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# SHOPPER NEWS

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## Wunderkind Marketing Offers Full-Service



Jan Ziegler founded Wunderkind Marketing to help small businesses be successful through effective marketing strategies.

Wunderkind Marketing is a small business marketing agency offering a full range of services. Founded by Jan Ziegler, who is originally from Germany and recently moved to the Monadnock region, Wunderkind offers web design, graphic design, social media management, performance marketing, and photography services.

Ziegler’s goal is to make full-service marketing approachable and affordable for local small businesses to help them grow. The agency has grown quickly and now has a staff of eight, featuring designers, developers, copywriters and strategists. Wunderkind’s staff understands the unique challenges faced by small businesses in today’s digital landscape.

Wunderkind Marketing is located at 180 Emerald Street in Keene. For more details, call 202-209-6427 or visit [www.wunderkind-marketing.com](http://www.wunderkind-marketing.com).

## Winter Waxwing



Joanne Killmer was the winner of our occasional photo contest, for this photo of a Waxwing taken on Pool Pond in Rindge. The bird was in Killmer’s backyard at the bird feeder during a light snow flurry.

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](mailto:shopper@shoppernews.com).

## Read Across America, Have Your Nose Stuck In A Book

By Deb Paul

March is marked in many local schools as Read Across America month in celebration of children’s author Dr. Theodor Geisel, better known to the world as Dr. Seuss. His birthday was March 2nd, but monthlong celebrations have been taking place all over. True to the famed children’s author, school activities focus on reading.

Read Across America was created by the National Education Association, no matter what people think of Dr. Seuss, we hope everyone can agree on the importance of reading and of reading to children early and often. Whether it’s dressing up as the Cat in the Hat or creating green eggs and ham for breakfast.

READ, page 6

## Guy Johnston Joins Ashuelot Concerts For Two Performances – Keene March 22nd And Jaffrey March 24th

British Cellist Guy Johnston will give two performances on his 1692 Stradivarius cello with Ashuelot Concert founders Louisa Stonehill on violin and Nicholas Burns on piano. On Friday, March 22nd the trio will be at Stonewall Farm at 242 Chesterfield Road in Keene at 7:30 p.m., and on Sunday, March 24th at 3 p.m. at The Park Theatre in Jaffrey.

The program includes Schubert, Brahms & Chopin Piano Trios. Since his last visit in November, Johnston has been busy touring the UK and Ireland as soloist with Britten Sinfonia and recording a new concerto with the Royal Liverpool Philharmonic Orchestra. Ahead of the two concerts, the trio will be visiting Trinity Christian School, St. Joseph’s Regional School, and Wheelock Elementary School. There will also be a program for homeschool families at St. James’ Episcopal Church in Keene on Thursday, March 21st at 1 p.m.

“It’s a joy to be able to play for school children from time to time. Many of these kids have never seen a performance in action, let alone heard these composers before,” says Johnston. “You can’t switch off for a second knowing the importance of these rare opportunities to catch their imagination and awaken their curiosity. There’s something quite powerful about these experiences.”

Ashuelot Concerts promotes live classical music as a powerful force for good in the community. Through its International Concert Series and associ-



Guy Johnston on cello with Ashuelot Concerts’ Louisa Stonehill on violin and Nicholas Burns on piano.

ated school program, this non-profit brings concerts usually reserved for the major metropolitan areas to the region. Early booking for the concerts is strongly recommended as recent Ashuelot Concerts events have been close to capacity. Tickets are available at <https://ashuelotconcerts.org/events>.

## State Activates Info Center – Everything About The April 8th Eclipse

State agencies have been working diligently alongside local communities and businesses to prepare for the solar eclipse that will occur April 8th.

While all of New Hampshire will experience the eclipse, the northernmost part of the state, from the area of Lancaster north to the Canadian border, will experience totality. The rest of New Hampshire will experience a partial eclipse at about 95 percent totality. Totality in the Great North Woods will last approximately three minutes and 30 seconds and will vary slightly from west to east as it begins and ends.

As part of the state’s planning, the Joint Information Center (JIC) will be activated starting Thursday, February 29th from 8 a.m. to 4 p.m., Monday through Friday. The purpose of the

JIC is to coordinate information being shared by state agencies to the public and members of the media.

“New Hampshire is the place to be on April 8th – no other spot can eclipse the views we’ll have in the North Country!” said Governor Chris Sununu. “From making viewing glasses available to schools to working hand in hand with towns, we’re on-track for a truly stellar day.”

A list of special events and lodging packages taking place during the solar eclipse in New Hampshire can be found at [NHSolarEclipse.com](http://NHSolarEclipse.com). Events will be regularly updated. New listings for consideration can be submitted to [jjc@dos.nh.gov](mailto:jjc@dos.nh.gov).

ECLIPSE, page 6

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## PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

### Paprika

Hello there, I'm Paprika, a silver marten rabbit with a heart full of curiosity and caution. My journey hasn't been the easiest, as I've struggled to find my footing in this big, bustling world. I'm looking for a special someone who has experience with rabbits and understands that I need time and patience to come out of my shell. A quiet and calm environment would suit me best, where I can feel safe and secure. I may be open to sharing my space with cats or dogs, as long as introductions are slow and supervised. Older children who can respect my boundaries and handle me gently would be ideal companions for me. I may not be the most outgoing rabbit, but I have a lot of love to give to the right person who is willing to earn my trust. Let's embark on this journey together, one slow hop at a time.



Paprika is a male Silver Marten Rabbit, one year 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.monadnockhumane.org](http://www.monadnockhumane.org).

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### Country Life Holding Farewell Dinner Party Thursday

A business-closing dinner party for customers and friends of Country Life Vegetarian Restaurant & Health Food Store will be held on Thursday, March 21st from 5 to 8 p.m. According to Peggy Schaffler, owner, it has been 37 years since they opened their doors at 15 Roxbury Street in Keene in September 1987. "It is with bittersweet emotions we have decided to close our business on March 21st (end of day) due to circumstances beyond our control," says Schaffler. "This was a decision we made led by God."

The owners are asking people to come by and sign a card at the farewell dinner party for customers and friends.

There is no charge for this event. Connie Paton, chef at the restaurant, and her husband Barry, who has cooked in the kitchen for many years as well, say they have been extremely blessed to serve their community with healthy, non-GMO, plant-based cuisine in a peaceful, warm atmosphere. "We recognize not only the importance of good, clean, nourishing food, but also the blessings of peace of mind and goodwill to others," says Connie.

Country Life Vegetarian Restaurant is located at 15 Roxbury Street in Keene. For more details, call 603-357-3975, or visit [www.countryliferestaurant.com](http://www.countryliferestaurant.com) or their Facebook page.

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**St. Jude's Novena**  
May the Sacred Heart of Jesus be adored, glorified, loved, and preserved throughout the world now and forever. Sacred Heart of Jesus, pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the hopeless, pray for us. Say this 9 times a day for 9 days and your prayer will be answered by the 8th day. It has never been known to fail. Publication must be promised. Thank you, St. Jude. M.B.

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## Spring Has Sprung At Allen Brothers Farms



Moe Poitras, a grower with Allen Brothers Farms, working with a new spring crop of pansies.

For more about what's happening at Allen Brothers, see the ad on page 20.

## Spaces Worth Saving Forum In Swanzey Tuesday, March 26th

Residents are invited to discuss Swanzey's natural resources and to offer input on future conservation planning at an upcoming community forum on Tuesday, March 26th at 6:30 pm at Whitcomb Hall on Main Street.

Swanzey's Open Space Plan is 20 years old, and the town is seeing a surge of development. Last year, the Swanzey Conservation Commission initiated the process of updating the plan, which will articulate the town's vision for natural resource protection and land conservation in light of today's development pressures.

The commission has contracted with Moosewood Ecological LLC of Chesterfield to assist with this project, which includes biodiversity assessments and wetlands evaluations in preparation of the plan. Ongoing community outreach and engagement is key for the overall success of the Open Space Conservation Plan.

## NHSaves Button Up Workshop

Nelson Clean Energy will present NHSaves Button Up on Thursday, April 4th from 6:30 to 8:30 p.m. at the Nelson Town Hall at 7 Nelson Common Road. This free event is a presentation plus Q&A about how to improve home energy efficiency. It is led by a certified energy auditor and covers basic building science principles as well as examples of whole-house weatherization measures.

The presentation covers the energy efficiency programs offered by New Hampshire utilities (for existing homes and new construction) that provide rebates and reduced costs for energy audits, weatherization measures such as air sealing and insulating, and new products such as electric and gas appliances and high-efficiency electric heating/cooling equipment.

Residents wishing to use energy more efficiently, conserve energy, and save money will find the workshop presentation helpful. The workshop is free and no registration is necessary.

## MoCo Arts: Time To Dance, An Unforgettable Performance Celebrating The Joy Of Movement

MoCo Arts at 40 Roxbury Street in Keene will perform Time to Dance on Saturday, March 23rd at 3 p.m. and again at 7 p.m., and Sunday, March 24th at 2 p.m. Directed and choreographed by MoCo Arts' talented faculty, Time to Dance features a diverse repertoire of dance styles, including ballet, jazz, tap, hip hop, modern, and pointe. This vibrant performance celebrates the joy of movement and showcases the incredible talent of MoCo Arts' advanced dance students. From the grace of ballet to energetic hip-hop choreography, this production offers something for everyone, inspiring audiences of all ages to embrace the power of dance.

Tickets are \$15 and can be purchased by calling 603-357-2100 or stopping by MoCo. A livestream option is available for the Saturday at 7 p.m. performance for \$20 per household and can be purchased by visiting [www.moco.org/performances](http://www.moco.org/performances).

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**After 37 years in business Country Life Vegetarian Restaurant & Health Food Store is closing its doors. You are invited to our Farewell Dinner Party on March 21st (5-8pm)**

Please come by and sign a card at the farewell dinner. There is no charge for this event.

