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Incredible New Developments In The Move Your Money Movement



April is Move Your Money Month. Everyone is invited to join local economist Michael Shuman for a free virtual event called “Incredible New Developments in the Move Your Money Movement” on Thursday, April 11th from 1 to 2 p.m. Get inspired and discover how you can be part of this movement; RSVP at amiba.net/events.

By Jen Risley

This past year has seen some incredible new developments in the Move Your Money: Bank Local and Invest Local movement, including new community investment funds, new cooperative designs, and new public policies. Let’s elevate these innovations during Move Your Money Month this April. Direct more of your dollars to the banks and businesses based where you live, and join a growing movement prioritizing people, planet, and profit.

Local economist Michael Shuman tracks these developments in his weekly newsletter, *The Main Street Journal* (themainstreetjournal.org). Join Michael for a free virtual event called “Incredible New Developments in the Move Your Money Movement” on Thursday, April 11th from 1 to 2 p.m. Discover how you can be part of the movement! RSVP today at amiba.net/events.

Move Your Money: Bank Local

When you bank locally at a community bank or credit union in our region, more of your dollars recirculate throughout our local economy – building more local jobs and prosperity.

Traditional banks, publicly traded and owned by stockholders, exist to provide a return on investment to their far-away owners. On the other hand, community banks are privately owned and not publicly traded. Credit unions are cooperatives, meaning the members own their banks.

LOCAL, page 12

Spring Community Health Education Classes Offered To The Community As A No Cost Benefit

The Center for Population Health, a department of Cheshire Medical Center has announced the new Spring Community Health Education Class lineup.

Set to return in a two-class offering is a popular past offering, Chair Yoga, taught by Betty Christian-sen. This gentle form of yoga is practiced sitting in a chair or standing and using a chair for support. It is suitable for all activity levels.

New spring classes include a combined NAR-CAN and CPR Training facilitated by Prepared Monadnock.

Runners’ Knee 101: Learn to Prevent & Treat Knee Pain, will be taught by Cheshire Medical Center’s

Neal Goldenberg, MD, Orthopedic Specialist, who will highlight how to safely return to running in the spring as athletes/weekend warriors begin to do more activities outside.

Getting Your Winks: How to Prevent and Resolve Insomnia, will be presented by Catherine Schuman, Ph.D., Family Medicine, at Cheshire Medical Center. This informative presentation will discuss insomnia’s many aspects and symptoms and, more importantly, how to consolidate sleep if one is experiencing it.

CLASSES, page 19

Speaking Of Words: New Hampshire Place Names

By Michael Ferber

Suppose you knew nothing at all about New Hampshire except that it is one of the United States, but you had a good detailed map of it. What could you infer about it?

You would readily conclude that it considers itself a part of England, or did so once, because of its 234 cities and towns the majority are named after British cities and towns, and of these most are English.

There are “chesters,” for instance: Chester, Chesterfield, Chichester, Dorchester, Manchester,

Rochester, and Winchester. The original chesters are all in Britain, named after the Roman word for a military camp, castra. The Romans never came to America, so the names must have been brought over by the British.

You might have been struck by all the “hams”: Chatham, Durham, Effingham, Gorham, Grantham, Nottingham, Pelham, Stratham, and Windham, not to mention Hampstead and Hampton. And New Hampshire.

WORDS, page 14

The Right Pro For The Job Dale Blanchard Drywall ~ Taking On Every Job With Old-School Work Ethics



Dale Blanchard works from a scaffold on a residential project. Blanchard has been specializing in dry wall installation for more than 40 years.

By Lori Catozzi Cook

In an industry demanding qualified experience, it’s nice to know that you can entrust your construction project to the expert drywall services of Dale Blanchard Drywall.

Blanchard is a professional drywall installer with over 40 years of experience and offers something refreshing: strong, old-school work ethics. “I am highly motivated, call back personally, show up when I say I will, and am available seven days a week if needed.”

He continues by saying that he was raised to treat people fairly and that a handshake means your word. “Each job I do I hold to the same standards as I would for my own home.”

“Dale has been wonderful to work with,” says Robin Sanctuary. “My family and I have been very satisfied with his superior work. The first job Dale did for me was in a historical building, Traditions Real Estate office space, at the beginning of COVID.”

DRYWALL, page 7

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My name is Berta, and I am looking for my furever family! Some say I'm quite the looker with my long black and white fur, but I'm more than just a pretty face. I'll admit, I'm not the most outgoing cat right off the bat. I tend to shy away from direct contact, preferring to observe from a safe distance. However, if you offer me some wet food, you might just win me over. Food has a magical way of breaking down barriers, wouldn't you agree? Despite my initial reservations, I do have a soft spot for humans. I suspect I've had some positive interactions with them in the past, which gives me hope for our future relationship. But please understand, it will take time for me to fully trust and open up to you. As a spirit cat, I come alive at night. You might find me prowling around the house, chasing shadows, or simply enjoying the peace and quiet. However, I do have my limits. If the environment becomes too chaotic, I may retreat to a quiet corner until things settle down. What I need most from my future family is patience and understanding.

