th at the First Congregational Church at 679 Old Homestead Highway in Swanzey at noon.

Participants should bring a salad, main course, or dessert to share.

## Community Conversations On Race And Racial Justice

On Wednesday, February 21st from 6:30 to 7:30 p.m. a free community conversation on Race & Racial Justice will be held in the Daniels Room at the Hancock Town Library. This is a time to learn why area residents of Hancock and Antrim are meeting regularly to explore issues of racial justice.



## Best bank for a community business? Ask a local.

"Pride in Precision" is more than a motto for Ken and Chris Abbott of ABTech in Fitzwilliam. ABTech produces parts and measurement solutions with accuracy to less than a millionth of an inch for industries including aviation, optics, semiconductors, and more.

When Ken and Chris decided to expand operations, they met with Savings Bank of Walpole's Andrew Richardson to secure financing, and were so impressed they moved all their business accounts.

"Andrew took time to really understand ABTech and was genuinely interested in what we needed to grow and prosper," says Ken. "That mattered to us."

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# Return To The Garden

Well, it's that time of year again when we are beginning to plan and take action for this year's garden. If you haven't gotten your seeds yet, this would be a good time to get them ordered or bought locally. For crops where you only want to plant a few seeds like butternut squash or broccoli, you may want to check out Pinetree Gardens. They sell small packets at a very reasonable cost. Seed Saver's Exchange, High Mowing Organic Seeds and Baker Creek offer many unique and unusual varieties. If you are going to plant many seeds, Fedco Seeds are a good bet. They offer many different sizes of packets. I generally get my carrot, beet, pea, and lettuce seeds from them because I plant so many. They also have a depot service. This provides lower shipping costs for soil amendments and fertilizers. So if you buy a large bag of Azomite from them, instead of paying \$40 to have it shipped to you, you can pay \$5 to have it shipped to the Walker Farm in Dummerston, VT. That way, they take many orders to go to Walker's and send a truck directly there. You have to sign up to be a part of this depot service. Remember to tell them that, even though you live in New Hampshire, you are close to this farm in Vermont. Be sure to give the Dummerston zip code, 05346, on your order. Walker Farm is located on Route 5 just north of Brattleboro, VT.

It is also time to think about starting seeds. I have already planted my onion seeds, but it is not too late to get them in. Leeks should be planted now as well. I like to use Vermont Compost's Fort Vee for all my potting soil. I had a soil specialist help me in my garden one year and he claimed that Vermont Compost

had their mix of minerals and amendments just right. I have had very good results with it as well. Around here, the closest place to buy it is the Brattleboro Co-op. It also works very well to make soil blocks which is what I use. You can see the tools used to make them at Johnny's Seeds. If you don't make soil blocks, you can use cow pots which are available at Achille Agway in Keene. These are pots that are made out of dried cow manure and they can be put right in the ground when the seedlings get big enough.



**Green Monadnock**  
with Celeste Longacre

As we get into March, it's time to start planting seeds inside. It's best to have a grow light and/or a very sunny window. I like to start ground cherries, tomatoes, peppers, squash, and some flowers around the middle of March. These can also be planted in late March or early April – especially if you don't have a lot of room. I mix up the Fort Vee with water and squish it into the soil block maker. This is designed to be able to dump out easily. The soil blocks come out with a little depression in the middle for the seeds. Ideally, seeds should be planted about twice as deep as the seed is big. If you don't have a soil block maker, just plant in pots.

Most seeds need to be kept warm in order to germinate, so put the pots or blocks in a warm area until the seedlings emerge. Once they are up, they need sun or lights.

And we are on our way. Happy planting!

*Celeste and Bob Longacre have been living sustainably for almost 40 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.*

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## Submissions Close Soon For High School Students Contest

The submission period for the George Duncan Essay Contest, sponsored by the Monadnock Writers' Group, will close on Friday, March 1st. High school students in the Monadnock Region attending public, private, and homeschool programs are invited to write opinion pieces on the issues that matter most to them.