We appreciate all of our customers and will miss serving you at Country Life. Thank you to all who have voted for us best vegetarian restaurant and health food store during many of the years we were in business!

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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)

What street in what community is shown in this 1880s photo?



The winner of last week's mystery photo contest was Art Trombly of Keene. The business was located on Mechanic Street.



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**Why An E-Bike?**

E-Bikes come in many shapes and forms. While some may resemble traditional pedal bicycles, e-Bikes utilize battery-driven motors to output greater power than the user has input or, in certain applications, without any user input.

There are numerous flavors of e-Bikes to suit a variety of riding preferences. Adventure e-Bikes are well-suited for riding around town, commuting and trail exploration. Electronic mountain bikes fill the role of traditional mountain bikes but allow for extended rides and more fun. Utility e-Bikes are designed for the transport of light cargo, groceries, passengers, and so forth.

E-Bikes are generally equipped with two modes of operation: (1) pedal-assist and (2) throttle. These bikes also bear one of three operational classifications. Class 1 e-Bikes are pedal-assist with a maximum assisted speed of 20mph. Class 2 e-Bikes are powered

by a throttle (i.e. no pedaling required) and have a maximum assisted speed of 20mph. Class 3 bikes are also pedal-assist but sport a spritely maximum assisted speed of 28mph.

Pedal-assisted e-Bikes are an excellent form of exercise, allowing one to ride faster, further and longer. Similar to certain exercise equipment, an e-Bike allows the user to maintain ideal resistance and heart rate levels!

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Alpine Bike Works is located at 15 King Court in Keene. They can be reached at 603-499-8033.

**Keene State College Joins Worldwide Ranks Of All-Steinway Schools**

In the minds of many involved with the yearslong project, it is a moment to open the windows and shout: Keene State College has achieved the designation of All-Steinway School, a distinction that sets its music program apart from all others – public or private – in New Hampshire.

But there's more. Keene State also becomes just the second public institution in New England to reach All-Steinway status. It can boast of being one of just more than 200 colleges, universities, and conservatories across five continents to display the iconic insignia, a symbol of excellence for more than a century and a half.

Keene State is just the third institution in the All-Steinway family to adopt the Spirio technology for the concert stage and institutional use. Brown and Harvard are the others, and MIT will become the fourth, said Patrick Elisha of M. Steinert & Sons, the oldest independent Steinway dealer in the world.

Among the All-Steinway Schools are The Juilliard School in New York, Curtis Institute of Music in Philadelphia, Oberlin Conservatory of Music, Yale School of Music, and Beijing's Central Conservatory of Music, School of Piano.

"This has been a remarkable effort by the whole Keene community. I'm thrilled to have been a small part of it," said Brendan P. Murphy, president of Boston-based M. Steinert & Sons.

A grant from the Putnam Foundation made possible the purchase of a Steinway & Sons Spirio 1 r Concert Grand piano. The Spirio, which features recording and playback capability, completes the 18-piano fleet needed for Keene State's All-Steinway designation.

A delegation of Keene State representatives and donors recently travelled to the Steinway factory in Astoria, Queens, NY, to see these famous pianos being built by hand and to select the college's new Spirio. Steinway representatives are generously opening the factory for a tour.

Keene State President Dr. Melinda Treadwell said, "We embraced a big dream to start this journey, and we experienced gratifying support from our community and donors who joined us in this dream. This rare designation raises not only the profile of the college but also of our already renowned music program. I couldn't be more thrilled."

Keene State offers a nationally accredited con-



Professor Christina Wright-Ivanova works with Kirsten Becker '20 as Becker prepares for her performance-major recital. Becker's recital was the debut performance of a newly acquired Keene State Steinway, donated by the Fillman Family in memory of Jesse R. Fillman.

servatory-level music program. Professors, many of whom are performance artists, work with several hundred students who take music classes and lessons and who play in ensembles. Fully accredited by the National Association of Schools of Music, the Keene State music program offers five music degrees and a music minor.

Regarded as the finest pianos available, Steinways are long-term investments, according to Dr. Christina Wright-Ivanova, associate professor and coordinator of keyboard studies at Keene State.

"Our students are already performing better, are more excited to practice, and are more aware of the full range of sounds that can be crafted from the instrument," she said "When our students first perform on a new Steinway, it can be a deeply powerful experience. ... Now knowing that there will also be the world-class Steinway Spirio 9-foot Concert Grand on our stage is thrilling and provides endless opportunities for all our music majors."

Keene State's new Steinways include practice room uprights, grands, and the concert grand, which will live on the Main Stage at the Redfern Arts Center.

"With Steinways," Wright-Ivanova said, "our students, faculty, and guest artists can create colors in sound that inspire and enrich the college and the Keene community."



# The Keene Chorale Says Farewell To Director Cailin Marcel Manson At Concert May 5th



The Keene Chorale

For its 45th Anniversary Concert on Sunday, May 5th at 3 p.m., The Keene Chorale will perform Felix Mendelssohn's magnificent choral *Symphony No. 2 – Lobgesang, Hymn of Praise* – under the direction of Maestro Cailin Marcel Manson at the Redfern Arts Center at Keene State College. They will be

joined by the New England Repertory Orchestra and soloists.

The May 5th performance not only celebrates the Keene Chorale's 45th anniversary but also celebrates Maestro Manson, who is resigning at the end of the season. In his eight years at the helm, he has led choral concerts that

featured major works by Handel, Verdi, Dvorák, and Mendelssohn; rarely performed works by Benjamin Britten and L. Nathaniel Dett (a New England premiere); and US composers such as Leonard Bernstein; along with collaborations with choruses and orchestras throughout New England that culminated in last season's exciting "road" trip to NYC's Carnegie Hall to sing the Verdi *Requiem*.

Manson is currently Associate Professor of the Practice in Music and Director of Music Performance at Clark University, Music Director of Barn Opera and Opera Vermont, Choral Conductor at Walnut Hill School for the Arts, Artistic Consultant for MidAmerica Productions and MidAm International, and Artistic Director/CEO of the New England Repertory Orchestra (NERO).

This concert is the chorale's way of thanking and celebrating him for his many contributions to the musical life of the chorale and the Monadnock region. Tickets to this concert celebration can be purchased at <https://keenechorale.org/tickets/>

## ConVal Students Recognized For Excellent Performance In National German Exam

ConVal High School (CVHS) students were recently recognized for their excellent results after taking the National German Exams sponsored by the American Association of Teachers of German and is administered annually to 20,000 high school students in all 50 states and 20 countries.

Participation was voluntary, and upon completion of the exam, students are presented with gold, silver, bronze, and achievement awards based on their scores. The nine CVHS students who have been recognized for their strong performance include: Thomas Flynn, grade 10, for earning Gold in Level 2; Adeline Regis, grade 10, and Evalyn Harriot, grade 11, for earning Silver in Level 2; Olivia Michaels, grade 10, for earning Bronze in Level 2; Izzy Jobin, grade 11, for earning Bronze in Level 4; Luka Stowell, grade 12, for earning Achievement in Level 2; and Ronia Foecking, Kai Reitnauer, and Ryan Whitney, all grade 11, for earning Achievement in Level 4. Because of his score, Flynn will be eligible to apply for a scholarship for summer study in Germany.

## NH Farm Future Fund Announces A Fifth Year Of Funding

The New Hampshire Conservation Districts will once again request proposals from land trusts who seek funding to work with New Hampshire farms to conserve their land and improve the viability of their farm business. There is \$100,000 available in the 2024 funding cycle. Awards no greater than \$20,000 will be considered. The NH Farm Future Fund is an integrated approach to funding farm viability, farmland conservation, and farmland access. Funding is available to support activities in two broad categories: financial assistance to offset costs associated with farmland conservation projects, and technical assistance to support farm business viability and succession planning.

Land trust applicants should be committed to bringing together experts in land conservation, succession planning,

and farm viability to advance the farm's business goals. Eligible applicants must be non-profit tax exempt 501(c)(3) organizations that have land conservation as their primary function and are actively working to conserve farmland in the state of New Hampshire.

Before applying, applicants should carefully review the request for proposals and application materials. Prospective applicants must schedule their discovery meeting no later than Sunday, March 31st. Application materials are available at [www.cheshireconservation.org/nhfff](http://www.cheshireconservation.org/nhfff)

Completed applications are due on Friday, May 31st. Applications must be emailed by the due date to [amanda@cheshireconservation.org](mailto:amanda@cheshireconservation.org). Successful grant applicants will be notified of award by mid July.

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## The Unconquerable Carrot

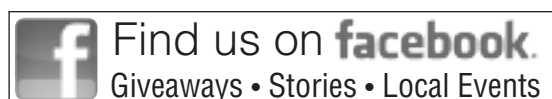
Interesting thing about carrots. Did you know that they were first grown in Afghanistan around 900 AD? And while they may be best known by their orange color, early carrots were actually purple or yellow. The orange variety were developed much later, in Central Europe during the 15th or 16th century.

From a health perspective, carrots have an incredible list of benefits. For example, just one large carrot (one cup) can provide 100 percent of the suggested daily dose of vitamin A, a cell-protective antioxidant that may help protect against certain cancers such as lung, colorectal, prostate, and leukemia, not to mention age-related macular degeneration, and measles. Along with anti-diabetic properties, the soluble fiber in carrots has been shown to help regulate blood sugar and insulin levels after eating. They're also loaded with water (roughly 88 percent), which helps boost satiation, or fullness, thereby contributing to healthy weight management.

But wait, there's more. Carrots contain compounds such as: lycopene (another cancer fighter); potassium, a blood pressure regulator; pheolic compounds, which can reduce cardiovascular diseases and help maintain normal blood sugar and cholesterol levels; lutein, the same antioxidant that protects the retina from macular degeneration and may be involved in brain function.