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standing. I'm not going to become a social butterfly overnight, but with your love and support, I believe I can blossom into a loving companion!

Berta is a female domestic medium hair, six months 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.monadnockhumaneociety.org.

Community Yoga At Aloha Keene Benefits Animals

Free Friday Community Yoga at Aloha is set for March 29th from 4 to 5 p.m. Donations will benefit the Monadnock Humane Society. This will be a chance for attendees to experience Kundalini Yoga and a Gong Sound Bath with instructor Linda Grace Kingsbury.

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Run The Runway Is 5k Race In Keene

The Dillant-Hopkins Airport has been cleared for takeoff for the inaugural Keene Runway 5K. The Runway 5K will occur Saturday, April 6th, with proceeds benefiting the Keene Senior Center.

"Registration has already exceeded expectations and there's still two weeks left," said Emily Graves of Tri-State Racing, who is managing the race timing. "This event is particularly exciting because participants will be on the actual runway, which is a perfect surface for runners to achieve their best time."

Participants will run or walk on a closed course which is flat and completely paved, making it stroller and wheelchair friendly. Only registered participants will have access to the runway, and pets are not allowed. The event starts at 9 a.m. and all participants must be off the runway by 10:30 a.m. for the airport to reopen. Spectators will be able to see the entire race and cheer from the sidelines.

"As a runner, I'm always looking for new and exciting places to run," said Ockle Johnson, avid runner and president of the Keene Senior Center board. "This is the first time a race like this has been held in Keene, and thanks to our race director, Sally Rinehart, and a hard working committee, it will actually take flight."

Participants must register, \$35 per person through March 30th and \$40 after that. T-shirts are not guaranteed for participants who register after March 30th. Children (14 and under) must be accompanied by a registered adult.

There are prizes for men and women in each age bracket and the fastest overall male and female runners each win a free flying lesson, compliments of Monadnock Aviation. There will also be prize drawings for registered participants, plus door prizes and a raffle open to all. All prizes have been donated by local merchants.

The race will be held rain or shine. No refunds will be issued. People must be present to win raffle and door prizes. Visit www.runsignup.com for all race related information, or www.thekeeneseniorcenter.org.

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If so, you are welcome to attend a (No-Cost), informal, structured friendship venue every Tuesday from 5 to 7 p.m. and Saturday from noon to 2 p.m. at the Keene Public Library on Winter Street. This friendship gathering has been developed for people who feel lonely, those new to Cheshire County and would like to establish local friendships, and anyone who seeks trustworthy, loyal companions. Please send questions via email to: Philip.sherrick@yahoo.com

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Dear Family and Friends,

We would like to announce the engagement of **Dr. Blair Alexis Harrington**

of Keene, NH to **Master Sgt. Matthew Ruscitti** of Southwick, MA.

Dr. Harrington is currently Assistant Dean of Arts, Humanities & Social Sciences at Rhode Island Community College in Warwick, RI. MSGT Ruscitti is head of USAF Recruiting in Rhode Island.

The proud parents are Paul and Nelida Harrington of Keene, NH and Jini Ruscitti of Southwick, MA. A July 20th wedding is scheduled at the Oakholm Estate in Brookfield, MA.

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Introspect Wellness Announce Its First In A Series Of Skincare Classes

Introspect Wellness will hold its first in a series of Skincare Classes on Wednesday, April 17th from 5 to 7 p.m. at The Shared Space located at 43 Main Street in Keene.

"Healthy, radiant skin doesn't happen, it's intentional," says Jessica Starr, MS, CRNA, APRN, who opened the local business last year to help people improve the quality of their lives. "It's that time of year and your skin needs more attention," she continues. "Wood stoves, space heaters, and all other forms of dry heat are something we all deal with here in New England. Our skin changes and our skincare routine should too."

The series will cover topics like proper cleansing technique, the importance of using a good product line, as well as some of the latest medical aesthetic advancements for those looking for a bit more. Attendees will get valuable information and be able to ask questions of some of the top skincare and medical professionals in the area: Margaret Knobloch RN, Nurse Injector at Introspect Wellness and Nora Brow of Skyn by Nora.

Knobloch will be sharing her vast knowledge on the services that Introspect Wellness offers and the advanced treatments and results that one can expect to achieve to look and feel their best. She is dedicated and a skilled Registered Nurse with more than 25 years experience in the preoperative setting and is certified by the Audrey Rose Institute of Medical Aesthetics to inject neurotoxins and injectable fillers.

Brow began her esthetics journey in 2022 and opened her business in July of 2023. Her main focus is to help her clients to feel radiant, confident, and educate them on how to properly care for their skin. She focuses on relaxing facials that also benefit a client's specific skin type and nurture any issues they might be having. Apart from skincare, her niche is eyebrow services. She also offers full body waxing, body treatments, and lash services.