The contest is free. A panel of judges with experience in publishing will select finalists based on creativity, factual accuracy, grammar, and how well opinions are supported. Cash prizes will be awarded: 1st place \$250, 2nd place \$100, and 3rd place \$75. Winners will be invited to read their essays at the April 20th Monadnock Writers' Group meeting.

Students are encouraged to review the submission guidelines before entering; visit [www.monadnockwriters.org/george-duncan-essay-contest](http://www.monadnockwriters.org/george-duncan-essay-contest). Any questions, email Ron McIntire at [rmmcintire@outlook.com](mailto:rmmcintire@outlook.com).

## Irish-American Tenor Brings Variety Show To Park Theatre

SHAMROCK, Continued from page 1

Finally, The Park Theatre presents the hallmark of Shamrock Fest, The Fifth Annual Jaffrey St. Patrick's Day Parade. The parade will happen on Main Street in downtown Jaffrey on Sunday, March 17th at 2 p.m. It starts at the St. Patrick's Parish parking lot at 87 Main Street and ends just past the reviewing stand in front of The Park Theatre (19 Main Street). The parade includes floats, master bagpiper Mark Polifrone, the Mascenic High School Marching Band, the Keene American Legion Band, the 1st NH Revolutionary War Regiment, the 6th NH Infantry Company E of West Peterborough, the Flying Irish Dancers of Ashby, MA and much more.

The theatre will be selling hot food, hot drink, soda, and candy. Alcoholic drinks, including Guinness Beer & Murphy's Stout, will be on sale inside the theatre (ID is required). The rain date for the parade is Saturday, March 23rd.

"We are so proud to produce another Shamrock Fest as well as Jaffrey's St. Patrick's Day Parade. It is always a wonderful local community event... Everyone shares the Irish spirit of camaraderie even if they are not Irish. We have another exceptional lineup of talent for this year's festival. We ask everyone to join us and enjoy the fun of the green," said Steve Jackson, CEO and managing director of The Park Theatre.

For more details and tickets, visit [shamrockfest.org](http://shamrockfest.org). Any questions about the festival can be answered by calling the theatre at 603-532-8888.



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# Dinner With The Early Presidents

In thinking back about previous February recipe columns, I recall one about an annual George Washington Birthday "Supper," prepared annually in Antrim NH by the Presbyterian Ladies' Guild. In earlier days, what we now know as Presidents' Day was held February 20th to honor the birthdate of the first US President, George Washington. Another day, February 12th was set aside to honor our 16th President, Abraham Lincoln.

Begun in 1924, the Antrim George Washington supper had become an institution by the time I wrote of it in 1993, with people returning yearly for food, fellowship, entertainment, and nostalgia. The menu that year, similar to the early years, included turkey pie, homemade biscuits, cranberry sauce, squash casserole, apple and cherry pies, and beverages. The cost was \$5 for adults, \$3.50 for children age six to 10. A local staple for 85 years at the time of my report, it is unknown to me when the annual dinner was discontinued.

While this year we honor all presidents on February 19th, some of you might like to cook an old-fashioned dinner similar in spirit to that prepared by the Ladies' Guild of Antrim before the turn of the century.

## Turkey Hand Pies

Large casserole dishes of chicken or turkey pie topped with biscuits were frequently on the menu for George Washington Day local suppers. At home, you might prefer something similar but smaller to eat. Serve with cranberry sauce and stuffing. Makes 18 pies.

### Ingredients:

- 1 cup finely chopped roasted turkey (or chicken if preferred)
- 3/4 cup mashed potatoes
- 4 oz. regular cream cheese, softened
- 1/2 cup cut green beans, cooked
- 1 carrot, grated
- 2 tablespoons chopped fresh parsley
- salt and pepper
- 1 refrigerated box pie crust (2 crusts), or your own
- 1 egg, beaten
- turkey gravy, warmed (optional)

Stir together the chopped turkey, potato, cream cheese, vegetables and parsley; season as desired with salt and pepper. Preheat oven to 400 degrees. Unroll pie crusts and lightly roll each into a 12-inch circle. Cut each pie crust into six circles, using a four-inch round cutter. Place about three tablespoons turkey mixture just below center of each dough circle. Fold dough over filling, pressing and folding to seal edges. Arrange pies on a lightly greased baking sheet. Brush with egg and bake at 400 degrees for 19 to 20 minutes or until golden brown. Serve with warm gravy.

