



Snowy Sunrise



Laura Panzer was the winner of our occasional photo contest, for her photo of a sunrise on snowy trees in Spofford.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a \$25 gift certificate to a local restaurant.

Chosen photographs will show off the most beautiful aspects of our region. Photos do not need to be taken this month, though photographs

printed will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

Kevin Coach Tallman ~ Helping Businesses Grow With His Knowledge Of Commercial Vehicles

“It’s About Relationships”

By Lori Catozzi Cook

Finding a great car salesperson can drastically change your vehicle shopping experience. The right professional can save you time, money, and turn the entire process into something enjoyable.

“It’s about relationships,” says Kevin “Coach” Tallman – a Commercial Sales Specialist at Chrysler Dodge Jeep Ram of Claremont and its sister company Ford of Claremont. “I’ve had years of experience in commercial and fleet sales with the goal and passion to find you the right vehicle to fit your family, home, or business lifestyle and budget.”

Tallman grew up in Acworth and went to Fall Mountain High School. His vast experience includes working in the education management industry, coaching, employment coordinator, public speaking, and budgeting – all with a strong community and social services focus.

“Coach loves what he does and it shows,” says Tracey Hurd. “He puts such a huge effort into selling cars. Some people got it and some don’t... well, Coach does! Need a new car? Go see him. He will take care of you.”

Tallman has been associated with both dealerships for five years and is certified in commercial sales.



Kevin “Coach” Tallman

COACH, page 11

Diversity In Classical Music Symposium At Keene State College Friday, March 8th

The Keene State College (KSC) Redfern Arts Center and the Music Department will have a Diversity in Classical Music Symposium on March 8th from 9 a.m. to 5 p.m. with a focus on the music of African-American and female composers through lecture recitals, master classes, seminars, and performances. There will be a concert at 7:30 p.m. in the Redfern Arts Center Alumni Recital Hall.

The day includes an Opening Talk by Dr. Artina McCain from the University of Memphis, a Musicology Talk by Dr. Andrea Moore from Smith College, A Vocal Master Class celebrating black composers presented by Cailin Marcel Manson who frequently conducts at Carnegie Hall and sings world-wide,

and a Lecture Recital by well-known violist and NYU professor Amadi Azikiwe. Also included at the symposium is an Instrumental Masterclass celebrating female composers with the Apple Hill String Quartet and a Composition Seminar on female and unrepresented composers with KSC renowned Composition Chair Dr. Heather Gilligan.

The Evening Gala Performance includes Dr. Christina Wright-Ivanova, Apple Hill String Quartet, Seelan Manickam, Amadi Azikiwe, Cailin Marcel Manson, and more guest artists. Buy tickets for this performance at keene.universitytickets.com. The cost is \$12 for the general public and \$7 for senior citizens and youth.

By Jen Risley

This March, The Local Crowd Monadnock invites you to celebrate Choose Indie Sustainable Month. We’re teaming up with partners throughout North America to spotlight businesses that benefit local economies, the environment, and their communities – triple-bottom-line companies such as cooperatives, B Corps, and much more.

Keene Home Expo Booth Space Available

Booth space is now available at the 2024 Keene Home Expo.

The Keene Home Expo, put on by the Home Builders Association, brings together builders, vendors, and homeowners in a way that promotes local business.

It will take place Saturday, April 6th from 10 a.m. to 4 p.m. and Sunday, April 7th from 10 a.m. to 3 p.m. at Keene Ice, located at 380 Marlboro Street.

Locally owned businesses, especially ones working towards a more environmentally sustainable and socially just economy, help us keep “the green” in our communities. Independent and locally owned businesses in the Monadnock Region strengthen our local economy, culture, and overall well-being as they recirculate more money in our community than chain stores and online giants: amiba.net/ripples.

LOCAL, page 9

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Leap Day Meals (p. 15) And Fun (p.17)

BIRTHDAYS	17	ENTERTAINMENT	13-14	GREEN.....	8	MYSTERY PHOTO.....	4
CLASSIFIEDS	18-19	FAMILY.....	17	HEALING	6-7	PETS	2
COOKING	15	GARDEN.....	5	MONEY	16	REAL ESTATE	19

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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Gandolf

Howdy, all! I am Gandolf, a majestic male cat who wandered into the shelter as a stray. My early days were spent roaming the streets, cautious of humans and preferring the company of my feline friends. Despite my semi-feral beginnings, I've been gradually opening up and showing my softer side to those around me. I am what they call a "spirit cat" – I find solace and comfort in the presence of other cats. Human interaction is still a bit nerve-wracking for me, but with patience and continued socialization, I am slowly learning to trust and appreciate the gentle touch of caring hands. Treats are my weakness, and I'll do just about anything for a tasty morsel. While I may initially seem reserved, I absolutely adore the occasional petting session, especially when it involves gentle butt and chin scratches; those are my absolute favorite. Once I've formed a bond with my humans, I even enjoy being picked up and hugged, reveling in the warmth and affection shared between us. If you are interested in meeting with me, come down during open visiting hours.



Gandolf is a domestic shorthair, grey, five years old. The Adoption Center is located at 101 West Swanzey 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.monadnockhumanesociety.org.

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“Sharing The Dream” At Dream Clean123

By Charlie Greco

Dream Clean123 is one of southern Vermont and New Hampshire’s most successful residential and commercial cleaning companies. Founded by long-time Brattleboro resident, Jen Ricchiazzi, the company has grown exponentially over the last 10+ years.

Ricchiazzi has never strayed far from her root principles that “dedication and hard work will always bring you reward and happiness.” Many in the community know her for her reputation of being a family-oriented individual who is committed to her customers. Her friends and neighbors know her to be extremely loyal, personable, and dedicated. Her positive and electric personality enables her to connect with people instantly, making her a popular resident and neighbor in our community.

Ricchiazzi remains very engaged with her customers, and she continues to clean homes and businesses personally. When asked about the key to her success Ricchiazzi replies, “I stay very close to all of my customers... I continue to clean their homes and businesses myself in addition to using our local employees. I will never be too big or too busy to go into a neighbor’s home and clean it myself. It’s always a privilege to go into someone’s home or business and have the opportunity to speak with them personally to make sure I know first-hand how best to satisfy their needs.”

Ricchiazzi’s company has made it a priority to hire local residents as one of the many ways she gives

back to the community. “The entire cleaning team is fully bonded and insured, providing our clients with added peace of mind,” said Matt Botler, her fiancé and long-time Brattleboro resident. “We are committed to ensuring our clients will always have confidence in our services, and we strive to take every necessary measure to ensure their satisfaction and trust when choosing Dream Clean123.”

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Coins, Money, Cards, And More At Show Saturday

The Tri Town Collectors Club, with other local dealers will hold an event titled “Coin, Paper \$\$, Comic Book, Pokémon and Sport card / Postcard Show” on Saturday, March 2nd from 9 a.m. to 3:30 p.m. at the Charlestown Senior Center.

Many dealers and collectors from the area meet up with a daylong series of hobby activities that is packed with all types of collectibles from vintage to the modern eras.

Besides the usual offerings of coins, currency, sports/post cards, Pokémon, and more, there will be a special quiz for collectors and interested youth of all ages. Show organizer Joe Fuller says there is no admission charge, and more details are available at 802-379-2353, or email at Pepsijoseph@yahoo.com.

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MYSTERY PHOTO
 from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a certificate for \$25 to The Pub. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



This gate house used to stand on the existing large cement slab at a local pond. What pond is it?

The winner of last week's mystery photo contest was Judy Fassett of Swanzey. The photo shows the aftermath of a fire at MacKenzie Dairy, or MacKenzie Ice Cream Drive-in.



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REGISTRATION OF KINDERGARTEN AND GRADE 1 PUPILS


All children who are to enter Kindergarten and those who will be entering Grade 1 of the Public Schools of Keene, but are not now in Kindergarten, are to be registered. Children born before September 30, 2019 will be eligible for Kindergarten. Those born before September 30, 2018 may attend Grade 1.

**MONDAY, MARCH 4TH – FRIDAY, MARCH 8TH
 FROM 9:00 AM – 2:00 PM**

Please complete the forms sent to your home, bring them with you to registration, or drop them off any day prior to registration at any one of the following schools: Franklin, Fuller, Symonds or Wheelock. If you did not receive forms in the mail, please contact one of the elementary schools. You may also download the forms at: <https://www.keeneschoolsnh.org/kinder-registration/> It is important that you register your child at this time.

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March In The Garden

March in the garden you ask? Well, I think so. Any time is a good time in the garden if you ask me. Fresh air, exercise, and now that we have all the extra light one can even stroll in the garden after work. Me, in March, I stroll the garden at least three times a day, because if you look closely, things are happening and there are things to do.

elephant sat on it with all that weight when it is in bloom.