Participants must RSVP for this free class by emailing hello@introspect-wellness.com.

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A Gift Of 20, New, Public, Native Oak Tree Saplings By The Rotary Club Of Keene

Oh my goodness it's exciting to see so many of our plant buds swelling, getting ready to burst into color this spring. I write today to share that the Rotary Club of Keene will be inter-planting 20, new, Red and White Oak saplings this spring at our beloved Woodland Cemetery. You may know of this public treasure as I do: a quiet, scenic, open woodland of stunning Oak and Pine trees gracing hundreds of resting former residents, nearly downtown. My daughter learned to ride her first bicycle on the quiet, shady, gravel roads within this treasure. I walk with others daily over the scenic bridge that crosses our meandering Beaver Brook through its bird-filled wetlands.



But as the intensity of our recent storms increases, we have been slowly losing the over 100-year-old Oak and Pine trees that shelter and protect this property. As an environmental professional, I have been pining – pun completely

intended – for a new generation of baby, native Oaks to be growing quietly beneath these stunning giants.

Why Oaks in particular when both trees are fabulous powerhouse species for our ecoregion? Maybe you already know the National Wildlife Federation's guidance tells us that in our area Eastern White Pine is a host plant to 238 species of butterflies and moths. Not only are these insects beautiful, but they are important pollinators of our vegetable and fruit plants. Their caterpillars are the necessary "hotdogs" of protein and fats for baby birds. Whereas, Red and White Oaks host over 407 species of butterflies and moths in our area and they are deeply rooted, making them safer investments. The Bartlett Tree experts tell us, "White pines are sensitive to heat, soil pH and the compacted soil common in landscapes. White pine is also one of the tree species most sensitive to air pollution damage." We now, frequently, see harsh winds toppling over White Pines by their shallow roots.

The Rotary Club of Keene invites parents with their children to register at the Keene Children's Museum to take part in the planting and protecting of these bare-root, baby trees during school spring vacation: 10 a.m., Monday, April 22nd. The group sees this, one of their centennial celebration projects, as a climate action, a first step toward more public shade trees throughout our community, an "investment in the future generations of our grandchildren."

I see the action as a unique opportunity, an excellent investment strategy, stacking odds to the trees' advantage by (1) being planted in early spring before summer's heat, (2) as native species uniquely adapted to our soil and weather, (3) as seedlings with a balanced 1:1 shoot-to-root ratio versus larger trees that

are conventionally planted with less than 10 percent of their roots, (4) in abundant, healthy soil fully able to infiltrate all rain events with both (4 & 5) wildlife protection and moisture-conservation measures. The Rotary of Keene is gifting all of Keene an important example of new shade trees that are best able to reach their full potential for another hundred years with, as www.treepeople.org illustrates, over 22 environmental, social, physical, and psychological benefits.

Definition of Keystone/Powerhouse Plants: <https://tinyurl.com/2jmvzry>
NWF Keystone species: <https://tinyurl.com/mr2rnsnv>
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Michele Chalice is a former licensed Landscape Architect and owner of Healthy Home Habitats (HHH). Watch for HHH's public programs and workshops in the Monadnock Region. Hire HHH to create a home landscape of more color, more native plants, less turf grass, and more joy. Like and follow HHH on FB and IG for more ecologically-restorative, home landscape stewardship tips. 603-313-9153, hhabitat@gmail.com.

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Community Health Education Classes

The spring Community Health Education classes are now available! Scan the QR code or visit the Cheshire Medical Center Community Education events page to see the full list of exciting new classes and the return of our most popular past offerings.

Prepared Monadnock

CPR & NARCAN Training
Thursday, April 4 5:00 to 6:00 pm

Runners' Knee 101

Learn to Prevent & Treat Knee Pain
Thursday, April 11 5:30 to 6:30 pm

How Trauma Impacts Your Health

Learn to Advocate for Yourself and Others
Thursday, April 18 5:30 to 7:00 pm

Getting Your Winks;

How to Prevent and Resolve Insomnia
Thursday, April 25 5:30 to 6:30 pm

Chair Yoga

With Betty Christansen
Thursday, May 2 & 9 4:00 to 5:00 pm

These are in-person classes at North Conference Rooms 1 and 2 at Cheshire Medical Center.

This ad was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award by CDC/HRHS NH Initiative to address Health Disparities grant #67501000031. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HRHS or the U.S. Government.



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Electric Vehicles (EVs) Are Better Technology, See For Yourself

The EV industry is taking some knocks, not surprising since it is new technology challenging the way we do things. It also threatens the fossil fuel industry's extraordinary profits, which buys a lot of the misinformation.

After six years of EV ownership, I'm convinced it is better tech. I don't miss gas stations and appreciate the smooth, quiet ride and warming the car in the garage without toxic exhaust. See for yourself at the EV Expo on April 20th at Keene's Earth Day Celebration next to the Monadnock Food Co-op from noon to 4 p.m. You might be surprised to hear that US EV sales were up 385 percent, from 2019 to 2023, while internal combustion engine "ICE" Vehicle sales were down 14 percent. Or, that in Norway, 88 percent of new car sales are EVs, the global average is 14 percent

electric, while the US is at 7.6 percent. More choices are the key to the dam bursting on this new tech that offers lower costs to own, and a safer and cleaner ride.