## Stuffed White Onions

A platter of these onions would be a welcome addition to most any menu, including a 'Presidential' dinner. Makes eight medium or four large onions. (I have found that the larger onions are easier to prepare.)

### Ingredients:

- 8 medium or 4 large white onions
- 1 cup lean, ground sausage or pork, cooked
- 2 tablespoons chopped chives
- 2 tablespoons dried mixed herbs, combine mix-and-match (thyme, parsley, sage, marjoram)
- 1/2 cup grated Gruyere cheese, divided
- 1 hard-cooked egg

Remove outer skin of onions; cut one-half inch off tops. Blanch by putting them into boiling water to cover and cooking for 20-30 minutes until they are just tender but not falling apart. Scoop out the center of each, leaving about one-half inch wall. Combine ground meat with chives, dried herbs and half the cheese. Mash egg yolk and chop the white; combine with rest of mixture. Stuff the onions with mixture, mounding it slightly above the level of the onions. Place onions in greased shallow casserole and sprinkle with rest of cheese. Bake in preheated 350 degree oven for 25-30 minutes, or until cheese is nicely browned.

## Corn Cakes

Whether they're called corn cakes, hoecakes, johnnycakes, or corn pone, President Abraham Lincoln reportedly loved them. Serve these with a hearty pot of venison (or beef) stew and follow it up with an apple pie for dessert, all Lincoln favorites. Makes 14 corn cakes.

### Ingredients:

- 1 1/2 cups yellow cornmeal
- 1/4 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 large egg, room temperature
- 1 1/2 cups buttermilk
- 2 tablespoons butter, melted
- 1 1/2 cups fresh or frozen corn, thawed and drained
- Optional: sour cream, six cooked and crumbled bacon strips

In a bowl, combine the first five ingredients; make a well in the center. In another bowl, beat the egg, buttermilk and butter; pour into well and stir just until blended. Gently stir in corn; do not over-mix. Cover and let stand for five minutes. Pour batter by quarter-cupfuls onto a greased cast-iron skillet or griddle over medium-high heat. Turn when bubbles form on the top, two to three minutes. Cook until second side is golden brown. Top with sour cream and/or bacon if desired.

## Cooking Corner

with Nancy Adams



## A Mere Trifle

In addition to Martha's cakes, George Washington is said to have been a fan of trifles. The trifle of the 1700s was a bit different and more complicated from what we know and enjoy today. This simple recipe for your table could prove equally good and popular. Serves 10.

### Ingredients:

- 1 prepared loaf pound cake or 1 package (10-3/4 ounces) frozen pound cake, thawed
- 1/4 to 1/2 cup raspberry jam
- 1 package (3 to 3 1/2 ounces) regular pudding mix (vanilla or flavor of choice)
- 2 1/2 cups milk
- 1 cup chilled heavy whipping cream
- 3 tablespoons confectionery sugar
- Slivered almonds and fresh cherries, halved or other fruit.

Slice pound cake in half horizontally. Spread with jam and replace top of cake. Slice cake into nine pieces. Line the sides and fill the center of a two-quart glass serving bowl with cake pieces. Prepare pudding with milk. Pour over cake; chill. Beat cream and sugar until soft peaks form; spread over top of cake and pudding. Chill at least four hours. Garnish with almonds and fruit.

*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.*

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**Wednesday, Feb. 21**  
**LECTURES & WORKSHOPS**

**Drinking Liberally** 7:30pm. Fireworks Restaurant, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. **603-352-1707.** keene@drinkingliberally.org. www.livingliberally.org/drinking/chapters/NH/keene.