If that's not enough to get you running out to the carrot patch, maybe our Carrot Cake Smoothie will do the trick. Made with carrots (yes, the orange kind), oat milk, cinnamon, and pineapple, it's what you might call a super-fortified and refreshingly delicious indulgence.

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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## Yoga Fund Raiser For Animals This Friday

Michelle Davis will host an event called Yoga for Animals at Aloha Keene on Friday, March 22nd from 5:30 to 6:45 p.m. Joining her will be a group called "together we heal." This group will provide a sound bath as the background to Davis's yoga class focusing on animal postures.

All monies raised will go to support the animals at the Humane Society. They will also be a box to collect food for the animals. Attendees may donate food and/or money. Suggested donation is \$30. For more details, call 603-762-3129 or visit [vagar.com/alohakeene](http://vagar.com/alohakeene).

Michelle Davis in pigeon pose. Folks are invited to join her for more animal poses.



## State Activates Info Center – Everything About The April 8th Eclipse

ECLIPSE, Continued from page 1

Residents and visitors who plan to view the eclipse in New Hampshire should be prepared to make the most of their experience:

- Prepare for unpredictable weather. In New Hampshire, April may bring snow and ice or warm weather and mud, all of which could impact road conditions. Plan ahead for the weather by researching where you're going. If you plan to be outdoors, bring proper gear and dress properly for changing weather conditions.

- Arrive early, stay late. There are limited routes leading into and out of the northern part of New Hampshire. Expect delays when traveling and avoid unnecessary travel on the day of the eclipse by choosing your viewing location ahead of time. Park in designated areas. Do not plan to pull over on the side of the roadways to view the eclipse, doing so can put you at risk of getting stuck in mud or snow, and tow trucks could face major delays in getting to you. Visit [NewEngland511.org](http://NewEngland511.org) for up-to-date road information.

- Bring supplies. Businesses are preparing to welcome visitors, but it's still a good idea to pack some essential supplies such as water and snacks. Be sure to have a full tank of gas, and if you have an electric

vehicle, map out charging stations before you leave your home.


- Practice leave no trace. Pick up after yourself and be kind and respectful to others who are here for the eclipse.

- Wear proper eye protection. Safely viewing a solar eclipse requires specialized glasses to protect your eyes from the sun's light. Glasses must meet the ISO 12312-2 international safety standard. While New Hampshire does not endorse any specific brand of solar eclipse glasses, you can find a list of manufacturers on the American Astronomical Society website.

- Educate yourself and others. The New Hampshire Department of Education (NHED) has compiled a list of educational resources from numerous sources that includes activities and videos. NHED also is providing nearly 65,000 ISO-certified solar eclipse safety glasses to school districts through the state that requested them. Schools with questions regarding educational materials or safety glasses orders can contact [comms@doe.nh.gov](mailto:comms@doe.nh.gov).

"This is one of the most anticipated events this year, and we're looking forward to welcoming visitors to experience this celestial phenomenon," said NH Travel and Tourism Director Lori Harnois. "We expect a significant influx of people, which has the potential to bring business to our tourism industry during a shoulder season. We do, however, want to remind residents and visitors alike, to plan ahead, especially if you're preparing to travel the day of the eclipse as there are limited routes in and out of the path of totality."

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## Read Across America, Have Your Nose Stuck In A Book

READ, Continued from page 1

By being a "celebrity reader" in a local elementary school, or just cuddling up to your child or grandchild to read a bedtime story, Read Across America reminds us of the importance of what could easily become a lost art in the rush of life today.

Reading is an important factor in future success. When a child has the ability and the desire to read they have the ability to change the world through their words and visions. Most of us take our ability to read for granted and don't remember how we learned to, but we use the skill everyday.

Research shows that kids who spend time reading recreationally perform better in school, and whether it's by reading traffic signs or employment applications, college textbooks or exam questions, reading follows us through our lives.

Read Across America isn't just for kids. There is great enjoyment to be had from sitting by a warm fire or relaxing by a pool and letting a good book transport you to another world. If your child asks you to spend a little extra time reading at home this week, go for it. In the midst of busy out of control schedules, it will be time well spent. While you're at it, schedule a trip to the children's room at your local library. Seeing an entire building filled with books can open up yet another memorable reading experience for your youngster.

There is also great enjoyment to be had from learning something new from an informative nonfiction on your favorite figure or subject. Whatever the genre, there's nothing quite like getting lost in a good book. These habits start young.

Read Across America underscores the importance of the simple act of picking up a book and getting lost in its story. You can read on your phone, you can read on a computer, on a paper, and best of all, you can read a book.

And when you read to a child, you're building memories for both of you. As Dr. Seuss wrote, "You're never too old, too wacky, too wild, to pick up a book and read to a child."



## Rev. Fred Small To Speak To Keene Unitarian Universalist Church March 24th

The renowned environmental activist and folksinger Rev. Fred Small will lead a worship service entitled "The Peace of Trees," at the Keene Unitarian Universalist Church on March 24th at 10 a.m.



Rev. Fred Small

In describing the service, Small wrote: "The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence," wrote Trappist monk and peace activist Thomas Merton. "The frenzy of our activism neutralizes our work for peace. . . It destroys the fruitfulness of our own work, because it kills the root of inner wisdom

which makes work fruitful.' As we work together for social and environmental justice, how do we remain grounded in a peaceful spirit? What can we learn from trees?"

Cited by Bill McKibben as "one of the key figures in the religious environmental surge," Small is Minister for Climate Justice at Arlington Street Church, Boston.

Pete Seeger called Small "one of America's best songwriters." In 2023, Nosy Crow published a children's picture book adaptation of Small's iconic lullaby of inclusion and unconditional love, *Everything Possible*.

Small has studied with some of the wisest spiritual teachers of the time, including Thich Nhat Hanh, Eknath Easwaran, Joanna Macy, John Philip Newell, Tara Brach, and Kaira Jewel Lingo. In 2018, he earned his Certificate in Spiritual Guidance from the Rowe Center. A member of Spiritual Directors International, he leads workshops on spiritual support for climate activism and offers one-on-one spiritual counseling, especially for climate anxiety and ecological grief.

## Sara Powell Selected As Fellow For Northeast Transition Initiative

Sara Powell, program director at the Hannah Grimes Center (HGC) for Entrepreneurship, has been selected as a fellow for Northeast Transition Initiative (NETI).

NETI works to train entrepreneur support organizations to better serve business owners who are looking to retire. Fellows learn the basics of the exit planning process and employee ownership models as well as connect with local networks of entrepreneur support organizations and successfully transitioned businesses.

"The NETI Fellowship will strengthen the re-

sources at HGC to support local and regional business owners' plans to exit their businesses. This is so important for rural businesses, keeping more business open and consistent in our community will allow us to transfer assets and wealth," says Powell.

## Cultivating Community Book Group Reads *Belonging* At Putney Library

On Wednesday, March 27th from 6:30 to 8:30 p.m., the Cultivating Community Book Group will read *Belonging: The Science of Creating Connection and Bridging Divides* by Geoffrey L. Cohen at the Putney Public Library at 55 Main Street in Putney, VT. Putney Public Library cardholders can pick up a copy at the library.

Small but powerful actions can bolster belonging actions such as encouraging people to reflect on their core values before they face a challenge or expressing belief in someone's capacity to reach a higher standard. Facilitator Trish Roberts has a background in education with experience teaching French and English literature at the high school level and directing theater programs and performances for youth of all ages. This event is free and open to the public.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	197.69	-3.06	Danaher Corp. (Kollmorgen)	249.40	-4.29
Becton Dickinson (C.R. Bard)	236.71	-3.19	Merck (Hubbard Farms)	121.52	-1.98
Toronto Dominion Bank (TD Bank)	60.06	-0.27	Deluxe (NEBS)	19.55	0.22
PC Connection	64.33	-1.15	Teleflex (Jaffrey)	215.39	-9.01
Bank Of America (Fleet)	35.41	-0.19	Timken (MPB Corp.)	85.17	-1.13
Corning Inc.	32.51	-0.20	M&T Bank Corp. (People's United)	140.53	-2.21
Ametek, Inc. (Precitech)	181.52	0.08	Dover Corp. (Markem)	175.53	4.50

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	25.41	0.89	Wheat (cents per bushel)	529.00	-9.00
Gold (\$ per ounce)	2161.20	-25.00	Corn (cents per bushel)	438.00	-1.75
Platinum (\$ per ounce)	943.00	25.80	Soybeans (cents per bushel)	1,198.00	13.00
			Cattle (cents per pound)	187.00	-1.00
			Crude (\$ per barrel)	80.99	3.15

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## The Good Times May Be a Distant Memory

By Garry Rayno

Gov. Chris Sununu may have known something was coming when he announced last year he was not going to run for an unprecedented fifth term.

When he came into office the state was on a run of some fairly significant surpluses with an economy fully recovered from the depth of a major recession if not close to depression.

However, his luck did not hold for his second term when COVID-19 bared its teeth and tanked state finances for about 18 months.

But the infusion of billions of dollars of federal recovery and relief money soon shot up business tax revenues and some others to provide some amazing surpluses, that along with the federal pandemic money allowed the state to do some things it never would have accomplished otherwise.

But as he and budget writers knew, the good times can't last forever as economies have cycles.

An indication of the changing economic picture sits in the state revenue numbers for the shortest month of the year.

The best way to describe the returns released last week is flat.

There have been some troubling indicators that the economy on steroids was not permanent like the once white hot real estate market had been a tremendous boost to state revenues for several years, but is down \$21 million from what budget writers estimated it would be.

The market has slowed significantly and the estate transfer tax reflects that due to high prices, low inventory and higher-than-used-to mortgage rates.

Indicators of business activities such as the communications tax, the tobacco tax, and transfers from the Liquor Commission, have been flat or headed in the wrong direction and the warm, nearly snowless winter has added to the woes.