Carmakers are expected to launch at least 24 all-new, battery-powered vehicles in the USA this year, with five starting under \$50,000. As mass production scales up, more affordable EVs are on the way. EVs are already much cheaper to own based on fuel and maintenance savings. Electricity costs less than gasoline, especially when you charge at home, as most EV owners do. Then there's the huge energy efficiency advantage.

Burning fuel to move us around is more wasteful (about 80 percent wasted) than burning coal for electricity (68 percent wasted), from waste heat and exhaust gasses, which are warming our planet. That does not count all the energy spent to drill, refine, and transport the gasoline. In an EV, only 20 percent of the energy is wasted.

We wouldn't buy a cup of coffee and pour most of it down the drain. Yet we pay \$3 for a gallon of gas but only get 75 cents worth of benefit from it. No wonder everyone complains about the price of gasoline.

EV maintenance requires less time and money. ICE vehicles have over four times more moving and wearing parts. Brakes last longer than gasoline cars because of regenerative braking, which recovers kinetic energy to charge the battery. EVs have cooling systems that need to be checked, and tires wear out faster because of the weight of the battery. A 2020 survey concluded EV owners spend half what ICE owners spend. Many EV complaint issues are the same advanced technology issues reported in new ICE vehicles.

Safety and performance are better. The electric motor is smooth compared to the feel of an ICE's multi-gear transmission. Instant torque is a safety advantage when entering a busy freeway or passing. The superior handling, stability, and traction advantages come from the battery within the frame providing a low center of gravity and even weight distribution. While fires are different, they are much less common in EVs. Newer batteries reduce this risk and are recyclable. EVs have superior braking. First, with regenerative braking for efficiently slowing the vehicle, plus standard brakes as a backup, will last much longer.



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Charging is the one concern that may only matter if you take frequent long road trips. If you own your home and drive less than 200 miles/day, an EV will save you money now. If you only occasionally take longer trips, the rapidly expanding public charging network should serve you. Over 1100 new fast chargers were added in the second half of 2023, the Monadnock Region's first public fast chargers came on line in February.

Most important to children, future generations and countless species is reducing the exhaust pollution which is accelerating the warming of our planet. This warming is distorting weather patterns and making the world more dangerous and expensive every year until we stop pumping greenhouse gasses.

See for yourself at the Monadnock Sustainability Hub's EV Expo at the Earth Day Celebration in April.

John Kondos has been harvesting solar energy for decades and working on solutions to the climate crisis with Home-Efficiency Resources, the Monadnock Sustainability Hub, Citizens Climate Lobby and Clean Energy NH.

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Limit: 10 gal. per household per collection.

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WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up & Toiletries.

OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

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Spring 2024 Household Hazardous Waste Collection Schedule

| 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 |
| Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield | Chesterfield |
| Dublin | Dublin | Dublin | Dublin | Dublin | Dublin | Dublin | Dublin | Dublin | Dublin |
| Gilsum | Gilsum | Gilsum | Gilsum | Gilsum | Gilsum | Gilsum | Gilsum | Gilsum | Gilsum |
| Greenfield | Greenfield | Greenfield | Greenfield | Greenfield | Greenfield | Greenfield | Greenfield | Greenfield | Greenfield |
| Hancock | Hancock | Hancock | Hancock | Hancock | Hancock | Hancock | Hancock | Hancock | Hancock |
| Harrisville | Harrisville | Harrisville | Harrisville | Harrisville | Harrisville | Harrisville | Harrisville | Harrisville | Harrisville |
| Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale | Hinsdale |
| Keene | Keene | Keene | Keene | Keene | Keene | Keene | Keene | Keene | Keene |
| Marlborough | Marlborough | Marlborough | Marlborough | Marlborough | Marlborough | Marlborough | Marlborough | Marlborough | Marlborough |
| Marlow | Marlow | Marlow | Marlow | Marlow | Marlow | Marlow | Marlow | Marlow | Marlow |
| Nelson | Nelson | Nelson | Nelson | Nelson | Nelson | Nelson | Nelson | Nelson | Nelson |
| Peterborough | Peterborough | Peterborough | Peterborough | Peterborough | Peterborough | Peterborough | Peterborough | Peterborough | Peterborough |
| Stoddard | Stoddard | Stoddard | Stoddard | Stoddard | Stoddard | Stoddard | Stoddard | Stoddard | Stoddard |
| Sullivan | Sullivan | Sullivan | Sullivan | Sullivan | Sullivan | Sullivan | Sullivan | Sullivan | Sullivan |
| Surry | Surry | Surry | Surry | Surry | Surry | Surry | Surry | Surry | Surry |
| Swanzey | Swanzey | Swanzey | Swanzey | Swanzey | Swanzey | Swanzey | Swanzey | Swanzey | Swanzey |
| Walpole | Walpole | Walpole | Walpole | Walpole | Walpole | Walpole | Walpole | Walpole | Walpole |
| 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

Monadnock Region Welcomes First Public Electric Vehicle Charging Hub

The Monadnock Region's first public electric vehicle fast chargers are at the Monadnock Food Co-op at 34 Cypress Street in Keene.