**MISCELLANEOUS**

**Hinsdale Kids Read and Hinsdale Teens Read** 2-6pm. Hinsdale Public Library, 122 Brattleboro Rd., Hinsdale. Hinsdale Kids Read is for students ages 5-12 and Hinsdale Teens Read is for students ages 13-18. Hinsdale Kids will receive a reading log, a bracelet and a charm upon registration and Hinsdale Teens will receive a reading log and an entry into a prize drawing. hinsdalelibrary@hinsdalenh.org.

**Monadnock Storytelling & Spoken Word Circle** 6:30-8:30pm. Dublin Community Center, 1123 Main St., Dublin. With Sebastian Lockwood & Papa Joe Gaudet.

**Hancock & Antrim Community Conversations on Race & Racial Justice** 6:30-7:30pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. Free and open to all. **603-525-4411.**

**Thursday, Feb. 22**  
**ARTS, MUSIC & THEATER**

**Ensemble Series: Concert Band** 7:30-8:30pm. Main Theatre, Redfern Arts Center, Keene State College. Under the direction of Dr. John Hart, the KSC Concert Band is a performing ensemble comprising highly talented students from all majors and backgrounds, faculty, staff, and community musicians. \$12 General Public/\$7 Seniors & Youth/Free for KSC Students. **603-358-2168.**

**MISCELLANEOUS**

**Language & Learning Anecdotes: A Toddler with Autism** 7pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. Join former Hancock resident and teacher Sue Ingalls for an informal conversation about her book, Language and Learning Anecdotes: A Toddler with Autism. Free and open to all. **603-525-4411.**

**Zumba Gold Winter Session** 10:45-11:45am. Keene Rec. Center, 312 Washington St. The winter session of Zumba Gold meets Tuesdays and Thursdays through March 28th. Register on Rec Center website or call **603-357-9829.**

**Friday, Feb. 23**  
**ARTS, MUSIC & THEATER**

**The Power Station Coffeehouse Ministry** 6pm. Whitcomb Hall, 17 Main St., West Swanzey. Live music, good coffee set in an intimate setting. For more info call or visit Tom Travers: **603-381-9077.** tom@powerstation-nh.com.  
**Friday Night Classics: Ferris Bueller's Day Off** 7pm. The Colonial Theatre, 95 Main St., Keene. **603-352-2033.** www.thecolonial.org..

**MISCELLANEOUS**

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

**Blood Drive** 1-6pm. Student Center, 229 Main St., Keene. **800-733-2767.** www.RedCrossBlood.org.

**Saturday, Feb. 24**  
**ARTS, MUSIC & THEATER**

**Monadnock Tri-State Dance Club** 7-10pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "Cruzin' Carl Band". Everyone welcome. \$12. Refreshments available-50/50 Raffle. Rich: **603-398-8539.**

**The Machine** 8pm. The Colonial Theatre, 95 Main St., Keene. \$29 - \$49. Sound and hits of Pink Floyd. **603-352-2033.** www.thecolonial.org..

**DINING PLEASURES**

**Italian Dinner and Music: Fundraiser for Women Veteran Services** 4pm. Keene VFW, 459 Winchester St, Keene. Choice of Italian pasta dishes with or w/o meat, salad, garlic bread, coffee and dessert. \$10. Gloria: **603-352-4046.**

**FAIRS & SALES**

**17th Annual Seed Celebration and Sustainable Community Fair** 8:30am-4:30pm. Gilsum Steam Academy, 640 NH-10, Gilsum. Hosted by the Sustainability Project. Family friendly. Info **603-209-7272.** www.emersonbrook-forest.org.

**MISCELLANEOUS**

**Destination Alaska: A presentation by Riverboat Captain and Adventure Guide, Ryan Leclerc.** 11am-12:30pm. Northfield Mountain Visitor Center, 99 Millers Falls Road, Northfield. Listen to adventure stories and watch a slide show. No registration required.

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 Tuesday-Saturday 12:00 p.m.-8:30 p.m. • Sunday 11:00 a.m.-8:30 p.m.