There are two unexpected highlights over the past few months, the Lottery Commission earnings for the Education Trust Fund, which will need it with the rapid expansion of eligibility for the Education Freedom Accounts, expected to grow to about \$50 million to \$60 million if the bill the House passed makes it through the Senate and the governor signs it as he said he would.

The larger than anticipated revenues are courtesy of large jackpots from national lottery games and sports betting, mostly on the Super Bowl.

The other unanticipated pocket of money comes from the "other" category from interest earned from investing all that federal money and surplus revenue in short-term vehicles which February netted \$9 million more than budget writers estimated.

However, the big driver of the state's "good times" has been business taxes, one which reflects national and international economic trends and the other more localized to the state's economy.

Business taxes are the single biggest source of state revenue accounting for about 40 percent of all state revenue.

The Business Profits Tax is largely paid by multinational conglomerates and large national companies which have all had record profits since the federal pandemic money helped fuel their businesses and consequently the state's business tax receipts along with many other states'.

The Business Enterprise Tax, a form of a value added tax, is reliant on state businesses and more reflects the state's economy than the BPT.

Companies that pay both taxes have an offset so the numbers don't always directly reflect the economic health of the state's businesses.

The two business taxes are combined in reports, and for the last three months have been below what budget writers estimated for returns, although they have generally been above what was collected a year ago.

February is not a big month for business tax re-

ceipts, but December is, as are March, April, June and September.

While business tax revenues were \$2.4 million below estimates of \$22 million in February, for the year to date, collections are above estimates by \$30.4 million, and above last year's revenues by \$15 million.

The state's budget plan anticipates business taxes will produce \$1.247 billion this fiscal year.

According to the Department of Revenue Administration, the increase in business tax revenue over prior year in February was due to strong estimates, returns and extensions, however business tax refunds were \$116.5 million compared to \$57.4 million last fiscal year.

Beginning in tax year 2022 the amount of any overpayment that a business may claim as a credit for future liability is capped at 500 percent of their total tax liability.

The agency said in the year to date, the refunds due to the cap are 45 percent of total refunds.

Along with the cap, the agency has seen the requests for refunds increase recently, which is a drag on the business tax returns but also means those companies will be submitting smaller estimates and returns in the future.

According to the DRA's quarterly report, refund requests have been growing recently.

The requested refunds for business taxes requested for the last quarter from October through December was \$63.2 million from 2,238 businesses, while \$52 million was paid out in the quarter to 2,137 businesses.

At the end of December, \$11.1 million in refund requests were outstanding to 242 businesses.

During the second quarter last year, refunds were \$28.2 million.

The first quarter of this fiscal year from July to September is a similar picture with the refunds \$30 million in the 2024 fiscal year, compared to \$16.2 million a year ago.

Refund requests have been trending steadily upward over the prior year since the beginning of fiscal year 2022, growing from \$12.7 million in the first quarter of 2022 to \$52 million in the second quarter of 2024.

This does not necessarily indicate the country is heading for a recession, but it certainly does indicate New Hampshire should not expect to experience the record surpluses it has seen since coming out of the pandemic slowdown.

With four months remaining in the 2024 fiscal year, state revenues are \$114.6 million in surplus, while a year ago the revenue surplus stood at \$268 million.

The revenue surplus at the end of the 2023 fiscal year was \$518 million.

This fiscal year with three of the five highest business tax return months ahead, the revenue picture could be good or bad depending largely on how the business tax receipts go.

If they are about what budget writers anticipate, an over \$100 million revenue surplus is certainly not bad, but not comparable to the past three fiscal years.

However if the business tax returns reflect a slowing economy, most likely there will not be a deficit but that will be a problem as there are some significant needs to be addressed before the end of the fiscal year June 30th.

The Youth Development Center settlement fund is likely to run out of money soon and will need even more money with proposed changes intended to have most claimants go through the settlement program and not through the courts.

And there are the two court orders on the education funding system that could cost the state an additional \$500 million plus.

Yes, the governor may be leaving state politics at a good time for him.

The next budget is not going to be as easy to pass as the last few and a bipartisan plan approved on a voice vote without a committee of conference is not likely either as happened last year.

The good times may be gone and may be but a memory for the next legislature and its budget writers when they sit down to craft the next biennial budget next year.

*Veteran journalist Garry Rayno explores a broader perspective on the State House and state happenings. 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. Rayno lives with his wife Carolyn in New London.*

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Jay



# Follow The Love

In life my motto has been “follow the energy.” For some people it is “follow the money.” But I truly believe we all succeed if we “follow the love.” Your heart tells you what you need to know. It is your greatest teacher. We spend so much time listening to our mind it becomes the only voice we hear. Your heart speaks to you all the time as well, only it speaks softly.



Love grows you. Love is a force in this world, and it comes from your heart chakra; the vortex of energy right in the middle of your chest. Native people refer to it as a medicine wheel centered in your chest, right next to your physical heart. It is a mystical center often referred to as the seat of your soul. A source of great wisdom and emotion, your heart chakra matures you and your consciousness through the act of loving others and yourself. Being a loving person in this world is your soul’s journey, your walk around the great wheel of life.

There are things that make your love stronger: patience, kindness, compassion, and courage. My 10-year-old grandson is learning these things right now. He likes kind people and tries to be kind, but gets discouraged because some of his friends are mean to him. He struggles and sometimes cries because he doesn’t understand why there are mean people. Compassion is harder to learn for a 10-year-old. But he is understanding kindness.

At 70, something I’m still working on is compassion. And it’s the same – I don’t understand the meanness and weakness of others.

When you are hurt, you hurt others. Is this meanness of character or is it the wound? So much of life is spent learning not to lash out at others. Compassion and empathy are learned behaviors and are perhaps outside of the norm. We need to work to acquire these behaviors. Question your actions, police your own thoughts, and expand your mind to see yourself as others do. Compassion is a quality of a mature heart and a conscious soul.

What you want, what you yearn for, you become. In life, if you wanted a good mom and did not have one, then you become one. Particularly as you age you quit thrashing around about this stuff and realize it is the way to a happier family and community. Families don’t police the mean people; it is hard to enforce accountability when there is someone acting out. Communities create that – what we used to have as our village. Now we have psychologists and psychiatrists to help us be accountable to each other and ourselves.

What may seem like slow progress in creating this web of connectivity we all exist in is actually the work of a lifetime for many heart-centered and loving souls. Healing the wounds and understanding the trauma and reactions that follow are intrinsic to becoming a loving light in this world. When you feel alone in this, think of yourself as part of that giant web of connectivity where we join hearts to hold space while we all learn.

*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.*

## Aloha Raises Over \$900 For Morning Sun



Aloha’s recently raised money for the non-profit Morning Sun Meditation Community.

The Aloha community enjoyed the most peaceful Tea Meditation as taught by Thich Nhat Hanh. During the month, Aloha raised over \$900 for this community that lives in peace and joy.

Shown receiving the check from Aloha’s Josephine Russell are Fern Dorresteyn and Michael Ciborski.

## Rindge Bridging Differences Hosts Community Conversations

Rindge Bridging Differences will feature the founder of Franklin Pierce University’s The Diamond Steppers at its next Community Conversations free event on Tuesday, March 26th at 6:30 p.m. at Rindge Meeting House at 6 Payson Hill Road.

Alana Thompson, one of the founders of The Diamond Steppers, will join via Zoom to highlight the evolution of the step team and how the Franklin Pierce team has brought people together both on and off the university campus. She will provide a sampling of the team in action. Following a question and answer session with Thompson, a Bridging Differences member will facilitate discussion among attendees.

For more details, email [rindgerj@gmail.com](mailto:rindgerj@gmail.com).

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# Transforming A Teen's Bedroom

So, your teenager's bedroom is way overdue for an update. It doesn't reflect their age, their interests, or their style. Though giving a teen's bedroom a makeover might seem like a challenging task, it doesn't need to be – especially with their input with style, wants, and needs, and, of course, the physical help with the transformation. These are some ideas to help create a new bedroom for your teenager:

**Monadnock Family**  
 with Lori Catozzi Cook 

**Input**  
 It only makes sense to let your teen weigh in on this bedroom reset. The space should highlight their personal style and interests and be functional. Have them start a notebook of ideas or bookmark styles that they find online. Once you both have the general style nailed down, sketch out ideas for the new floor plan. Go over the budget for this makeover with your teen and focus on the needs that will cost money. This way, you'll both know what the money needs to go

toward and where you'll need to be a bit creative. This is also the time to pass along any unneeded or unwanted items and furnishings to someone else who can use them.

**Paint**  
 It's amazing how a new coat of paint can easily spruce up a room. Neutral solid colors are great for the transition from tween to teen. For those who'd like a bit more vibrant coloring, leave the bold paint colors (or bold wallpaper) for an accent wall. Also, don't forget the ceiling. A painted pattern or stencil on the ceiling will give your teen a truly unique bedroom.

**Furnishings**  
 If you have the budget for new bedroom furniture, select items they can take with them to college or to use in their first apartment. If new furniture is not in the cards, hit up one of the many second-hand shops in the area. As long as a bed, chair, desk, or dresser is sturdy, it can be refreshed with paint, new knobs or fixtures, or even made into something else. You can also find funky lamps and quirky sculptures or artwork at thrift stores, so keep your eyes wide open for the unusual. Note: Before heading out to look for anything, check your basement, attic, or garage; you never know what you might find for forgotten treasures!

**Play Up Hobbies/Interests**

Any hobbies or interests your teenager has should take top billing in this revived room. Whatever makes your child's heart "sing" – music, basketball, horses, friends – let the room tell the story. Add shelving for displays, use one wall to group posters or pictures together, or create a chalkboard wall for your artist teen ([www.homedepot.com/c/ah/how-to-make-a-chalkboard-wall/9ba683603be9fa5395fab90154046adf](http://www.homedepot.com/c/ah/how-to-make-a-chalkboard-wall/9ba683603be9fa5395fab90154046adf)).