The site hosts two Direct Current Fast Charging Stations and one Dual-Port Level 2 Charging Station, altogether capable of charging multiple electric vehicles at once while drivers take advantage of shopping and dining in the downtown area.

"We are thrilled to bring electric vehicle charging stations to the Monadnock Food Co-op," says General Manager Michael Faber. "We believe our new fast charging stations will be a great addition to the downtown area. We are excited to support a transition to cleaner vehicles."

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)



The winner of last week's mystery photo contest was Jim Wright of Keene. The community shown in the 1880s photo is Washington Street in Keene.

This 1939 photo shows the dedication of what Keene park?

Dale Blanchard Drywall ~ Taking On Every Job With Old-School Work Ethics

DRYWALL, Continued from page 1

"He foresaw supply chain issues and made sure supplies were ordered as soon as possible; we never had any issues. I was so thrilled! This summer I had Dale do a new build for me and every tradesman who saw the finished product has been impressed. I have been so happy with Dale's work that when my son needed sheet rocking done I strongly encouraged him to contact Dale. It was a big job but Dale delivered. He knows how to 'think sheetrock' and deliver an outstanding taping and finished product."

Another satisfied client, Elizabeth MacDonald, has this to say about her experience: "We have been working with Dale for a few years now. His energy and precision are admirable. He is always on time. His estimates are reasonable and he always meets them. No job is too big or too small for Dale. I love having the confidence knowing he will be there to make my walls look pretty."

"I've been doing this since I was 16," says Blanchard. "I started out working for Joe Maliska, who was known in the area as the 'King of Drywall.'" Blanchard credits his mentor with how he tackles each job: with attention to detail and striving always for perfection.

"When you hire Dale Blanchard for a job, he does exactly what he says when he says and in a timely manner," adds James Tempesta. "He puts old-school quality into whatever he is doing whether it is a kitchen, living room, or bedroom. It's hard to find someone to stand behind his word, but Dale is your man. Once you have hired Dale, you can actually say to your friends and family 'I got a guy!'"

This locally owned and operated drywall business specializes in new homes, additions, and remodels. From larger projects (first homes, retirement homes, and in-law apartments) to smaller projects (garages, basements, and bathroom or kitchen remodels), this craftsman has the know-how and discipline to do it all. He uses the highest quality materials and proven techniques to master whatever the project may be. He does this all while maintaining open communications to keep his clients up-to-date on the status of the drywall installation or repair.

"I am also available to contractors who are not happy with their current drywallers who don't show up, call back, or not finish projects on time," Blanchard adds.

"The best drywall guy," Justin Sanctuary comments. "While building our two-story home we hired Dale Blanchard for our drywall needs. He gave us a free and very competitive quote with no hidden fees. There was great communication throughout the whole process. Dale takes care of everything from layout, acquiring materials, to completion. He works hard and really knows his profession. He truly transformed our house into a home."

"I have used Dale as my sheetrock expert for better than 25 years," says David Bond of Targett Cleaners. "He has always been very professional, punctual, and trustworthy. I would highly recommend him for any job – large or small. He has always provided complete satisfaction."

Trevor Grauer, manager of Keene Cribs, has this to say about his experience with this locally owned and operated business: "We have used Dale Blanchard for all of our drywall needs for over a decade with great satisfaction. His work is always high quality and dependable. He starts and finishes on schedule every time."

Blanchard offers free estimates, is fully insured, and has many other references available if interested. "I would like to thank all past and current customers for their never-ending support – from word of mouth to written testimonials," he says. "And to all my potential future customers, I look forward to hearing from you!"

For more details, call 603-499-2006.