On the gloomy days, and we still get plenty of those in March, I am in the dirty room starting seeds for the gardens. For flowers, many of the cool annuals can be started and safely planted out far earlier than you would think. These would be bachelor buttons, bells

of Ireland, snapdragons, feverfew, orlaya, and more. The veggie patch can also have some seeds started for early transplant. They say peas can go in on St. Patrick's day. I beg to differ on that one, but onions, kale, broccoli, and many of

the salad crops can all be seeded now to go into the garden once the ground is workable. They don't mind the cold temps in April, which is about when those seedlings would be ready if you start them now. *Johnny's Selected Seeds* catalog has a great resource online for seed starting dates for any region for both flowers and vegetables.

Personally, I find March to be the most frustrating time of year. It toys with us. It dabbles with beautifully spring-like weather that turns the tables in an instant and dumps a ton of snow on us. Looking back at last year's garden photos, I was reminded of the March 14th storm. Not that I would forget that storm, but then scrolling on two weeks after that I had daffodils poking out and then by April 5th I had magnolias blooming. So, what I say is this: get out into the garden, walk it every day, do a few garden tasks when the weather is good, and enjoy the fresh air and the beauty.

Allison Kerwin is the owner of The Enchanted Garden, a garden design and maintenance company based in Hancock.



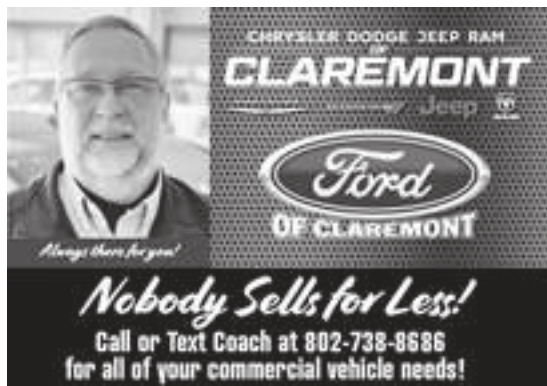
Woods and Gardens
with Allison Kerwin

On the nicer days I get out and start pruning. I start with the crabapple in the front yard. It has dead and broken branches from the heavy snow. Don't forget the spray bottle of alcohol to disinfect the pruning saw or snips after each cut. A pain to be sure, but necessary so not to spread disease. The same goes for the blueberries that took a hammering this winter; I'm removing broken branches and cleaning them up. When the snow is gone the raspberries will be cleaned up. I'm cutting out all of last year's canes and making way for this year's new ones. Then on to the kiwi vines – they get a last hard cut-back until after all the bird babies that nest in them have fledged. And by the time that happens those kiwi vines look like Medusa on a really bad hair day.

Once I finish with the orchard, the hydrangeas get a good cut back – all but the mop heads that is. They bloom on the old wood so those get left alone, but the ever-increasing patch of Anabelles and the paniculatas, like the PeeGees limelight, grandiflora, and all those varieties get a hard cut back. I take mine back to the first or second bud on each branch, it looks very drastic but it stops the bush from looking like an



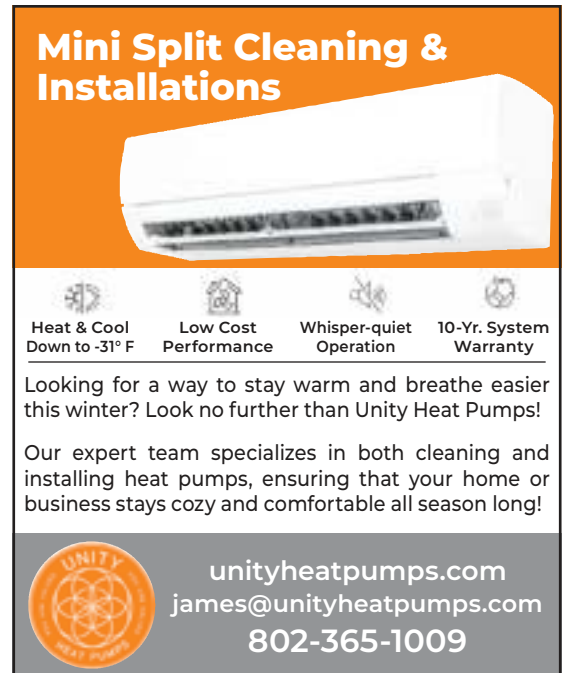
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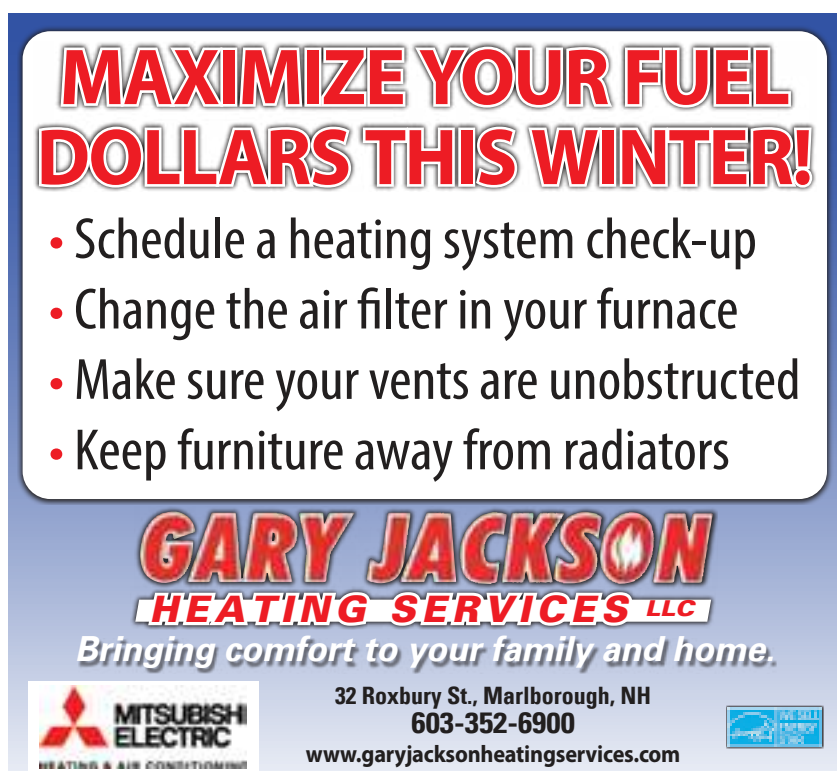
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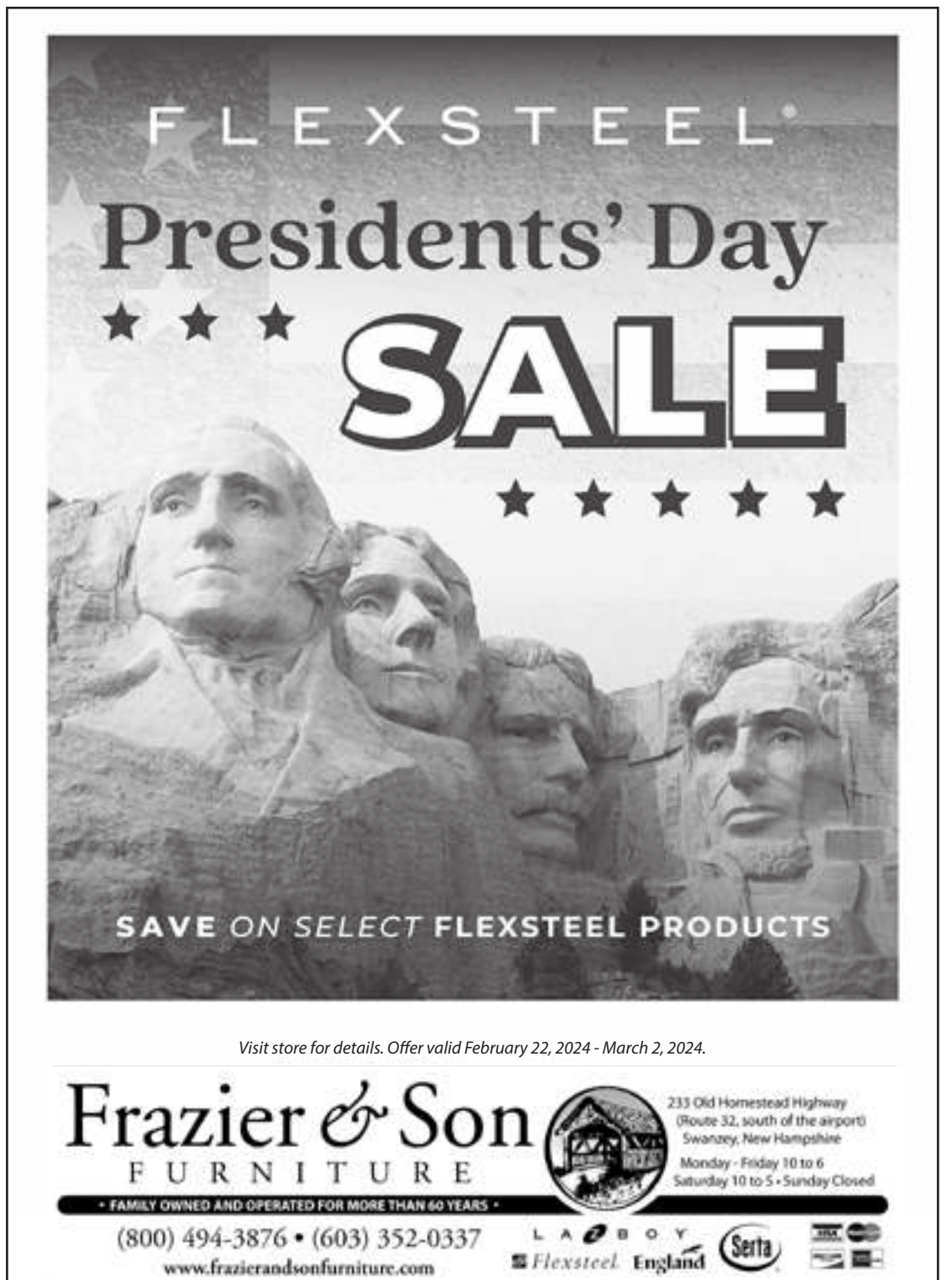
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A Few Poems