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 from HANNAFORD'S SUPERMARKETS

February 17, 2024  
 Daphne Dionne, daughter of Adam & Carla Dionne, Hillsboro, 6

February 26, 2024  
 Layton Clark, son of Eric & Chelsea Clark, Westmoreland, 7

**February Adventure Bus Trips**  
**Mohegan Sun!**  
 Friday, Feb. 23<sup>rd</sup> **\$49** pp  
 See www.ADVLIMO.COM FOR MORE!!  
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 This Week's Winners  
  
  
 Layton Clark, Westmoreland, 7  
 Daphne Dionne, Hillsboro, 6

Submit your Birthday Kids' entry online at:  
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 • All boys and girls through age 12 are eligible.  
 • Entries must be mailed; no phone calls, please.  
 • Forms must be received two weeks before child's birthday.  
 PRINT OR TYPE CLEARLY  
 CHILD'S NAME \_\_\_\_\_  
 AGE\* \_\_\_\_\_ SEX \_\_\_\_\_ PHONE \_\_\_\_\_  
 BIRTHDATE \_\_\_\_\_  
 PARENTS' NAME (S) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 \*Age child will be on this birthday.



**Sunday, Feb. 25**

**LECTURES/WORKSHOPS**

**Year of the Wooden Dragon: With Pamela Bys** 2-4pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Indulge, celebrate, create, breath, drink tea, meditate, dine, relax, enjoy a friendship. You may pick the one which you wish to come to or you may join all for a full day 8-4. Suggestion: \$4/class, \$54 for the Tea Ceremony, \$50 for the Chinese new year totals \$108.

**Yoga with Assists with Becky Barrett** 8-9:15am. Aloha Keene Yoga Studio, 83 Court St., Keene. You may pick the one which you wish to come to or you may join all for a full day 8-4. Suggestion: \$4/class, \$54 for the Tea Ceremony, \$50 for the Chinese new year totals \$108.

**Tea Meditation: With Morning Sun Meditation Community** 10am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. You may pick the one which you wish to come to or you may join all for a full day 8-4. Suggestion: \$4/class, \$54 for the Tea Ceremony, \$50 for the Chinese new year totals \$108.

Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details call 603-354-7770. www.freemedicareworkshopkeene.com/upcoming-workshops.

**MISCELLANEOUS**

**Meet Swanzey's Candidates for Public Office** 6-8:30pm. Whitcomb Hall, 17 Main St., West Swanzey. All candidates are invited to a nonpartisan moderated roundtable discussion, audience questions to follow. Jane Johnson: 603-352-4057.

**Blood Drive** 10am-2:30pm. Community House of Federated Church, 160 Main St., Marlborough. 800-733-2767. www.RedCrossBlood.org.

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**Mon., Feb. 26**

**MISCELLANEOUS**

**Al-anon Zoom Meeting** 12-1pm. Keene. Check out Al-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.

**Wed., Feb. 28**

**DINING PLEASURES**

**Adult Community Potluck Luncheon** 12pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Bring a dish to share-salad, main course, or dessert. 603-352-6689. www.office@swanzeyucc.org.

**MISCELLANEOUS**

**Cultivating Community Book Group: Next Book is "Together"** 6:30-8pm. Putney Public Library, 55 Main St., Putney, VT. Together talk about how to build stronger connections in our lives and cultivate a deeper sense of belonging in our community. 802-387-4407.

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**Tues., Feb. 27**

**LECTURES/WORKSHOPS**

**Free Medicare & Social Security Workshop** 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details call 603-354-7770. www.freemedicareworkshopkeene.com

**Thurs., Feb. 29**

**LECTURES/WORKSHOPS**

**Free Medicare & Social Security Workshop** 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details call 603-354-7770. www.freemedicareworkshopkeene.com

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**MAR 2**  
**8 PM**

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**MAR 8 at 8 PM**

**LET'S SING TAYLOR**  
 A LIVE BAND EXPERIENCE  
**MAR 9 at 8 PM**

**WOOD**  
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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   
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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.**

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more information or to book an appointment.