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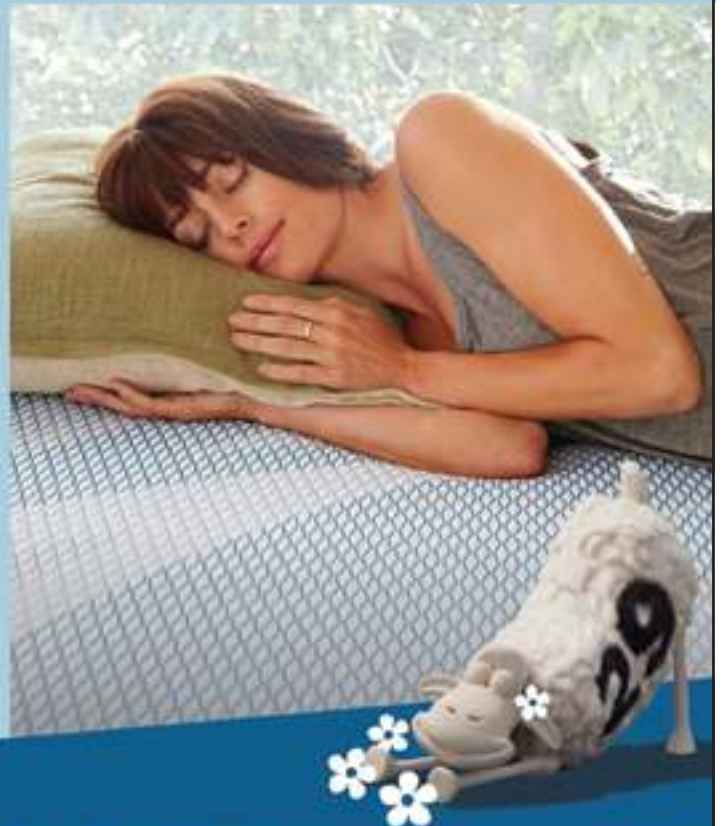
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| | Close | Week's Change | | Close | Week's Change |
|---------------------------------|--------|---------------|----------------------------------|--------|---------------|
| Honeywell (Allied Signal) | 200.73 | 3.04 | Danaher Corp. (Kollmorgen) | 254.80 | 5.40 |
| Becton Dickinson (C.R. Bard) | 246.25 | 9.54 | Merck (Hubbard Farms) | 123.85 | 2.33 |
| Toronto Dominion Bank (TD Bank) | 59.71 | -0.35 | Deluxe (NEBS) | 20.43 | 0.88 |
| PC Connection | 64.96 | 0.63 | Teleflex (Jaffrey) | 220.94 | 5.55 |
| Bank Of America (Fleet) | 37.05 | 1.64 | Timken (MPB Corp.) | 87.60 | 2.43 |
| Corning Inc. | 32.57 | 0.06 | M&T Bank Corp. (People's United) | 142.15 | 1.62 |
| Ametek, Inc. (Precitech) | 183.15 | 1.63 | Dover Corp. (Markem) | 176.41 | 0.88 |

| PRECIOUS METALS | | COMMODITIES | | | |
|-------------------------|---------|---------------|-----------------------------|----------|---------------|
| | Close | Week's Change | | Close | Week's Change |
| Silver (\$ per ounce) | 24.83 | -0.58 | Wheat (cents per bushel) | 556.00 | 27.00 |
| Gold (\$ per ounce) | 2165.50 | 4.30 | Corn (cents per bushel) | 439.50 | 1.50 |
| Platinum (\$ per ounce) | 898.00 | -45.00 | Soybeans (cents per bushel) | 1,192.00 | -6.00 |
| | | | Cattle (cents per pound) | 188.00 | 1.00 |
| | | | Crude (\$ per barrel) | 80.83 | -0.16 |

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How Green Is Your Next Vacation? Here's How To Tell

Travel consumes precious natural resources, pollutes the environment and punches a hole in the ozone layer. You probably already know that most vacations are not green. But does the travel industry know?

A 2023 study by Booking.com found that 74 percent of travelers believe people need to "act now" to make more sustainable choices to save the planet for future generations. That's up from 66 percent the year before. Yet hotels continue to act like scrapping single-use soaps and sourcing their restaurant food locally will reverse climate change.

And airlines are making often outrageous claims that they're "sustainable" even as travelers feel the effects of climate change.

It's gone too far, say experts. "It can't just be an impressive sounding goal on a reusable water bottle," says Kathleen Hetrick, a sustainability engineer at the design firm Buro Happold and contributor to the book *The Regenerative Materials Movement*. "There needs to be intention – and of course, measurable action behind it."

That's a nice way of saying, "Enough is enough. No more greenwashing."

What is greenwashing? Greenwashing, or making exaggerated claims about your sustainability to attract visitors, is everywhere.

Last fall, Austrian Airlines lost a case brought against it by a consumer organization, which accused the carrier of advertising carbon-neutral flights that used 100 percent sustainable aviation fuel. A lower court found the advertisements to be misleading.

In December, the U.K.'s Advertising Standards Authority ruled that Air France, Lufthansa, and Etihad had published ads that promised passengers would "fly more sustainably" and that they were "committed to protecting the environment." Regula-

tors said the ads were false and misleading – and pointed out that air travel produces high levels of both carbon dioxide and non-CO2 emissions.

Closer to home, one of the biggest greenwashing cases in recent years happened at the Hotel del Coronado in San Diego County, a resort that had won numerous environmental awards. Activists found that the resort was trapping and killing wildlife, including skunks and opossums.

And here's the thing: It's really hard to tell if an airline or hotel is greenwashing. It's not as if there are environmental cops patrolling a resort. Your resort could make outrageously false claims about how it loves the environment, and you'd be none the wiser.

Or would you? How can you tell if a travel business really cares about the environment?