Each of us have our own ways to try to make some sense, and peace, with the world – and ourselves. For some, it can be through service to others. Other people I know find that their bodies, through movement and tending, can help guide them. For many others, it can be through meditations and religious practices. All can be healing. All can be necessary for nourishing our souls, and selves.

Writing, and especially poetry, has served this role for me many times over the years. My first stuffed doll I called Poem; maybe I was three or four at the time. And when I hit the rough teens and felt awkward, depressed, and unsure of myself, I would close my bedroom door and write out poems, which I would then rip up and throw in the white plastic garbage can by my desk.

I've never studied poetry, and I know the poems I write are rather simple in form. That doesn't really matter to me, because they are my words – or at least words that came through me. And that is enough. Once I have put them down on paper, I feel better. They have helped to heal me in some way.

With the advent of self-publishing, I began every five years or so to compile some of my recent poems into a small volume of poetry that I share with family and friends. The poetry collection serves as a kind of marker of where I am at that moment in my life in my mind and heart.

Recently, I was nudged by a dream to bring out a new collection. And I realized that I had some poems saved on my computer in a folder that had been waiting for some time to be put together into a book. So this is what I have been doing of late. And now the book, which is titled *The Heart of the Universe* is about to be printed.

When I realized it was time to write a new article for *The Monadnock Shopper News*, I thought – why not share two of these poems in my monthly column? So here they are. I hope you enjoy them.

Poem 1

The Spirit of Love
 you don't have to look for,
 you don't have to cross oceans,
 you don't have to follow a distant star.

The Spirit of Love
 doesn't advertise itself loudly in the news.
The Spirit of Love can't be found by
 reading books on the *Spirit of Love*.

Healing Perspectives

with Skye Stephenson



The Spirit of Love
 is more intrinsic than that:
 since it's so simple and complete,
 Love can sometimes seem very hard to find.

The Spirit of Love
 is not about proving anything,
 it's just about being gentle
 in your life, in your place and time.

The Spirit of Love
 may not look like or feel like
 what you want it to be. Sometimes
 it can be just what you don't want it to be.

So better stop looking,
 because there it will be found –
 as you do what you must in the
 life that Life has given you.

Poem #2

*Heart of the Universe, flow through me,
 may I be a vessel of your purity.*

*Heart of the Universe, simple and true,
 may You consecrate all that I do.*

*Heart of the Universe, mystery sublime,
 path of the righteous of all time.*

*Heart of the Universe, ever pulsating and bright –
 heal all our wounds, bless us with your light.*

Heart of the Universe, may my heart beat with Thee.

Heart of all Beings, Heart of the universal We.

Skye Stephenson enjoys learning and writing about the sacred in practice and belief. She is currently working on a book about sacred stones. She can be contacted at skyeayona@gmail.com.

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Sound Bath With Sound Massage Event In Keene

Aloha Keene will host Kirk Jones and Jed Blume for a resonant experience of sound and vibration. Tone-matched gongs, hand pans, and crystal bowls are rung and sung on the body (if attendees choose). This session is designed to clear energetic and muscle tension, guiding attendees to healing within and bringing them and their nervous system into deep restorative relaxation. All are welcome.

The event will take place Sunday, March 3rd from 4:30 to 6 p.m. The cost is \$35. Register at vagaroo.com/alahakeene.com



Jed Blume



Kirk Jones

Senior Health Fairs At Covenant Living Of Keene

Covenant Living of Keene will host a series of free Senior Health Fairs where local area older adults will have an opportunity to get basic health questions answered as well as have some assessment tests.

The first fair will be held on Wednesday, March 6th, from 10 a.m. to 2 p.m. At 10:30 a.m., a presentation on recent Power of Attorney (POA) changes in

New Hampshire and the importance of POA in estate planning will be given by Susan R. Abert, Esq., CELA.

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.

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Integrated Soul Hypnosis, LLC Opens In Peterborough



Jeni Archer

A new hypnotherapy practice has opened in Peterborough. Integrated Soul Hypnosis, LLC offers hypnotherapy as a non-medical alternative to promote desired change and well-

being. Jeni Archer is a certified hypnotherapist and regressionist focusing on in-person clinical regression, past life regression, and smoking cessation.

Hypnotherapy is a modality that offers a direct bridge to the subconscious mind, where deep change can take place quickly and effectively – and can last a lifetime. “We all hold a deep well of understanding within us, yet the conscious mind tends to put up barriers that can make it difficult to locate,” said Archer. “Hypnotherapy allows us to bypass those barriers and go directly to the information we seek.” Hypnotherapy is not intended to be a replacement for medical care.

Services are by appointment only, which can be made online. Archer offers a free 15-minute discovery call prior to the first appointment, a way to answer questions and ensure this practice will be a good match.

Jeni Archer can be reached at 888-495-7450. To learn more about Integrated Soul Hypnosis, LLC or book an appointment, visit IntegratedSoulHypnosis.com.

New Gastroenterology Department Holding Open House

Monadnock Gastroenterology Associates, a new practice at Monadnock Community Hospital, will be holding an open house on Friday, March 1st, from 4 to 6 p.m. Michael J. Gilbert, MD, MHCDS, will be leading the team.

The open house will be held in the new office in the Medical Arts Building at the hospital. The public is invited to stop by to meet Gilbert and his team. There will be refreshments, a ribbon cutting, and guided tours of the new office.

The new gastroenterology department will offer the latest care and treatment options for a wide range of digestive conditions and disorders. Office hours will be Monday through Friday, 8 a.m. to 4:30 p.m.

Monadnock Gastroenterology Associates is located in Suite 107 in the first floor of the Medical Arts Building, located at 454 Old Street Road in Peterborough. For more details, visit www.monadnockcommunityhospital.com.

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Sample Health And Wellness Products And Services Saturday, March 9th In Keene

Cheshire Wellness Center at 103 Roxbury Street in Keene will host a free Lucky Ladies Luncheon on Saturday, March 9th from 10 a.m. to noon. Practitioners from around the Monadnock Region will have the finest health and wellness products and services on display. They include Dr. Tecia Abatelli of Cheshire Wellness Center, Jillian Miner Wellness, Kelly Gorsuch Skin Care, Bliss Coaching & Wellness, Everglow Wellness, Michelle Davis Yoga, Chris-

tine Braaten Massage, and many others.

Participants will enjoy inspiring presentations, samples, health screenings, and a complimentary light healthy lunch and juice bar treats. The event includes gift bags to the first 30 guests to arrive, raffles prizes, and more.

This is a ticketed event only; reservations need to be made by scanning the QR code in the ad on page 2 or calling 603-357-5700.

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Reaping The Benefit Of Circuit Riders In Our Region

What does the phrase “Circuit Rider” conjure for you? Do you picture a 19th century minister or judge on a horse, traveling from town to remote town to preach, officiate at weddings or baptisms, or render judgments in an improvised courtroom?