**A Hangout Corner**  
 Growing up I always had a hangout space in my bedroom for when my friends came over. I did the same thing for my sons' bedrooms, so there was always a comfortable place for the gang to be. The ultimate lounging area could be a few beanbag chairs, a love seat, or some large floor pillows or cushions on a fluffy rug where friends can chill on the floor comfortably. A very unique idea for a reading area could be a hanging chair or a hammock. What teen wouldn't like that?

**Lighting**  
 A room can transform drastically just by changing the lighting. A decorative string of café lights or a cluster of cheap paper lanterns strung across the ceiling gives a fun ambiance. A neon sign or a marquee letter can make an unexpected lighting focal point.

FAMILY, page 11

# HAPPY

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## Easter Service At Into The Word Ministry In Swanzey

All are welcome to an Easter Sunday Service from 9:30 to 10:30 a.m. at Into The Word Ministry at 46 South Winchester Street in Swanzey.

Chaplin Moe Wilber and his wife, Diane, have been serving Jesus in ministry for over 40 years and "spreading God's word to a troubled world." Hear the gospel explained in layman's terms.

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## Beyond The Easter Lily

We all know the Easter Lily is the MVP of the floral world this time of year, right? But, oh my goodness, there are so many other beautiful blooms that deserve their moment in the spotlight too! Picture this: vibrant tulips dancing in pastel hues, daffodils nodding their sunny heads like cheerful little messengers of spring, and hyacinths filling the air with their sweet, intoxicating perfume. Seriously, it's like a garden party in full swing!

But wait, there's more! Have you ever laid eyes on a bouquet of freesias during Easter? They're like delicate little stars twinkling among the greenery. And let's not forget about cheerful daisies, with their playful petals that just scream happiness. Oh, and did I mention ranunculus? These beauties are like the underrated gems of the flower world, with layers upon layers of petals in the dreamiest shades. So, next time you're thinking Easter florals, remember, the Easter Lily might be the headliner, but there's a whole cast of floral characters ready to steal the show!

**He Has Risen**  
 Chaplin Moe Wilber and his wife, Diane, have been serving Jesus in ministry for over 40 years  
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# Transforming A Teen's Bedroom

FAMILY, Continued from page 10

Maybe during your thrift store ventures you'll find a vintage floor lamp that can add to this new space.

### Update The Homework Zone

The homework area needs to be a functional space to make it easier for your high school student. Desks should have enough room to be able to spread out homework, books, and projects. Any space that helps maintain order, like a small crate or basket for organizing and filing papers and projects, is essential. Cork boards or bulletin boards will help pin up lists, schedules, photos, and whatever inspires your teen. And don't forget good lighting is essential.

### Bedding

I just purchased new bedding for my bedroom, and what a transformation that made. It gave the room an entirely different vibe. Just by adding colorful new bedding, throws, and pillows in

different sizes to your teen's bed will instantly upgrade it to give off a more grown-up feel.

### Closet Storage

When it comes to closets, I have found that you need to be very clever in how you arrange things to get the most use out of the space. Perhaps your teen doesn't have a use for the bar that runs the width of the closet to hang clothes. Instead, use half of that space for hanging items and add shelving to the other half. Storage boxes and short storage cabinets in the closet can hold seasonal clothing or shoes. You might find that a dresser isn't needed after this change in the closet and voila – more space for your teen!

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

## Cheshire Children's Museum Holds Shamrock 5K, Family Day

Cheshire Children's Museum will hold its annual fundraiser, Shamrock 5K & Family Day, on Sunday, March 24th from 9:30 a.m. to 1 p.m. at 149 Emerald Street in Keene.

The race welcomes runners, walkers, and families of all ages, including those with strollers, to enjoy a scenic route along the Cheshire Rail Trail.

There will also be a St. Patrick's Day-themed Best Dressed Contest, live entertainment, community booths, face painting, and more.

To register for the 5K race, visit <http://tinyurl.com/shamrock-5K>. For sponsorship opportunities and to support the museum's fundraising goals, visit <https://tinyurl.com/shamrock-sponsors>.

### Birthday Coming Up?

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# Time To Plant

Here we are at the beginning of spring again. The days are getting longer and the grip of winter is subsiding. Even though it is still cold outside, thoughts of fresh veggies and flowers from our own gardens are bubbling up.

It's time to think about starting plants indoors. There are always plenty of garden plants to buy from all of the nurseries in May, but if you have the equipment and space it's nice to start a few favorites inside. You will definitely need a grow light and perhaps a warming mat. Potting soil varies in quality; my favorite is from Vermont Compost Company. They seem to have their ingredients just right, and I never need to add anything more for great results. They have several choices as to what might work for you. I get their Fort Vee because I use soil blocks. I have a soil block making tool that I purchased from Johnny's Seeds years ago. The advantage is that, for some reason, plant roots don't swirl around the edges like they do when planted in plastic pots. When they get a little bigger, I transplant them into CowPots. These are pots made out of old cow manure which can be planted right into the soil without removing them from their pots.

If you don't have a soil block maker, start with trays that you can get at almost any garden store. Many seeds can benefit from a soaking before planting. Small seeds like parsley can be soaked for 20 to 30 minutes, where bigger seeds like peas and beans could be soaked for hours or even overnight. Generally, seeds should be planted about twice as deep as the seed is wide. If you have a choice, go for the plumper, bigger seeds as these tend to be more

vibrant. Label, water well, and place in a nice warm area or on a warming mat. Keep an eye on them, because as soon as they appear they will need to be put under lights for eight to 10 hours a day.



**Green Monadnock**  
with Celeste Longacre

When deciding what to plant, ask yourself what your favorite foods are. Plants are actually living, sentient beings and it will be up to you to care for them. This takes attention and the ability to be around to see how they are doing. You don't want to drown them, but the top of the soil should be kept moist until they emerge. They also need to be kept warm.

Over the next several weeks, there will be many chances to start seedlings. If you don't have a lot of room, keep it small. Remember that they will have to be transplanted into larger pots as they grow. A southern window with good light is ideal. I have a small greenhouse, but I keep all of my seedlings in the house until it warms up in April. Then I move them to the greenhouse and put an electric heater out there to keep them warm at night.

This way I have some early tomatoes, basil, and parsley. It won't be long before the thyme, oregano, chives, nettles, and lamium are up. Looking forward to another gardening season!

*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.*

## 216 Acres Conserved In Frankestown

The Monadnock Conservancy, in collaboration with the children of Diane and John Schott, has accepted the donation of 216 acres of forest and wetlands in Frankestown. The property boasts 1400 feet of shoreline on Shattuck Pond – the last remaining unprotected corner of the pond – and 45 acres of wetlands, much of which borders the west side of Pleasant Pond Road.

The land also connects and enlarges, to more than 1000 acres, a major block of previously conserved land, and nearly the entire property is classified as top-tier wildlife habitat by the New Hampshire Wildlife Action Plan.

Diane Schott was a former president of the Monadnock Conservancy's board of trustees; she and John were both passionate defenders of the land in this region. They worked with the conservancy to find the best solution to conserve their Frankestown property in honor of their son, Kermit, who died

tragically in 2010. After Diane and John's passing, their surviving children executed their parents' plan to donate the land to the conservancy as the Kermit A. Schott Forest Preserve.

## Virtual Screening Of Works For All

The Local Crowd Monadnock will co-sponsor a virtual screening of the film *Works for All* from Friday, March 29th to Sunday, March 31st. Film and discussion tickets are free and available at [worksforall.eventive.org](http://worksforall.eventive.org). Once the viewer begins watching the film, they will have 48 hours to finish watching it.

The 30 minute documentary highlights the work of Co-op Cincy. Since 2011, Co-op Cincy has inspired a network of worker-owned cooperatives in Cincinnati, Ohio, to create a regional economy that works for all.

There will be a live virtual film discussion on March 29th at 7 p.m.

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All collections run 8 am to 1 pm **KEENE RECYCLING CENTER**  
From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.

Collection takes approximately 10 minutes from the time of arrival.  
QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene  
**Limit: 10 gal. per household per collection.**

**Spring 2024 Household Hazardous Waste Collection Schedule**

Sat. 3/23/24	Wed. 3/27/24	Sat. 3/30/24	Sat. 4/13/24	Wed. 4/17/24	Sat. 4/27/24	Sat. 5/11/24	Wed. 5/15/24	Sat. 5/18/24	Sat. 6/8/24	Wed. 6/19/24	Sat. 6/29/24
Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale
Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry
Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey
Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole
Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland

All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center, 55 Old Summit Road, Keene from 8 - 1 pm



# ENTERTAINMENT

and DINING

## Brass Quintet Will Play On Easter Sunday At UCC Keene



The Pioneer Valley Brass Quintet (L to R): Dick Tandy, trumpet; Dana Tandy, trombone; Joe Smith, tuba; Tabitha Greenlees, horn; and Steve Babineau, trumpet.

The Pioneer Valley Brass Quintet will augment the 10 a.m. Easter service at the United Church of Christ Keene with stirring works for brass and organ. The members come from the Gardner and Petersham areas of Massachusetts and southern Vermont, and have been performing together for more than 30 years. They have played concerts, church services, weddings, graduations, academic installations, river boat cruises and other festive occasions throughout

New England. Concert music covers all styles from the 1600s to today.

Contemporary arrangements by the Canadian Brass, the Empire Brass, the Philip Jones Ensemble can be heard along with compositions and arrangements written especially for the Pioneer Valley Brass by the members and others. On Easter morning they will combine forces with the UCC Keene Choir, and the Ringers On The Square Handbells to offer an uplifting worship experience.

The UCC Keene is located at 23 Central Square in downtown Keene.

For more details, call 603-352-4136, email the church at [info@ucckeeene.org](mailto:info@ucckeeene.org), or visit [www.ucckeeene.org](http://www.ucckeeene.org).