# The Soul And The Body

Living a vital life takes determination. It's easy when you are young, when your body is supple and youthful, but quite a different challenge as you grow older. Yes, as you are older your soul does inhabit your body more fully. You have a greater presence and spiritual strength. After all, you have a lifetime of reference which translates, hopefully, to wisdom.

As you age the energy that travels within your body changes, not in its volume so much as its quality. Your body has both cold and hot energy. With age, our energy cools somewhat and what was dominant for most of our life, the hot energy is now balanced by an increase in cooler energy. As the cool energy dominates so does your spiritual strength increase.

It is part of the cycle of life that you would have more time for contemplation, more time to let your soul fully rest in your body, and more time to experience the subtle cold energy and what it does for your awareness.

As you are at peace with your body the will of your soul emerges. In a way the decline of your body strengthens your spirit. The energy that quickens you now is the passion of your soul. Much of my life has been about creating beauty, bringing in divine energy to infuse the physical with light and beauty. At 70-something, life is now about becoming light filled, letting the divine express its will, not directing. It is amazing how much more you see when you just sit back and watch it happen. Magic in every moment.

The balance between energy flow in your body and vitality is significant. If you let your body slow in its function the energy of your body also slows. This can happen due to illness and disease, or just neglect of systems that keep you vital – digestion, muscular-skeletal, nervous systems. Exercise and diet are key, obesity is a major contributor to the decline of an aging body.

To counteract aging, become aware of the energy

flow in your body. Do energy awareness exercises such as Tai Chi or Chi Gong to develop your sensitivity. These exercises help to remove blockages to your energy flow. This opens your system and your organs to receive life force energy to become vital again. Yoga and stretching exercises release blockages in the fascia and help to align spine and skeleton.



**Healing Perspectives**  
with Rosie Carey

Communicate with the divine. Feel the subtle energy of grace in your life and in your body. Take walks in nature or just sit in the garden and watch the spring flowers emerge. This strengthens your energy. Their story unfolding is your story. Listen to your soul, talk to it, develop conversations. Feel the energy of life surround you, hold you, move within you. Become part of all that is.

*Rose Carey is the founder of LifeLight Center at 206 Washington Street in Keene. She has 30 years of private practice in energy medicine and holistic body therapies. She can be reached at 603-852-8300.*

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**Meditation, Yoga, And  
More During Day-Long  
Retreat At Aloha**

During the Snow Moon on Sunday, February 25th, Aloha Keene, located at 83 Court Street, will offer a day of retreat. Attendees will begin the retreat day practicing Yoga with Assists with Becky Barrett from 8 to 9:15 a.m. From 10 a.m. until noon, there will be a chance to join the folks from Morning Sun Meditation Community for a Tea Meditation. This is a beautiful experience and a fund-raiser; please make a donation to Morning Sun. This tea ceremony is full of peace and quiet joy. Then attendees can walk downtown for a lunch at the restaurant of their choice. In the afternoon, they will return to Aloha to celebrate the Year of the Wooden Dragon with Pamela Bys, Qigong Master, from 2 to 4 p.m. Participants will learn graceful movements of Qigong and practice meditation to bring good luck and ward off evil spirits. Then they will immerse in the making of some traditional Chinese art and indulge the taste buds with tea and treats. Attendees may pick the one which they wish to come to or join all for a full day.



**Plant to Plate**  
with Skip Smith

**Kale**

For some folks, kale is a dirty word. The mere mention of the leafy green elicits prompts comparisons to chewing on card stock or construction paper. But if you put that same kale in a pot with peanut butter, tomato paste, coconut milk, some ginger and garlic, and maybe a sweet potato or two, you have creamy and oh-so-satisfying African Peanut Stew, a dish that will have you coming back for more. The best part, from a health perspective, is that kale is a veggie superfood, complete with and abundance of highly nutritious vitamins, powerful antioxidants and anti-cancer compounds that support eye and heart health as well as weight management. Definitely something to chew on. Skip Smith is the owner of The Farm Cafe, located in the Toadstool Bookshop at 12 Emerald Street in Keene. He can be contacted at 603-354-3521. View the Farm Cafe menu online at [farmcafe603.com](http://farmcafe603.com).

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