Welcome to the 21st century’s “Energy Circuit Riders:” a team of no-cost consultants for municipalities, schools, small businesses, and farmers in our state through a program of the non-profit Clean Energy NH (CENH). After several years of piloting a position assisting municipalities in the North Country, CENH has now hired Energy Circuit Riders for municipalities in the Monadnock and Seacoast Regions and Sullivan County.

Circuit Riders’ services for municipalities, including school districts, include assessments of “the most bang for the buck” options to make facilities and operations more energy efficient – and cost effective – whether by weatherization, equipment upgrades, clean energy installations, or electrification of vehicles and equipment. The Circuit Riders’ walk municipalities through the maze of potential funding, assist with grant applications to secure funding for selected projects, and also assist in selection of qualified contractors to complete the necessary work.

Within the first few years of having an experienced staffer “riding the circuit” in the North Country, over a dozen communities there have completed energy efficiency and clean energy projects. According to CENH reports, as of 2022 “The Circuit Rider Program has helped North Country communities receive more than \$1.2 million in incentives and grants, resulting in over \$3 million dollars invested in clean energy projects.”

In 2022, John Kondos of Chesterfield was hired as the first Monadnock Energy Circuit Rider. He has helped a number of our towns assess opportunities for greater energy efficiency in their town halls, public works, fire and safety facilities, and road fleets. In collaboration with Southwest Region Planning Commission, John had previously worked on Brownfields assessments, evaluating contaminated sites for their solar potential. “Brownfields” are often undevelopable for other uses, making the solar installations an excellent and even revenue-generating opportunity. (Peterborough has had a solar installation on its old landfill since 2015, powering its wastewater treatment plant and other town needs.) John’s work as Circuit Rider is now helping the Town of Dublin explore

a very promising landfill-as-solar site. He encouraged and is supporting the Town of Winchester as it takes steps toward grant-supported clean-up of a former tannery site for a potentially very sizable solar installation.



The newest Energy Circuit Rider services available in our region are specifically to help rural small businesses and farmers access REAP grants. The Rural Energy for America Program is offered by the US Department of Agriculture, and the grants cover up to 50 percent of the cost of various energy efficiency or clean energy projects. Several businesses in the Monadnock Region have already secured REAP funding for solar projects. The Guernsey Professional Building in Peterborough, Harrisville Designs, and State Line Trucking Services in Fitzwilliam have all been awarded grants for solar installations that will dramatically reduce electrical costs for their facilities. To bring more REAP investment for other small businesses and farmers in our region, CENH Circuit Rider Gabe Chelius is available to help develop projects and assist with grant applications. Gabe builds on his experience doing this work in the North Country. Among interesting projects there is an application for solar installation on an ice cream shop in Bethlehem motivated in part by that area’s frequent grid outages. (Who wants freezers full of melted ice cream?) He also helped a sporting-goods store in Errol work through its grant application for a solar-plus-battery installation, which could be a valuable community resource in the event of prolonged grid outage. Sadly, Keene is not considered rural enough to qualify for the REAP grants, but all other communities in the Monadnock Region are eligible.

The non-profit Monadnock Sustainability Hub has worked closely with Clean Energy NH (CENH), and has been excited to support CENH in its introduction of Monadnock Energy Circuit Riders. What a valuable asset to our towns, school districts, small businesses, and farmers! You can learn more about the program, REAP grants, and how to access the Circuit Riders’ services on the CENH website: www.cleanenergynh.org/energy-circuit-riders.

Ann Shedd is a retired physician, a former member of the City of Keene’s Conservation Commission and Energy and Climate Committee, and a current member of the Board of the Monadnock Sustainability Hub. She is heartened to see energy efficiency and clean energy projects occurring at a growing pace throughout the Monadnock Region.



John Kondos of Chesterfield was hired as the first Monadnock Energy Circuit Rider.

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Marketing Momentum Workshop Set For March 6th

Caroline Tremblay of Owl & Pen Writing and Jan Ziegler of Wunderkind Marketing will host a “Marketing Momentum Workshop.” This free event will take place Wednesday, March 6th from 5:30 to 6:30 p.m. at 100 Emerald Street in Keene, Suite E-1.

G geared toward small business owners, creators, and startups, this workshop will guide attendees through the power of the Google Business Profile and how to get the most out of it so they can discover the secrets to optimizing their online presence and reaching their audience.

The Google Business Profile is the key to coming up in local, online search results and generating business from people looking for products and services locally. This workshop will explain how to set up, structure, and monitor a Google Business Profile.

The event will include an insightful 20-minute presentation, plus an engaging Q&A session

For more details, contact Caroline Tremblay at owlandpenwriting.com or 603-593-2016.

Spring Meeting Of Monadnock Area Artists Association

A Spring Meeting of Monadnock Area Artists Association will be held on Saturday, March 16th from 10 to 11:15 a.m. at Hannah Grimes Center on Roxbury Street in Keene.

Participants should bring a piece of artwork on the theme “emerging” to share with other artists. A presentation by Michael Torska of NE Art Re-

productions will explain his services including the scanning/photographing of original art and making high-quality prints. This event is free and open to the public. For more details, visit www.Monadnock-AreaArtistsAssociation.

The View From Here: Automated Window Treatments

Gone are the days of manually adjusting blinds or curtains. With just a tap on a smartphone or a simple command to a smart home assistant, folks can effortlessly control the ambiance of any room with automated or motorized window treatments. Whether you’re looking to let in natural light, maintain privacy, or enhance energy efficiency, automated window treatments empower people to tailor their environment to their exact preferences.

Moreover, the integration of Bluetooth and remote options ensures seamless operation, even when away from home. Whether people are lounging on the couch or miles away on vacation, they have complete control over their window treatments with the touch of a button. Many systems even offer the option to

create automated schedules for your home and seamlessly integrate into Smart Home Systems.

In an era where convenience is paramount, automated window treatments revolutionize the way folks interact with their living spaces.

To discuss options, Monadnock Shutter & Shade is located at 28 Roxbury Street in Keene. Visit www.monadnockshutterandshade.com or call 603-352-0511 to schedule a free, in-home consultation.

Matt DeGrosky is the owner of Monadnock Shutter & Shade, located at 28 Roxbury Street in Keene. For more details about this topic, they can be reached at 603-352-0511. Visit them online at monadnockshutterandshade.com.

CELEBRATE LOCAL

Keep The Green In Our Community: Choose Indie Sustainable

LOCAL, Continued from page 1



The Monadnock Food Co-op now offers the region's first public fast charger for Electric Vehicles and two Level 2 plugs. This project was a collaboration between the co-op, Monadnock Sustainability Hub, and ReVision Energy, and supported by VW Settlement funds, plus generous local donors through The Monadnock Local Monadnock.

Cooperatives in Our Community

Cooperatives, companies owned by their members, follow seven guiding principles, including democratic member control and concern for the community. These businesses exist to serve their members instead of faraway stockholders. Monadnock Food Co-op, a grocery store in downtown Keene owned by over 4400 community members, uses a cooperative business model. Everyone can shop at Monadnock Food Co-op. However, members receive additional benefits such as quarterly discounts, patronage refunds, and vote on who serves on the board of directors: www.monadnockfood.coop.

Monadnock Food Co-op conducts an impact assessment annually, measuring its fossil fuel use, waste reduction efforts, community contributions, and more. We'll share details from their latest assessment throughout March. Here is one update: "Recently, the store has been focusing on increasing the amount of organic waste we divert from landfills to be composted," says Sustainability Coordinator Jane Clerkin. "This has led to the overflow of our compost dumpster, which is definitely better than having it go into the trash. As a solution, we have partnered with Elm City Compost to assist Casella Waste Systems in managing our organic waste."

Corps based in our region include Badger in Gilsum and Frisky Cow Gelato in Keene.

"B Corp Certification is holistic, not exclusively focused on a single social or environmental issue," reads B Lab's website. "The process to achieve and maintain certification is rigorous and requires engaging teams and departments across your company. Recertification confirms these standards continue to be met on an ongoing basis."

Any business can complete the B Impact Assessment online and see how they rank. For a business to become a Certified B Corp, it must earn at least 80 points in the B Impact Assessment and pay a certification fee. The certified company receives a full report with recommendations from B Lab on how to boost its positive impacts.

When we Choose Indie Sustainable, we do so much more than just shop – we bank, invest, create, and donate to boost the ripple effect of economic and community benefits we receive when we support our local economy. Together, we build strong local, equitable, and sustainable economies. Stay connected and learn more throughout March at www.tlmonadnock.com/sustainable.