## Monadnock Food Co-op Community Book Club Held At Keene State College

The Monadnock Food Co-op Community Book Club will be attending a lecture by *First They Killed My Father* author Loung Ung on Wednesday, April 3rd at 5:30 p.m. at Keene State

College. The lecture takes place in the Mabel Brown Room at 63 Blake Street. Registration is required at [www.keene.edu/news/events](http://www.keene.edu/news/events).

## Keene State College Jazz Combos At Redfern Friday, April 5th

The Keene State College (KSC) Jazz Combos will perform on Friday, April 5th at 7:30 p.m. at the Alumni Recital Hall at Redfern Arts Center on campus.

The concert features performances by multiple combinations of KSC jazz instrumentalists and vocalists as they present improvised and rehearsed arrangements of songs from the classic

and modern jazz idiom.

Tickets for the general public are \$12, senior citizens (62+) and youth (18 and younger) are \$7. KSC students will need to obtain their complimentary tickets in person at the Box Office rather than ordering online. For more details or tickets, visit <https://keene.universitytickets.com>.

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**POLISH EASTER BAZAAR**  
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 Babka, Polish Kielbasa, Bigos, Pierogi  
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**DANCING WITH THE KEENE STARS**  
**2024**  
**Two Night Extravaganza!!**  
**FRIDAY & SATURDAY, MARCH 22 & 23 • 7 PM**  
**SATURDAY, MARCH 23 MATINEE • 2 PM**  
**Redfern Arts Center at Keene State College**  
**BRING THE FAMILY TO SEE LOCAL STARS/PARTNERS COMPETE**  
**Dancing in the second act to familiar Disney songs!**  
**Tickets are \$22 and can be purchased by calling**  
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**A Keene High School Project Graduation fundraiser.**  
SPONSORS: Gemgraphics, The Keene Sentinel & Print Shop, Kiwanis Club of Keene, Savings Bank of Walpole, Gano Land Management, William Marconi Italian Club, Gary's Power Equipment, Carpet Clearance Warehouse, Keep'em Healthy Veterinary Clinic, Fenton Family Dealership, Chesterfield Lions Club, Greenwald Realty Associates, Trinity Christian School, Pappas Contracting, Cheshire Medical Center-Dartmouth Health, Insurance Center, Inc.

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

## Wednesday, Mar. 20

### 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

**Blood Drive** 2-7pm. Stonewall Farms, 242 Chesterfield Rd., Keene. To make an appointment call 800-733-2767.

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

## Thursday, Mar. 21

### LECTURES & WORKSHOPS

**Exploring Canine Enrichment & Snuffle Mat Crafting Workshop** 6pm. Frogg Brewing, 580 Sawyers Crossing Rd., Swanzey. Discover various ways to keep your canine companion mentally stimulated and happy. All proceeds will be donated to support newly rescued dogs with "Welcome Home" program, providing discounted services during the first three months in their new forever home. dori@woodlandwanders.org.

### MISCELLANEOUS

**Blood Drive** 1-5:30pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. To make appointment call 800-733-2767. www.redcrossblood.org.

## Thursday, Mar. 21

### ARTS, MUSIC & THEATER

**Cheshire Village at Home Social: "Getting Ready for the Gardening Season"** 1pm. HCS, 312 Marlboro St., Keene. (New home of Keene Senior Center). Carl Majewski, Field Specialist with the Cheshire County Extension Service presenting. Register at 603-903-9680.

## Friday, Mar. 22

### ARTS, MUSIC & THEATER

**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 Tom Travers: 603-381-9077. tom@powerstation-nh.com.

**Schubert, Brahms, and Chopin Piano Trios** 7:30pm. Stonewall Farms, 242 Chesterfield Rd., Keene. \$30 adults, \$10 young adults, children under 18 free. Book online in advance at www.ashuelotconcerts.org.

**Rock n' Roll Circus** 7:30pm. Park Theatre, 19 Main St., Jaffrey. Proceeds to benefit Veterans Count. www.theparktheatre.org.

**Let's Artfully Transform a Library Book!** 10am-12pm. Hancock Town Library, 25 Main St., Hancock. Join Sue Ann Hum for introductory art classes specifically for people who say they can't draw a straight line. \$15 fee for each class. Fridays in March. To participate contact hancocklibrary@comcast.net.

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### MISCELLANEOUS

**Yoga Fund Raiser for Animals** 5:30-6:45pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Michelle Davis hosting. All monies raised will go to support the animals at the Humane Society. Suggested donation \$30. 603-762-3129. www.vagaro.com/alohaKeene.

**Monadnock Conservancy Presents Stories About This Place** 6:30-8:30pm. Peterborough Town House, 1 Grove St. Free event, in-person, and open to the public.

**Blood Drive** 10am-2:30pm. Fitzwilliam Town Hall, 13 Templeton Turnpike. To make an appointment call 800-733-2767. www.redcrossblood.org.

# CALL FOR ARTISTS

## 33rd Annual Keene Art Walk

May 31 - JUNE 9, 2024 • DOWNTOWN KEENE

This is a wonderful opportunity for Monadnock region artists to take part in a grand tradition in the Keene area, promote public access to the arts, and create a gallery of art in our downtown storefront windows.

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.

**THIS IS A JURIED SHOW AND NOT ALL APPLICANTS MAY BE SELECTED.**

keeneartwalk.com • keeneartwalk@gmail.com • @keene.artwalk

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## Schubert Brahms Chopin Piano Trios

Louisa Stonehill (violin)  
Guy Johnston (cello)  
Nicholas Burns (piano)

Friday, Mar 22 7-30pm  
Stonewall Farm, Keene

Sunday, Mar 24 3-00pm  
The Park Theatre, Jaffrey

Book Tickets online:  
ashuelotconcerts.org

## Saturday, Mar. 23

### ARTS, MUSIC & THEATER

**Artist Talk: Craig Altobello** 1pm. Peterborough Town Library, 2 Concord St., Peterborough. Altobello will discuss his creative process and do a demonstration of how he creates his pieces. www.peterboroughtownlibrary.org.

**Peterborough Folk Music: Eileen Ivers** 7pm. Park Theatre, 19 Main St., Jaffrey. 603-318-9196. www.pfmsconcerts.org.

**Jesse Agan - The Music of Queen** 7:30pm. Claremont Opera House, 58 Opera House Square, Claremont. Kara: boxoffice@cohn.org. www.cohn.org/events.

### DINING PLEASURES

**Breakfast with the Easter Bunny and Easter Egg Hunt** 7am. Samuel E. Paul Community Center, 61 South St., Troy. Eat breakfast with the Easter bunny followed by an Easter egg hunt at 10 am. \$8 adults, \$5 kids 10 and under, \$3 kids under 3. Troy Recreation Department: 603-313-2243. troytownrec@gmail.com.

### FAIRS & SALES

**Polish Easter Bazaar** 9am-2pm. Our Lady of Czestochowa, 84 K St., Turners Falls, MA. Pierogi, baked goods, hunters' stew, luncheon, arts & crafts, raffles.

### FAMILY FUN

**Children's Easter Program & Egg Hunt** 10am. First Congregational Church of Swanzey, 679 Old Homestead Hwy. (Rte. 32); handicapped-accessible. All children 5th grade and younger; bring baskets. 603-352-6689. office@swanzeyucc.org.

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### MISCELLANEOUS

**Hazardous Waste Collection** 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. For towns served and details about what to bring, visit https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule or call 603-352-5739.

**Spring Equinox Celebration** 10:30am. Alstead Fire Department, 9 Main St., Alstead. Learn about the Native American Culture. There will be a potluck meal, so bring a dish of food to share. Chief Paul Bunnel: 978-337-9085.

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

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# DINNER TABLE

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# Copy-Cat Recipe Ideas

Have you ever enjoyed a food dish at a classy restaurant, local diner, or fast-food place that you'd like to be able to recreate at home? People enjoy trying to make favorite dishes at home after dining out because it's a rewarding challenge and generally cost-effective. So-called "Copycat" restaurant recipes mimic popular dishes found at favorite restaurants all over the country – from Olive Garden, Starbucks, and numerous steakhouses to Bonefish Grill, Red Lobster, and Asian restaurants. But the popularity of copycat restaurants mostly reflects people's enjoyment of good food and the fun of experimenting in the kitchen. This week Cooking Corner shares a few copycat recipes I enjoyed recreating after dining out in a variety of places in New Hampshire, Vermont, and Maine from the 1970s to the 1990s.

## Cooking Corner

with Nancy Adams



### Tortilla Crisp Appetizers

My husband and I used to enjoy an appetizer like this at a popular Keene restaurant in the 1990s. Known at that time, I believe, as 176 Main, that restaurant no longer exists and has been home to various dining spots since.

- Ingredients:**  
 2 tablespoons butter  
 1 tablespoon sugar  
 1 medium onion, thinly sliced  
 2 cups shredded, cooked chicken  
 1 teaspoon liquid smoke  
 barbecue sauce of choice  
 1½ cups shredded cheddar or Monterey Jack cheese  
 4 (10-inch) flour tortillas

In a heavy skillet, melt butter; sprinkle on sugar. Brown onion slices over medium heat in the butter, stirring and cooking until onion is nicely caramelized (this may take 10 to 15 minutes, so lower the heat, if needed, so onions color but don't burn); set aside. Combine chicken with liquid smoke; set aside. Top each tortilla with a thin layer of barbecue sauce. Add the caramelized onions and chicken, dividing among the four tortillas; top each with cheese. Bake in preheated 425 degree oven until crispy, watching closely that they don't burn. Cut crisps into quarters; serves eight.