Look, let's be honest – there's no such thing as a "green" vacation. You'll leave a carbon footprint, no matter what. But your trip can be green-ish. Here are a few questions to ask:

Is it a B Corp? B Corps are businesses that meet a strict set of standards by the nonprofit B Lab. They include requirements for governance, workers, customers, community, and the environment. You can search the directory of these forward-looking companies online. You'll see some fairly well-known brands, like Intrepid Travel. But you won't find the names of any major airlines, car rental companies or hotel chains – at least, not yet.

Does the company have any other environmental certifications?

Third-party certifications from Green Key, LEED, and WELL can be signs that a travel company means business about the environment. Transportation companies may also offer verified offsets from organizations like Terrapass or the Gold Standard Foundation. These certifications aren't a guarantee the company is green, but it's a good start.

What's the company saying to everyone? If the company claims to be green, don't just take its word for it. Listen to what it says. If you see nothing but bikini models lounging around a pool on its Instagram channel or ads for online discounts on its site, perhaps it's a shade of fake green. "A company's social media strategy is generally a reflection of its current ethos and goals," explains Julia Carter, founder of Craft Travel. If you see posts about sustainability and conservation, it can be a positive sign.

How deep is its commitment to the environment? Look for reliable reports on sustainability from a travel company. For example, The Travel Corporation publishes an annual impact report that charts its progress against 11 sustainability goals developed by the United Nations. Many cruise lines also publish detailed reports that allow you to check their commitment to the environment against several objective standards. For instance, Carnival shows which goals it has completed and which ones are still in the works.

Looking for a green vacation? Be skeptical Allow me to go off-script for a minute. Most of the environmental claims made by the travel industry are nonsense. The only green they care about is the color of your cash. I, on the other hand, care a lot about the environment. That's why I recycled that line from a previous story.

Seriously, though, as someone who is literally always traveling, I find there are two consistent truths: First, no matter what the travel industry claims, it's always profits over planet. In other words, if it's a choice between doing something that will help the environment versus earning money, the money wins.

Second, travelers lie about what they want. They tell pollsters that they want to make a difference and that they care deeply about the environment. And then they turn around and book the cheapest hotel room they can find. (Is it LEED certified? Who cares!). They choose the least expensive airline. (Does it use biofuels? It doesn't matter!).

And that has created an environment where travelers pretend they want a green vacation – and the travel industry pretends to give it to them.

Meantime, if you're thinking of taking a green vacation, you might want to think again. Travel harms the environment no matter how you get there. If you want to be totally green, just stay home.

Elliott's tips on spotting a travel company that's greenwashing:

The Monadnock Shopper News works for US!

“As readers of *The Monadnock Shopper News*, we enjoy the articles, however, we primarily use the publication as a replacement for the yellow pages. We're forever searching through the *Monadnock Shopper News* to find a business that can help us with our newest repair or project.”

George & Rebekah Colburn
Keene Web Works

Prepared Monadnock CPR And Narcan Training

Emergencies can happen anywhere and at any time. On Thursday, April 4th from 5 to 6 p.m., Dartmouth Hitchcock Cheshire Medical Center will offer folks a chance to make sure they are prepared by learning services such as hands-only CPR and how to administer Naloxone (Narcan), which can help gain precious time for a person experiencing a cardiac event or opioid overdose.

The Keene Fire Department and John Letendre from the Center for Population Health will be at Cheshire Medical Center for this hands-only CPR/Narcan training. Attendees will learn the eight simple steps of hands-only CPR and how to recognize and

respond to an opioid overdose.

Letendre is Licensed Drug and Alcohol Counselor (LADC) and works as the Continuum of Care Facilitator at the Center for Population Health at Cheshire Medical Center. In addition to work in Population Health, he is a substance abuse counselor with Better Life Partners and supervises Recovery Coaches at the Keene Serenity Center.

The event will take place at Cheshire Medical Center at 580 Court Street in Keene, North Conference Room 1 and 2.

For more details and to register, scan the QR code in the ad in this week's paper.



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New Positions For Megan Miner And Lillian Chase At Hannah Grimes

The Hannah Grimes Center for Entrepreneurship (HGC), a non-profit business support organization, recently promoted two of its employees.

Megan Miner was recently made director of operations at HGC. She joined the staff last July as office and facilities manager with responsibilities such as building and maintaining relationships with tenants and HIVE members, overseeing the facility, and managing daily operations. In her new role, Miner will additionally join the Radically Rural planning team, spearhead the logistics of all HGC events, and recruit sponsors for various events and projects. She has also recently taken on more responsibility in the community as a director on the Hannah Grimes Marketplace board.

Lillian Chase was recently made programs and development coordinator. She joined the staff full time in May as program coordinator after working part-time for the organization through her senior year of college. While Chase will continue to support local and national programs, she will hold more fundraising and grant responsibilities. She has been a member of the fundraising committee since

July, working with the Fundraising Chair, Randyn Markelon, on several donor campaigns. Chase's new responsibilities include managing the grant calendar, writing grant proposals and reports, and pursuing event sponsorships.