Jen Risley loves cultivating our local economy through her work at The Local Crowd Monadnock, American Independent Business Alliance, and The Main Street Journal.



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Co-ops Beyond Our Region

While Monadnock Food Co-op represents a consumer cooperative, other types of co-ops, such as worker cooperatives, exist. Instead of the shoppers owning the business, the workers own the company. To learn more about worker co-ops, please join us for a virtual screening of the film *Works For All* about the worker co-op economy in Cincinnati, OH.

This short documentary highlights the work of Co-op Cincy, an organization cultivating a network of worker-owned cooperatives to create a regional economy that works for all. Co-op Cincy also helps convert existing businesses (whose owners are retiring) into cooperatives: www.coopcincy.org.

On March 29 at 7 p.m., during a live virtual film discussion, let's talk more about worker cooperatives and how this type of co-op is growing in New England (and beyond). Discussion guests include Kristen Barker, co-director of Co-op Cincy, and Rob Brown, director of Business Ownership Solutions at Cooperative Development Institute: www.cdi.coop.

Reserve your ticket today to view the film (for free!), and then watch it any time between March 29 and March 31 at worksforall.eventive.org. Thank you to our event hosts, American Independent Business Alliance and Monadnock International Film Festival, and event sponsors, Littleton Food Co-op and The Local Crowd Monadnock.

B Corps

A certification process called B Corp helps a company "measure what matters" and better balance its purpose and profits. B Lab, the non-profit that leads this movement, currently lists 7988 certified businesses from 96 countries: www.bcorporation.net. B

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Win \$50 Gift Certificate To One Of The "Celebrate Local" Businesses

To enter, solve the crossword puzzle. The answers are all the names of businesses who participate in this Celebrate Local promotion.

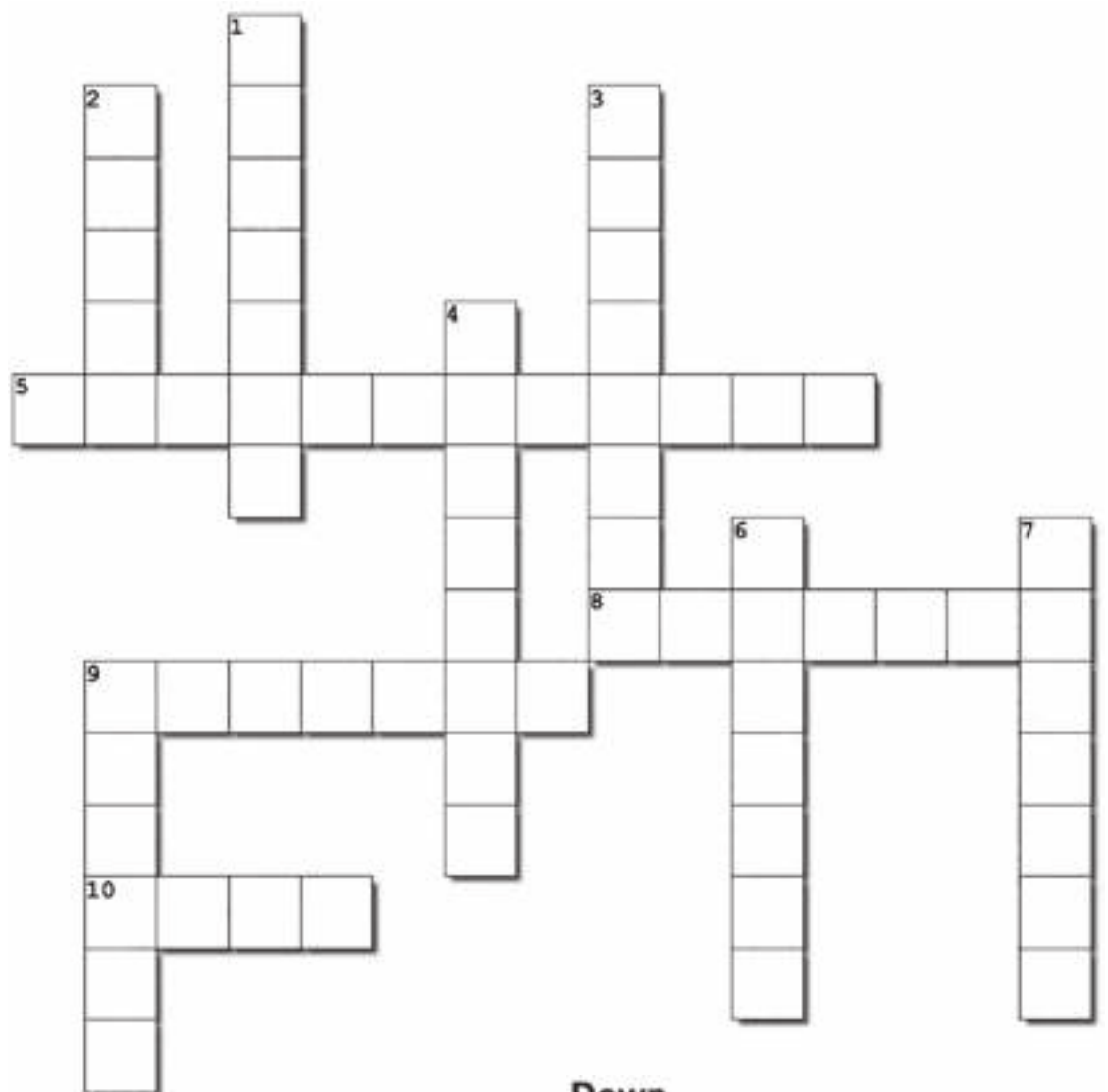
Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351. Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate! Deadline is Friday, March 15th.

Last month's winner was Eileen Nelson, who chose a \$50 gift certificate to The Vacuum Store.

Name _____

Phone _____

Preferred Gift Certificate _____



Across

- 5. West _____ Self Storage
- 8. Howard's _____
- 9. Dale Blanchard _____
- 10. Phil's _____ Service

Down

- 1. Keene on _____
- 2. _____ Hill Nursery
- 3. Monadnock _____ Service
- 4. _____ Appliances
- 6. Liberty _____ and Dry Cleaning
- 7. Davis Oil & _____
- 9. Monadnock _____ Associates

Local Co-op Launches Round It Up Donation Drive In March

The Monadnock Food Co-op at 34 Cypress Street in Keene will have a month-long Round It Up Donation Drive to benefit Kroka Expeditions during the month of March. The co-op's Round It Up donation program empowers shoppers to positively impact their community by rounding up their change to support local non-profits and initiatives that align with the co-op's mission.

"Each week of the year, Kroka relies in some

way on the Monadnock Food Co-op to help us feed healthy local and organic meals to hundreds of staff and students on local outdoor adventure programs. We are now also so grateful that financial support through the Round It Up program will allow us to expand our financial aid and program enrollment to invite and include a wider diversity of families from the Monadnock Region," says Nathan Lyczak, executive director of Kroka Expeditions.

Hannah Grimes Farm Business Lab Presentations March 7th

Hannah Grimes will host a Farm Business Lab course –an eight-week course that includes whole farm planning, whole farm management, and conservation planning in addition to the traditional lab topics of finances, marketing, and project management. Each cohort concludes with a pitch event. Participants practice their business pitch over the course of the program and present it in front of the community in the eighth week of the class.

The Farm Business Lab pitch event will be held on Thursday, March 7th and will include presentations

from the following farms: Deb Waldinger from Calcite & Comfrey, Robert Kostick of Kostick's Market, Diana DeMarsico of Wild Meadow Farm, Marie Elena Potter of Sleepy Sheep Farm, Karina Rosa of Rosa Moon Farm, Phylcia Roberts of Cheshire Chestnuts, and Emily and Jacob Sherwood of Steppingstone Commons.

Register for the free pitch event at <https://ticketelf.com/events/2024-farm-business-lab-pitch-event>.

CELEBRATE LOCAL

Kevin "Coach" Tallman ~ Helping Businesses Grow With His Knowledge Of Commercial Vehicles

COACH, Continued from page 1



Kevin "Coach" Tallman

He is known in the area as "Coach" for his years of coaching football at Stevens High School in Claremont, Fall Mountain Regional High School in Langdon, Newport High School in Newport, and Springfield High School in Springfield, VT – among others. He retired from coaching in 2018 and turned his attention to car sales – specifically working with businesses that want to continue to grow.

"I've been educating and coaching all my life. I took those skills and applied them to my work." Tallman continues: "I help to build that business and build a relationship at the same time. You have to understand the business's needs and what they are utilizing the

vehicle for in order to recommend the correct vehicle."

This customer advocate is fervent when it comes to working with businesses to build their product needs, whether it be company cars, fleet vehicles, or other vehicles used for business purposes to help the growth of the business.