### Corn-Tomato Chowder

Many times in the late 1970s, my mother and I stopped at the Country Girl Diner in Chester, VT. A favorite order was always their corn-tomato chowder. Between mom and I, we created a copycat recipe that I still make today. The Country Girl Diner, an authentic Silk City Silver dining car, has been in its present location since 1966 after some time spent in Jaffrey. To my knowledge, the chowder is no longer on the menu at the diner.

- Ingredients:**  
 1 tablespoon bacon fat or butter  
 1/2 small onion  
 1 tablespoon flour  
 1 (14 oz.) can corn  
 1 (14.5 oz.) can diced tomatoes, lightly drained  
 1/2 teaspoon dried basil, more or less to taste  
 1 cup chicken broth or water

- 1/4 cup heavy cream  
 salt and pepper to taste  
 dash of dry sherry to taste (optional)  
 In a saucepan, melt butter over medium heat. Add onion and sauté until tender and translucent; add flour and stir to combine. Add corn, tomatoes, basil and chicken broth; bring to a boil and simmer for 10 to 15 minutes, stirring now and then, until tomatoes are broken up and chowder is heated through. Add the heavy cream, stirring to warm, but don't boil. Add salt and pepper to taste, and the sherry, if using. Makes two servings.

### A Trio of Salads

Over the past 40 or so years, I've enjoyed a wide variety of salads at restaurants from New Hampshire to Maine. Here are my versions of three of the best, made for one serving. All are served with a maple vinaigrette (recipe follows) or sweet and sour dressing of your choice:

**Lodge Salad** – from a restaurant in northern New Hampshire, this favorite salad includes: a handful of mixed greens of choice; 1 medium, cored and seeded red apple (don't peel); 1/4 cup golden raisins; about 6 walnut halves; 6 red grapes, halved; 1 scallion, diced; 1-inch cube feta cheese. Place greens on a plate, top with fruits and nuts, scallions, and center the cube of feta on top; top with vinaigrette.

**Poached Pear Salad** – from a Vermont country Inn: a small handful of arugula (or mixed greens); 1 pear (sliced, cored and lightly poached in water and a stick of cinnamon); 6 or 8 walnut or pecan halves, candied; 2 or 3 tablespoons crumbled gorgonzola cheese; 3 tablespoons canned fried onions, warmed. Place arugula on a plate. Top with the poached pear, candied nuts, gorgonzola and fried onions; serve with vinaigrette.

**Duck Confit Salad** – from Royal River Grill House in Yarmouth, ME: a handful of mixed greens; 1/2 cup shredded duck confit; 1/4 cup dried cranberries; 5 or 6 walnut or pecan halves; 1/2 of a small apple, seeded and thinly sliced (no need to peel); 1/4 cup freshly grated cheddar cheese. Note: if duck confit is not available, use shredded or sliced smoked turkey or chicken.

**Maple Mustard Vinaigrette** – in a jar or food processor, combine ingredients, in the order given.

**Ingredients:** 4 tablespoons lemon juice, 1/2 teaspoon Dijon mustard, salt and pepper to taste, 2-3 teaspoons pure maple syrup and 3/4 cup olive oil. Shake or process well; serve at room temperature.

### Chicken Like Luigi

A beloved friend always ordered this dish when we ate together at Sunflowers in Jaffrey, so I came up with this recipe for her. The popular cafe closed in 2022.

- Ingredients:**  
 1/2 cup sun dried tomatoes (not oil packed)  
 1 (8 oz.) package frozen chopped spinach, thawed and well-drained  
 1 cup ricotta cheese  
 2 tablespoons Parmesan cheese, grated  
 4 whole chicken breasts, boned and skinned  
 1/2 cup Italian seasoned bread crumbs  
**Supreme Sauce:**  
 2 tablespoons butter  
 2 tablespoons flour  
 1 cup milk or chicken broth  
 salt and pepper  
 1 teaspoon dried Italian seasoning

Preheat oven to 350 degrees. Place sun-dried tomatoes in small bowl, cover with boiling water, and let stand for about 30 minutes. In a bowl, combine spinach, sun dried tomatoes, ricotta, and Parmesan cheese. Divide chicken breasts in half (you'll have eight pieces). On one half of each chicken breast, place one quarter cup spinach mixture. Cover with the other piece of chicken; repeat so you have four total stuffed breasts. Dip each stuffed chicken piece on both sides into bread crumbs, coating well. Place on a greased cookie sheet and bake 50 minutes to one hour.

Serve with Supreme Sauce: heat butter in a saucepan over low heat until melted. Blend in flour, salt, and pepper and Italian seasoning. Cook over low-heat stirring constantly, until smooth and bubbly. Stir in milk or broth. Heat to boiling, stirring constantly and adding a bit more milk if too thick. Then reduce to simmer, season with salt and pepper; pass to be served warm over the chicken.

*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.*

### Second Saturday Roast Beef Supper In Bernardston, MA

The United Church of Bernardston on Route 10 in Bernardston, MA will hold its last of the season Second Saturday Roast Beef Supper on April 13th with seatings at 5 and 6:15 p.m. (In May there will be a Ham & Bean Supper.)

The roast beef meal includes mashed potatoes, gravy, vegetables, rolls, and dessert for \$15. Call 413-648-9306 to reserve preferred seating time or to reserve take-out meals.

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**BIRTHDAY PHOTOS**  
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P.O. Box 487, Keene, NH 03431-0487

- 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.

**HANNAFORD'S BIRTHDAY CAKE**  
*This Week's Winners*



Vera M. Kowalski, Swanzey, 3  
Joseph F. Kowalski, Swanzey, 5

Submit your Birthday Kids' entry online at:  
[ShopperNews.com/Community](http://ShopperNews.com/Community)

- March 17, 2024**  
Jordan Wright, daughter of Ashley Wright, Winchester, 10
- March 22, 2024**  
Joseph F. Kowalski, son of Erica & Joey Kowalski, Swanzey, 5  
Ashton Kenneth Randall Watson, son of Kayla & Mitchell Watson, Keene, 3
- March 23, 2024**  
Kyson Smith, son of Jered Smith & Briauna Ball, Keene, 10  
Vera M Kowalski, daughter of Erica & Joey Kowalski, Swanzey, 3
- March 25, 2024**  
Riley Paige Mattson, daughter of Nicole & Joe Serpico, Fitzwilliam, 9
- March 26, 2024**  
Aiden Schmidt, son of Kurt & Leslie Schmidt, Chesterfield, 6

# SUMMER CAMPS

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Elements MMA Summer Camps are the perfect way to introduce kids and teens to the exciting world of mixed martial arts! Kids (ages 4-14) will love the playful yet focused training style of our youth camps. Teens (ages 15-19) will be inspired to be more confident and challenged to work hard in our boot camps. Both camps incorporate grappling, striking, yoga and strength training.



**Kids Camp Dates**  
June 24-28; July 15-19; August 12-16

**Teen Boot Camp Dates**  
June 19-21; July 10-12; August 14-16

Learn more or sign up at  
[www.elements-mma.com/camp](http://www.elements-mma.com/camp)  
603-685-4209 • [info@elements-mma.com](mailto:info@elements-mma.com)

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## KIDS SUMMER PROGRAM

Play and learn with us this summer!

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8:30 - 3pm, M - F  
\$250/week

For kids entering grade 1 - 5



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June 17th-20th & June 24th-27th  
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Open to Boys & Girls of all ability levels.  
Little Sluggers: 5 - 8 years old  
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Register at [www.SwampBats.com](http://www.SwampBats.com)

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## KIDSONCAMPUS at Keene State College 2024

# SUMMER CAMPS!

Preschool - 10th Grade • 9:00 - 4:00pm  
June 24 - 28 • July 8 - 12 • July 15 - 19 • July 22 - 26 • July 29 - Aug. 2

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- ◉ Superheroes (Grades 3-5)
- ◉ Wizardry Week (Grades 6-8)
- ◉ Pride in Motion (Grades 6-8)
- ◉ En Plein Air Intensive (Grades 8-10)

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Registration opens 3/1!






# Things To Do In The Monadnock Region

EVENTS, Continued from page 14

## Sunday, Mar. 24

### ARTS, MUSIC & THEATER

**Schubert, Brahms & Chopin Piano Trios** 3pm. Park Theatre, 19 Main St., Jaffrey. \$30 (adults), \$10 (young adults 18-30), children under 18 free. Book online in advance at [www.ashuelotconcerts.org](http://www.ashuelotconcerts.org).

### FAMILY FUN

**Shamrock 5K & Family Day** 9:30am-1pm. Cheshire Children's Museum, 149 Emerald St., Keene. The race is for runners and walkers. Wear spirited St. Patrick's Day attire to win best-dressed contest. Activities & live entertainment. For more info and to register [www.tinyurl.com/shamrock-5k](http://www.tinyurl.com/shamrock-5k).

### LECTURES & WORKSHOPS

**Arch Workshops** 1-3pm. Wicked Glass Art, 26 Roxbury St., Keene. \$60 all materials included. Register at **603-757-3934**. [wickedglassart@gmail.com](mailto:wickedglassart@gmail.com).

### MISCELLANEOUS

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

### RELIGIOUS

**Fred Small: Singer, Author, and Climate Activist** 10am. Keene Unitarian Universalist Church, 69 Washington St. Rev Small will be delivering the service including singing with a performance of his iconic song "Everything Possible" that became a beloved children's book by the same name. He will also be giving a sermon titled "The Peace of Trees".

## Tuesday, Mar. 26

### DINING PLEASURES

**Community Supper** 5:30pm. Dublin Community Church, 1125 Main St., Dublin. Italian supper with vegetarian options, salad, bread, & desserts. Free and open to the public. **603-563-8139**.

### LECTURES & WORKSHOPS

**Financial Education Series: Business Fraud Protection Seminar** 4:30-5:30pm. Savings Bank of Walpole, Community Room, 84 Marlboro St., Keene. Second session. Crystal Lewis: **603-355-1607**. [clewis@walpolebank.com](mailto:clewis@walpolebank.com). [www.walpolebank.com/seminar-safeguard-your-business](http://www.walpolebank.com/seminar-safeguard-your-business).