"I was told once, 'People buy from people they like, know, and trust.' We're here to help people. That's the approach I take. I'm on the road helping businesses and local contractors with their needs. I help find the product that best fits their needs and their budgets. And I am always up-front and forthcoming. They are trusting me to deliver a tool that they can utilize to grow their businesses and I do it well."

"Coach works extremely hard and truly cares about his clients," says Tim Maxfield. "If you want an experience that is positive and enjoyable, go see Coach."

Tallman welcomes family, friends, former students, athletes, and former clients that he has served over the years to stop by Chrysler Dodge Jeep Ram of Claremont at 5 River Road or Ford of Claremont at 155 Charlestown Road to see the product lines. He also encourages people to browse the online inventory, schedule a test drive, and investigate financing options: www.chryslerdodgejeepclaremont.com, www.fordofclaremont.com.

"My ideal client sees me as an expert. They value my experience. They respect my views as I respect theirs. They appreciate my efforts and realize that I am committed to them and their business," Tallman says. "It's all about helping people."

For more details, call Coach at 802-738-8686 or email coach@CDJRofclaremont.com or Coach@Fordofclaremont.com.

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ENTERTAINMENT

and DINING

Rock n' Roll Circus To Benefit Veterans at the Park Theatre



New England Blues Legend James Montgomery

win, Chakour consists of a lineup of performers with an incredible pedigree both touring and recording. They are Deric Dyer (Tina Turner, Joe Cocker), Cliff Goodwin (Joe Cocker, Robert Palmer), Mitch Chakour (Joe Coker, J. Geils Band), Marty Richards (former J. Geils Band, Joe Perry Project), and Wolf Ginades (Shaboo All-Stars). Also joining in

On Friday, March 22nd at 7:30 p.m., Rockin'4 Vets will bring to Jaffrey New England Blues Legend James Montgomery (James Montgomery Band, Johnny Winter Band) along with Boston guitar great Jon Butcher (Jon Butcher Axis, Experience Hendrix), a 2024 New England Music HoF Inductee, as part of a classic Blues Rock All-Star line-up with some of New England's top performers.

Proceeds will benefit Veterans Count, a New Hampshire organization that works to assist veterans with critical needs resulting from their military service. Rockin' 4 Vets presents events to raise funds for local organizations who support vets in dealing with issues related to PTSD, addiction, and homelessness.

The event promises classic rock and original songs by the artists, from their solo careers as well as the bands they toured and recorded with. Joining Montgomery and Butcher will be New Hampshire blues vocalist/harpist Brian David Templeton (Delta Generators, the Radio Kings) and Peterborough's Frankie Boy & the Blues Express. The band, Dyer, Good-

the show will be Blues vocalist/harpist Brian Templeton (Delta Generators, the Radio Kings).

Tickets are available at www.theparktheatre.org and VIP ticketing will include an earlier admission, front of house seating, a pre-show wine and cheese reception with featured performers, and an autographed event poster.

The Park Theatre is located at 19 Main Street in Jaffrey.



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|--|--------------------------|
| Beppe Gambetta | March 8
Bass Hall |
| The Mammals | March 16
Bass Hall |
| Eileen Ivers | March 23
Park Theater |
| David Francey | April 3
Bass Hall |
| Jay Ungar & Molly Mason | April 13
Bass Hall |
| April Fools (Christine Lavin, John Forster, Buskin & Batteau) | April 27
Park Theater |
| Barnstar | May 5
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| Antje Duvekot | May 24
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| Kenny White | June 8
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The Power Station Coffeehouse will be held at 6 p.m. on Fridays March 1st, 8th, 15th, 22nd, and 29th at Whitcomb Hall at 17 Main Street in West Swanzey. This event is a time to hear encouraging stories of God from neighbors as well as heartwarming music over a cup of coffee.

For more details, call or text Thomas Travers at 603-381-9077 or email tom@powerstation-nh.com.

Wednesday, 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 Library, 55 Main St., Putney, VT. Talk about how to build stronger connections and cultivate a deeper sense of belonging. **802-387-4407**.

Thursday, 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/upcoming-workshops.

Friday, Mar. 1

ARTS, MUSIC & THEATER

100th Anniversary Special Film: March of the Penguins 3pm. The Colonial Theatre, 95 Main St., Keene. \$6 - \$10. **603-352-2033**. www.thecolonial.org.

Opening Reception: Exhibition of Craig Altobello's Astonishing Moments in Nearby Nature 5-7pm. Peterborough Town Library, 2 Concord St., Peterborough. Artwork will be on display through Tuesday, April 30th. **603-924-8040**. www.PeterboroughTownLibrary.org.

The Power Station Coffeehouse Ministry 6pm. Whitcomb Hall, 17 Main St., West Swanzey. Heart warming music, coffee and friendships in an intimate setting. For more info call or visit Tom Travers: **603-381-9077**. tom@powerstation-nh.com.

Andy Cooney Irish Celebration 7:30pm. Park Theatre, 19 Main St., Jaffrey. Featuring The Guinness Irish Band & Emerald Fire Irish Dance, George Casey, and Ciara Fox. \$29, \$39, \$49. **603-532-8888**. www.theparktheatre.org.

MISCELLANEOUS

Open House: Monadnock Gastroenterology Associates Introduction 4-6pm. Monadnock Community Hospital Medical Arts Building, Suite #107, 454 Old Street Rd., Peterborough. Refreshments, meet the team, ribbon cutting, guided tour. **603-924-2600**.

Branch River Theatre's Act One, Scene One Coffee House 8pm. Community House, 160 Main St., Marlborough. Conversations, music, poetry, dancing, acting, and more. \$15 general/\$12 seniors & students. Reservations: **603-876-6131**. www.branchrivertheatre.org.

Let's Draw! 10am-12pm. Hancock Town Library, 25 Main St., Hancock. With Sue Ann Hum. Introductory art classes specifically for people who say they can't draw a straight line. \$15. To participate: hancocklibrary@comcast.net.

REAP 101: Farm Funding for Renewable and Energy Efficiency Projects 12-1:30pm. Monadnock Food Co-op, 34 Cypress St. Register: <https://reap101.eventbrite.com> or call Matt: **603-756-9282**. matt@cheshireconservation.org.

Saturday, Mar. 2

ARTS, MUSIC & THEATER

Contra Dance: Chloe Levine With Music From The Gaslight Tinkers 7:30pm. Peterborough Town House, 1 Grove St. Workshop for new dancers at 7:30pm. Sliding scale \$12-20, \$30 family, or pay what you can. **603-547-5831**. kelly.strauss@gmail.com. www.monadnockfolk.org.

Paula Poundstone 8pm. The Colonial Theatre, 95 Main St., Keene. Poundstone is known for her smart, observational humor and legendary spontaneous wit. \$32 - \$49. **603-352-2033**. www.thecolonial.org.

DINING PLEASURES

Family Style Bean Supper 5-6:30pm. The United Church of Winchester, 99 Main St. Two kinds of beans, hot dogs, coleslaw, potato salad, dinner rolls, and choice of homemade pie. \$12 adults, \$6 children under 12. To preorder take home meals call before 3pm. **603-239-4465**.

FAIRS & SALES

Buying/Selling Coins, Paper \$, Stamps, Pokemon 9am-3pm. Charlestown Senior Center, 233 Old Springfield Rd. **802-379-2353**.

MISCELLANEOUS

Branch River Theatre's Act One, Scene One Coffee House! 8pm. Community House, 160 Main St., Marlborough. Conversations, music, poetry, dancing, acting, and more. \$15 general/\$12 seniors & students. Reservations at **603-876-6131**. www.branchrivertheatre.org.

Open Sugar House Weekend 11am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. Free tours. **603-358-3321**. www.woodardssugarhouse.com.

Sunday, Mar. 3

ARTS, MUSIC & THEATER

Joyful Noise Cafe: Jordan Tirrell-Wysocki 3pm. Federated Church of Marlborough, 16 Pleasant St., Marlborough. Music from the Celtic Tradition. \$12 at the door includes concert and light refreshments. Info & reservations **603-876-3863**. office@federatedchurchmarlborough.org.

Freshman & Sophomore Voice Recital 3-4pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Within the Music Department these students have various majors, which include Vocal Performance, Music Education, Music Technology, Composition, and B.A. in Music. Free to the public.

Junior & Senior Voice Recital 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Within the Music Department these students have various majors, which include Vocal Performance, Music Education, Music Technology, Composition, and B.A. in Music. Free to the public.

LECTURES & WORKSHOPS

Drinking Liberally 1pm. 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.

Branch River Theatre's Acting Workshop 2-5pm. Community House, 160 Main St., Marlborough. No experience necessary. Participants will be introduced to proper acting technique and work towards a small performance during the workshop, focusing on the techniques covered in class. \$20 p/person. Pre-registering is recommended. www.branchrivertheatre.org.

Sound Bath with Sound Massage: Kirk Jones & Jed Blume 4:30-6pm. Aloha Keene Yoga Studio, 83 Court St., Keene. This session is designed to clear energetic and muscle tension. \$35. Register at www.vagaro.com/aloha-keene.com.

MISCELLANEOUS

Monadnock Writer's Group: Smoky Quartz 2-4pm. Zoom Event. This event is free and open to the public. To attend, please email to mwgs/smokyquartz@gmail.com, and you'll be sent the link.

Open Sugar House Weekend 11am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. Free tours. **603-358-3321**. www.woodardssugarhouse.com.

EVENTS, page 16

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An Extra Day – A Dream Meal

Tomorrow is Leap Year, a day when February has one extra day in order to even-out our 365 days a year calendar. When I sat down to write this column, I began to think about what I would like to eat on this extra day that comes only once every four years. I decided I'd want a meal that reminded me of a special restaurant where my husband and I had eaten in the late 1990s.

Wandering around the Hanover, NH area on a gloomy, dark and rainy night, we stumbled across the Polka Dot Diner by the railroad tracks in nearby White River Junction, VT. Just as we were about to cross the street to the diner, I spotted what I recall was a restaurant with an Italian name. "Let's try that place," I said. As we approached the well-lit restaurant I could see it was fancy – waiters wearing tuxedos and customers in fancy-dress filled the place and gave it a glamorous atmosphere. We entered and were seated at the last remaining table.

Perusing the menu, I decided on a lamb dish with something called "tamarind." Having never heard of this "spice," I decided to try it – and was pleasantly surprised by the wonderful flavor of the entree. I now know that tamarind is a fruit grown on trees in tropical climates in Asia and Africa, and is a staple in their cooking, as well as in Middle Eastern cooking.

The unknown name of that restaurant we stumbled upon on a rainy night is no longer there, but remains a vibrant memory. So, my dream meal for Leap Day will include a lamb entree, along with some favorite sides and a special dessert. (If anyone knows the name of that restaurant in White River Junction, please let me know).

What's your favorite dream meal for once in four years? Is it a lovely brunch? BBQ specials? A juicy steak? Cheese and more cheese? Or a favorite dessert? Happy cooking!



"Floating islands" or "Oeufs a la Neige" (snow eggs) are fluffy poached meringues in a pool of rich vanilla custard.

Heat olive oil in a skillet over medium heat. Stir red bell pepper and garlic into hot oil; season with salt and black pepper. Cook and stir until the bell pepper is tender, five to seven minutes. Stir green beans with bell pepper. Pour white wine over the green bean mixture. Place a cover on the skillet and cook until the green beans are tender, about seven to 10 minutes. Stir the green beans and sprinkle feta cheese over the mixture. Replace cover and continue cooking until the feta softens, about three minutes.

Floating Islands

This dessert my mother made on special occasions was a favorite of mine.

"Floating islands" or "Oeufs a la Neige" (snow eggs) are fluffy poached meringues in a pool of rich vanilla custard. This classic French dessert (also a favorite of Julia Childs') is both whimsical and delicious!

- Ingredients:**
 3 eggs, divided
 1/2 cup white sugar, divided
 1/4 teaspoon salt
 1 1/2 cups whole milk
 1 teaspoon vanilla extract

Separate two of the eggs. (Reserve the two egg whites for the meringues). In the top of a double boiler, combine one whole egg and two yolks with 1/4 cup sugar and salt, whisking until smooth. Whisk in milk and cook over simmering water, stirring constantly with a spatula or wooden spoon. When the custard thickens enough to coat the back of a spoon, remove it from the heat. (Do not boil. If custard should start to curdle, remove from heat and beat vigorously until smooth.) Pour the custard through a strainer into a bowl and stir in vanilla. Set aside in refrigerator to cool. In a heat-proof bowl, lightly whisk reserved two egg whites with remaining quarter-cup sugar, just enough to dissolve the sugar. Place the bowl on top of a pot of simmering water and stir constantly until the temperature of the whites reaches 145 degrees (63 C) or hotter. Immediately remove the bowl from the heat and use an electric mixer to beat warm egg whites until they form stiff, glossy peaks. Pour chilled custard into a serving dish. Drop meringue by heaping tablespoonfuls onto the custard to make islands. Chill before serving. Four to five servings.

Shrimp Cocktail

My Leap Day meal would begin with some shrimp cocktail made with small Maine shrimp. Unfortunately, the small pink shrimp, a winter delicacy that used to be sold from fishermen's pick-up trucks along many Maine highways and even down into New Hampshire, are no longer widely available.

The shrimping industry has been in a moratorium since 2013, largely because environmental conditions off New England are at present unfavorable for the cold water-loving shrimp. So here's my current go-to recipe for easy Shrimp Cocktail.

- Ingredients:**
 1 cup ketchup
 1 teaspoon fresh lemon juice
 1 teaspoon prepared horseradish
 dash Worcestershire sauce
 1 1/2 lbs. large, cooked, tail-on shrimp, chilled
- Add all ingredients except shrimp to a bowl and mix well to combine. Taste and adjust to your preference (more horseradish if you want it spicier and more ketchup if you want it mellow).

The sauce can be made ahead and refrigerated for several days. Serve sauce cold with shrimp.

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.

Cooking Corner

with Nancy Adams

Spoon-Tender Lamb Leg

While I don't cook roast lamb often, this recipe remains a favorite with some family members and MSN readers. Perhaps one day I'll try tamarind instead of rosemary. I like to serve this with oven-roasted or mashed potatoes and a favorite side dish.

- Ingredients:**
 6-9 lb. leg of lamb
 1 cup each sliced carrots and onions
 olive oil
seasonings: salt and pepper; mixed herbs of thyme, rosemary, parsley and a bay leaf
 1 1/2 cups stock or dry white wine

Trim lamb leg of skin and fat and place in a roasting pan with the carrots and onions. Rub the top of the roast with some olive oil and season to taste with the salt, pepper and mixed herbs. Roast at 375 degrees for about 30 minutes, or until meat is browned. Pour boiling stock or wine into the pan and cover meat loosely with foil. Reduce heat to 300 degrees and bake four to five hours, until the meat is tender enough to cut with a serving spoon. For gravy, add more stock to pan juices, if needed. Bring to boil and reduce five to 10 minutes until slightly thickened; pour into a pitcher for serving. Eight to 10 servings.

Green Beans And Feta

The crumbled feta offers a nice accent to the tender-crisp green beans in this pretty side dish. It goes especially well with the lamb. Recipe serves four, so double the amounts if serving with the lamb recipe above.

- Ingredients**
 2 teaspoons olive oil, or as needed
 1 red bell pepper, chopped
 1 tablespoon minced garlic, or to taste
 salt and ground black pepper to taste
 1 pound green beans, cut into 1-inch pieces
 1/4 cup white wine
 1/4 cup crumbled feta cheese

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	200.63	3.46	Danaher Corp. (Kollmorgen)	253.84	3.84
Becton Dickinson (C.R. Bard)	246.20	5.44	Merck (Hubbard Farms)	129.45	1.66
Toronto Dominion Bank (TD Bank)	60.44	0.50	Deluxe (NEBS)	19.22	-0.90
PC Connection	68.18	0.43	Teleflex (Jaffrey)	237.75	-13.22
Bank Of America (Fleet)	33.92	-0.17	Timken (MPB Corp.)	80.74	-0.97
Corning Inc.	32.69	0.78	M&T Bank Corp. (People's United)	138.10	-0.21
Ametek, Inc. (Precitech)	178.20	4.31	Dover Corp. (Markem)	164.10	2.64


PRECIOUS METALS		COMMODITIES			
	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	22.98	-0.50	Wheat (cents per bushel)	570.00	8.00
Gold (\$ per ounce)	2045.80	20.40	Corn (cents per bushel)	413.75	-15.75
Platinum (\$ per ounce)	906.50	-7.70	Soybeans (cents per bushel)	1,144.00	-29.00
			Cattle (cents per pound)	188.00	1.00
			Crude (\$ per barrel)	76.57	-1.67

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We encourage artists of all mediums to submit work. Please note that the jury will give first priority to emerging artists and artists who are new to Keene ArtWalk.

For the second year, ArtWalk is also accepting up to 5 entrants as 'visiting artists' who reside outside of the Monadnock Region.