### MISCELLANEOUS

**Spaces Worth Saving Forum** 6:30pm. Whitcomb Hall, 17 Main St., West Swanzey. Share concerns regarding Swanzey's growth and natural resource protection, as well as

wildlife experiences, favorite natural areas and recreational destinations. Cheri Domina, Chair of the Swanzey Conservation Commission: [cheri.domina@gmail.com](mailto:cheri.domina@gmail.com).

**Community Conversations: Rindge Bridging Differences** 6:30pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. Featuring the founder of Franklin Pierce University's The Diamond Steppers. Free event and should interest people who enjoy meeting others in the community. [rindgerj@gmail.com](mailto:rindgerj@gmail.com).

## Wed., Mar. 27

### LECTURES & WORKSHOPS

**Cheshire County Conservation District: Seedling Workshop** 4pm. The Community Greenhouse, Mill Hollow Works, 149 Hurricane Rd., Keene. The workshop will start with crop planning and seed purchases and will move through systems of seedling production. Registration is required at [www.cheshireconservation.org/events](http://www.cheshireconservation.org/events).

### MISCELLANEOUS

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

## Friday, Mar. 29

### DINING PLEASURES

**"Solve a Mystery" Dinner** 6pm. Monadnock Country Club, 49 High St., Peterborough. Enjoy dinner while solving a mystery. Prize for the top detective. Three course meal fundraiser for Rise for baby and family. **603-924-7669**. [info@riseforbabyandfamily.org](mailto:info@riseforbabyandfamily.org).



## Top 10 Reasons You Should Send Your Kid To Summer Camp

Summer camp is a great experience for kids and can create some life-long friendships and memories. Here are 10 reasons why you should send your kid to summer camp:

1. It gets them out of town  
Kids in small towns can get bored with the limited amount of activities available. And most summer camps are surrounded by trees near lakes or rivers, the air is cleaner, and the sounds that they'll hear are nature at its best.
2. It gets them away from their family  
Yes you love them, but everyone can use a break. Being away from home can give kids an appreciation of what they have.
3. It gives them a sense of independence

For some kids, this will be the first time they travel anywhere without their parents and that can be exciting for them. There will be rules to follow, but it's different when mom and dad aren't around. They'll be with other kids, and chances are the counselors are not that much older, since they are most likely high school or college age.

4. It exposes them to different people  
Most summer camps attract kids of different races, religions, and economic standing from different parts of the region. It provides an opportunity to meet and discover other kids regardless of what their background is, what school they go to, and where they're from.
5. They can be themselves  
At school and with their friends, a lot of kids can feel the pressure of act-

ing like everyone else, but a good camp program lets kids be themselves.

6. They can learn new skills  
There are many skills your kid can learn at camp, such as swimming – which can lead to other skills such as canoeing, sailing, and how to keep safe near water. For many, it might be the first time they get to play and learn about a different sport.
7. Learn life skills  
Life skills are something that many kids learn without realizing it. Simple daily procedures such as cleaning their cabin or tent, making their bed, setting the dining table for a meal, and cleaning up afterwards are habits that can carry on after they leave camp.

The kids will learn teamwork and cooperation since they'll be participating in a group or as "a

cabin." The "all for one and one for all" philosophy works wonders at summer camp and can help make your kids become more confident and outgoing.

8. It gets them active  
Summer camp is filled with activities that involve running, swimming, hiking, and of course, playing. There are also times in the day where kids can just relax, but the sign of a good camp experience is when the kids are tired but happy at the end of the day.
9. Everything is low tech  
The majority of summer camps have a "no electronics" policy that may be harsh for some kids, but is a great way to help them realize that they can live without it for a little while.
10. It creates memories  
Camp is a great to meet up with old friends and a real treat to be recognized by a former camper who can recall a fun moment so many years ago.

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## C.A.K.E.

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**SWANZEY HUMAN RESOURCES COORDINATOR OPENING**

The Town of Swanzey (pop. 7,200) located in southwestern New Hampshire's Monadnock Region seeks a qualified individual to serve as its Human Resources Coordinator. Working under the general direction of the Town Administrator, the Human Resources Coordinator is a critical part of the Town's management team and coordinates the Town's personnel management operations for 39 full time employees and approximately 97 part time and on-call employees.

The Human Resources Coordinator serves as the point of contact for Town employees, answering and directing questions or concerns and addressing them with department heads or the Town Administrator. This position coordinates and processes the onboarding, orientation, evaluation, and separation of service for Town employees. The Human Resources Coordinator serves as the employee wellness coordinator, benefit administrator, participates on the Joint Loss Management (Safety) Committee, and works with supervisor coordinates training of employees. This position works with the Town Administrator to develop and revise employment and human resources related policies and procedures.


The ideal candidate to join our team will have a bachelor's degree in human resources, business management, public administration, or a related field plus five years' experience in a human resource related field. Municipal experience preferred, but not required. The ideal candidate will have experience and knowledge of the following: NH Retirement System, workers compensation, short term disability, State and Federal employment laws, HealthTrust, and NH Primex. Ability to learn and use new software systems is critical. Must also have excellent interpersonal communication skills, organizational skills, be detail oriented and have experience composing professional office communications.

The pay range for this full-time position is \$28.32 to \$35.36 per hour DOQ. The Town offers a competitive benefits package and encourages applicants to inquire with any questions. Interested candidates should submit a Town application, cover letter, resume, and (3) references to Human Resources Coordinator, PO Box 10009, Swanzey, NH 03446, or [ecoates@swanzeynh.gov](mailto:ecoates@swanzeynh.gov). Applications will be reviewed upon receipt.

*The Town of Swanzey is an Equal Opportunity Employer.*



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**Request for Bids**  
**Windham Solid Waste Management District**  
**327 Old Ferry Rd, Brattleboro, VT 05301**  
**Compost Aeration and Heat Recovery Project**

**Project Overview:** Windham Solid Waste Management District (WSWMD) seeks bids for a new Compost Aeration and Heat Recovery Facility Project at 327 Old Ferry Road in Brattleboro, VT. See separate provided Scope of Work Packages.

**Scope of Services:** There are three separate bid packages for **Sitework, Compost Aeration, and Fabric Building. Perspective bidders must specify which package(s) they are interested in.** Provide all labor, materials, tools, and equipment per the plans and specifications. All inquiries, questions, and clarifications must be directed to Bob Spencer, Executive Director of Windham Solid Waste Management District at: [director@wswmd.org](mailto:director@wswmd.org). Addenda information shall be shared, as necessary, to all participants.

**Bid Instructions:** Bids are due no later than April 10 at 2:00 PM. Bid forms are provided. Bids may be either mailed or hand delivered to; Bob Spencer, Executive Director, WSWMD 327 Old Ferry Road, Brattleboro, VT 05301. No email, fax, or other electronic delivery will be accepted.


**Schedule**

- Request for bids issued March 11, 2024.
- Questions no later than the end of day March 29, 2024. Responses to questions will be provided to all interested bidders by the end of the day April 3, 2024.
- Bids due April 10 no later than 2:00 PM.
- Award to lowest qualified bidder subject to Board approval. Notice of Award immediately following Board approval. Site work is intended to start in early summer of 2024.

**Expiration of Bid:** By submitting a bid the applicant offers to enter into the Contract, the form and content of which shall be agreed upon by both parties. The applicant's proposal shall not be revocable for thirty (30) days following the response deadline indicated above.

**Reservation of Rights**

- WSWMD reserves the right to waive any defects in the offer of any vendor, to reject any or all offers, and to request additional information from any vendors.
- If an agreement cannot be reached with the firm initially chosen for the contract, WSWMD may enter into contract negotiations with other qualified firms that submitted acceptable proposals or bids, rather than redoing the bid process for the project.
- Negotiate with another firm to include further services not identified in this RFB.

  
**Swanzey Recycling Center Job Openings**

The Town of Swanzey, NH is accepting applications for both full and part time positions at its freshly renovated Recycling Center. The full-time positions offer a competitive benefits package including health insurance, paid time off, and a retirement account match and have a regular schedule matching the Center's open hours: Tuesdays and Fridays – 7:00 a.m. to 4:00 p.m. Wednesdays – 10:00 a.m. to 6:00 p.m. Saturdays – 7:00 a.m. to 5:00 p.m. For all positions NHDES Solid Waste Operator's certifications are ideal and strong people skills and ability to perform physical tasks including lifting, turning, reaching, and squatting required.

- **Full-time Assistant Solid Waste Manager** with starting hourly wage \$20 - \$24 depending on qualifications and experience. The Assistant Manager supports the Solid Waste Manager in overseeing operations of the Recycling Center and participates in the management, operation, and processing of recyclables at the facility. Desired skills and experience include NHDES Solid Waste Operator's Certification, knowledge of municipal solid waste and recycling management issues, good mechanical aptitude and "trouble shooting" skills, and experience operating mechanical / motorized equipment used in solid waste operations.
- **Full-time Solid Waste Operator** with starting hourly wage \$13 - \$15 depending on qualifications and experience. The Full-time Operator will work with other employees to assist customers at the facility and process recyclables.
- **Part Time Solid Waste Operator** with starting wage \$13 - \$15 depending on qualifications and experience.

A complete position description and application is available at [www.swanzeynh.gov](http://www.swanzeynh.gov). For further position detail queries should be directed to Solid Waste Manager Joshua Whipple at 603-338-0339 or [jwhipple@swanzeynh.gov](mailto:jwhipple@swanzeynh.gov). Submit application and/or resume to Edna Coates at Human Resource Coordinator, at [ecoates@swanzeynh.gov](mailto:ecoates@swanzeynh.gov); PO Box 10009, Swanzey, NH 03446; or in person at Town Hall (620 Old Homestead Highway) until filled.

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