Submit your application online at Entrythingy.com

- Click on "Call for entries list"
- Search New Hampshire to find the Keene Art Walk link
- Login or create an account and follow instructions to enter

Entry Deadline: Friday, April 5, 2024
There is a non-refundable \$38 entry fee.

Artists must be over 18 to apply. Younger students need to be part of a school submission. The fee will be waived for college students.

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Art Walk Committee contact: Molly Fletcher at keeneartwalk@gmail.com

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House Tries Again To Legalize Cannabis Use And Sales

By Garry Rayno

Once again, the House gave initial approval to a bill legalizing the recreational use of marijuana that many hope will cross the "T"s and dot the "I"s to eventually make it into law.

For years, the House has passed legalization of cannabis only to see the bills die in the Senate or face a sure veto from Gov. Chris Sununu, who last year did an about face and said he would approve legalization if it was structured similarly to the state's liquor monopoly.

"It is high time we legalized marijuana in this state in a way to actually be signed into law and move forward on this," said bill sponsor Rep. Erica Layon,

R-Derry. "We need to end our status as an island of prohibition."

New Hampshire is the only state in New England that has not legalized the recreational use of marijuana, but has had a medical marijuana program for over a decade.

Under the bill, there would be 15 agency stores where cannabis would be sold and the state would oversee product quality and distribution.

The number of stores could be expanded in the future and the existing medical marijuana outlets could apply for the 15 licenses for agency stores.

But smoking marijuana in public would still be prohibited as would be growing your own.

The bill's restrictions and guidelines caused one of its sponsors to say he would vote against his bill.

Rep. Jonah Wheeler, D-Peterborough, said the current proposal before the House takes a bill that simply legalized recreational use and private sales and turned it into an agency store model with restricted use and sales.

"That is not a free market or a good way to legalize cannabis," Wheeler said, predicting "big cannabis will swoop in and buy up all the stores with big money for lobbyists."

He said that will force state residents to overpay for an under-quality product when they can go across the state border and buy marijuana for less money, get a better product and more choices.

He said people would continue to use the black market under the proposal before the House noting the plan is not really legalizing recreational use.

"There is this hunger we feel, but this is a baloney sandwich," Wheeler said. "Let's come back when lobbyists have less control of the other side of the wall."

But Layon and others argued they tried to craft a piece of legislation which is a compromise in order to make it through the Senate and win the governor's signature.

She defended the plan saying it would eventually lead to a free market with lower prices and more choices, while being regulated and transparent.

House Commerce and Consumer Affairs Committee chair, Rep. John Hunt, R-Rindge, said the House has tried many times to legalize marijuana and this bill is the right answer for New Hampshire which already has the model with liquor stores in place.

"No state has ever walked back and made marijuana illegal again," Hunt said, "but some states may wish to do what we are doing which is to take baby steps."

The bill passed on a 239-141 vote and now goes to the House Finance Committee for review before a final vote on the bill.

Garry Rayno may be reached at garry.rayno@yahoo.com. Distant Dome by veteran journalist Garry Rayno explores a broader perspective on the State House and state happenings for InDepthNH.org. Over his three-decade career, Rayno covered the NH State House for the New Hampshire Union Leader and Foster's Daily Democrat. During his career, his coverage spanned the news spectrum, from local planning, school and select boards, to national issues such as electric industry deregulation and Presidential primaries.

Upcoming Events

EVENTS, Continued from page 14

Monday, Mar. 4

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. Learn more about The 1619 Project at, 1619books.com. www.monadnockfood.coop/event/bookclub..

Tuesday, Mar. 5

ARTS, MUSIC & THEATER

Really Really: Opening Night 7:30-9pm. Wright Theatre, Redfern Arts Center, Keene State College. Full production, smaller scale. Opening night will include a talkback with the cast after the show. \$12 general/\$7 seniors & youth/KSC students free. Box Office: 603-358-2168.

Wednesday, Mar. 6

ARTS, MUSIC & THEATER

Really Really: By Paul Downs Colaizzo 7:30-9pm. Wright Theatre, Redfern Arts Center, Keene State College. Full production, smaller scale. Warning: mature audiences only. Adult language, situation, and context. Explicit themes of sexual assault. \$12 general/\$7 seniors & youth/KSC students free. Box Office: 603-358-2168.

Faculty Composer Recital 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Recital will feature four faculty composers: José, Tim Rogers, Laineé Ginsberg, and Heather Gilligan. \$12 general public/\$7 seniors & youth. 603-358-2168.

FAIRS & SALES

Senior Health Fair: Power of Attorney Changes 10am-2pm. Covenant Living of Keene, 100 Wyman Road, Keene. 603-352-3235.

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Make The Most Of February's Extra Day

2024 is one of the rare years that gets an extra day to keep the calendar in sync with the solar year. February gets the extra day, having 29 days instead of the usual 28. It is fun to consider how to spend this extra day that only happens every four years.

Imagine having your birthday fall on February 29th; you would only get to celebrate on your actual birthday every four years. People who are born on February 29th are called leaplings, and there are about four to five million leaplings worldwide.



Make leap year fun by considering how to spend an extra day that's unique and different. Focus on animals who leap, have a contest to see who can find the most images of animals who leap and jump in books and magazines. Play with the idea of how these different animals move and try to leap, jump, and hop like the different animals around the room.

Create a leaping obstacle course. Place different objects around to leap onto, through, and around as you navigate the course you created. Use pillows, hula hoops, boxes, and whatever you can think of to create the obstacle course.

Have a frog hunt to celebrate the day. Hide 29 frog images or small frog toys around your home and see how many your kids can find. You can have a prize for the family member who finds most of the frogs.

Have some leap year foods to celebrate the day. Dish out foods in increments of 29. Make pancakes with 29 blueberries each. Bake cupcakes and decorate them to look like frog faces. Spice up the day by cooking your meals with some new and interesting seasonings to create an extra flavorful meal.

Play around with the number 29. Walk 29 steps

and see how far you get. Take the family on a drive for 29 miles and see where that takes you. Stop along the way to explore sites within 29 miles of your house. Turn on your favorite dance music and have a 29-minute dance party in your living room.

Do some leap year math activities. Have everyone divide their age by 4 and pretend to be that age for a little while. Consider when the next leap year will fall and imagine what will be different for each family member. How old will they be? What grade will they be in? How tall will they get? Record everyone's predictions and save it to look at on the next leap year in 2028. See if your kids can calculate what year it will be in five more leap years and think about the changes everyone will have experienced in that time.

Have a \$29 shopping spree to buy snacks for everyone to enjoy and see how much you can get for \$29. Allow each family member to pick out something to buy with the \$29. Enjoy the snacks while watching a movie together.

Create a donation box with toys and clothing that are no longer used. Have each family member try to select 29 items they are willing to donate. Have a 29-minute cleaning marathon. Set a timer for 29 minutes and see how clean you can make your home with everyone pitching in for the 29 minutes. Have a fun activity planned to celebrate your success.

Create a family time capsule to open on the next leap year. Put in information about what is currently popular, take a family picture to see how much everyone changes in the next four years. Hide away the capsule somewhere and write down where you stash it so you can find it when the next leap year comes around.

Is there something you have been wanting to do, but never seem to find the time? Use this extra day to get it accomplished.

You can also let each family member select one thing they want to do together as a family that takes 29 minutes or less, and do each one at some point during this bonus day.

Leap year only happens once every four years so

make this February 29th count. Have some fun and make some new memories. Maybe some of the things you do this year will become traditions that you can repeat on the next leap year.



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February 24, 2024

Leonardo Aguilar, son of Isidro & Christine Aguilar, Keene, 5

Joshua Atia, son of Isidro & Christine Aguilar, Keene, 9

February 29, 2024

Parker Austin, daughter of Priscilla Austin, Winchester, 4

March 5, 2024

Wyatt Austin, son of Brent & Jessica Austin, Springfield VT, 10



Wyatt Austin, Springfield VT, 10



Parker Austin, Winchester, 4



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check one Personal Business

First Name: _____ Last: _____
Company Name (if Business Ad) _____
Phone: (____) _____ - _____ Ext. _____ Use in Ad? (1 word) Yes No
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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: _____

PERSONAL AD Cost Calculator

15 Words, 2 weeks	\$14.75
Additional words _____ x .25	+ _____
Additional weeks _____ x 7.25	+ _____
Total Ad Cost = _____	

BUSINESS AD Cost Calculator

1" (up to 25 words), 1 week	\$14.75
Additional 1/2" _____ x 7.25	+ _____
Total Ad Cost = _____	

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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Executive Director Search
Historical Society of Cheshire County
P.O. Box 803
Keene, NH 03431
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