"Hannah Grimes is growing all the time and we are thrilled to cultivate excellent organizational leadership from within," says Executive Director Julianna Dodson. "Megan and Lillian are essential members of our team and we are lucky that they chose us and our community to share their skills and build their experiences with."



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Community Invited To Weigh In On Keene State Campus Master Plan

Keene State College is seeking community input as part of ongoing work to improve the day-to-day functionality and efficiency of its campus.

Community members are invited to attend a Campus Master Plan Open Session on Thursday, March 28th in the Madison Street Lounge in the L.P. Young Student Center on campus from 4 to 5:30 p.m.

Revisited every 10 years, the Campus Master Plan is a road map to the physical environment of the college footprint. The new version of the plan will help to ensure that the college best captures its distinctive spirit and vision with an eye toward the future.

At the Community Session, residents can view proposals and provide feedback. No registration is required.



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How Green Is Your Next Vacation? Here's How To Tell

VACATION, Continued from page 8

It's difficult to exaggerate, but almost everything in the travel industry has a tinge of fake green to it. Here's how you can spot the biggest offenders and avoid them:

Look for sleight of hand
Some companies highlight eco-friendly initiatives that are unrelated to their main environmental impacts. For instance, an airline might promote a small recycling program but fail to address its massive carbon footprint. "It's irrelevant," says travel advisor Kristin Winkaffe of Winkaffe Global Travel.

Beware of a hyper-focus on one program
Greenwashing companies focus on a single initiative but miss the bigger picture, says Justin Smith, owner of The Evolved Traveler, an agency that focuses on sustainable travel. For example, a hotel that touts its commitment to abandon single-use plastics or utensils may be missing an opportunity to create a truly sustainable product by also supporting the local population. "Such practices indicate there is not a full or authentic commitment to sustainability," he says.

Watch for vagueness and buzzwords
Be skeptical. Any hotel that calls itself green – or, worse, an "ecolodge" – deserves extra scrutiny. But even so, many of the terms thrown around aren't just buzzy, they're also fuzzy. "Vague, unverifiable claims can be a sign of trouble," says Shannon Guihan, who heads The Travel Corporation's not-for-profit Tread-Right Foundation, an environmental organization focused on supporting nature-based solutions to the climate crisis.

Christopher Elliott is an author, consumer advocate, and journalist. He founded Elliott Advocacy, a nonprofit organization that helps solve consumer problems. He publishes Elliott Confidential, a travel newsletter, and the Elliott Report, a news site about customer service. If you need help with a consumer problem, you can reach him here or email him at chris@elliott.org.

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Crop Loss Program Now Open To NH Farmers

The New Hampshire Department of Agriculture, Markets, and Food's Crop Loss Program recently opened to receive applications from New Hampshire producers. The Crop Loss Program allocates \$8 million to help farmers who suffered crop losses because of weather-related damages in 2023.

Eligible farms can apply for awards that account for 50 percent of a farm's net loss, with a maximum value award of \$500,000. Half of the total granted award will be given upon approval and the other half will be given after the program's closure.

To be eligible for funds farms must meet several requirements. Additional information and application documents can also be found at www.nhfruitgrowers.org/nhdanf-crop-loss-program. Applications can be completed at www.agriculture.nh.gov. Applications for the program must be submitted by Wednesday, May 15th.

The Rhythm Of Celebrations And Leftovers

Towards the end of March, many people all over the world celebrate a variety of religious holidays and observances, as well as the coming of spring. Food is a big part of any celebration, and leftovers in my family were always something to look forward to enjoying after most gatherings. These not-to-be-wasted food-stuffs meant a fundamental respect for ingredients, as well as a way to keep food costs down. Perhaps a lovely roasted lamb would resurface the next day in a salad or soup. Or bones from a roast chicken and trimmings from vegetables would be simmered into stocks for soups and sauces. Pieces of ham or brisket might reappear in a delicious sandwich. Leftovers are remnants of former meals, a bit older but still delicious to those who pay attention to the rhythm of continuity in the kitchen.



Cooking Corner
with Nancy Adams

Everyone's Green Eggs and Ham

Named for the popular Dr. Seuss book, people of all ages seem to like this combination of hard cooked eggs, leftover ham, green vegetable and cheese. This recipe's a good way to use up some of those Easter eggs as well. Six servings.

- Ingredients:**
 1 (10 oz.) pkg. frozen chopped spinach or broccoli, cooked and drained (or leftover)
 6 hard cooked eggs, halved
 1/4 cup mayonnaise
 1 tablespoon Dijon mustard
 1/2 cup cooked leftover ham, chopped
 2 sliced green scallions
 2 tablespoons butter
 2 tablespoons flour
 1/2 cup milk
 salt and pepper to taste
 1/4 teaspoon paprika
 1 cup shredded cheddar cheese (or other favorite)
 2 tablespoons Parmesan cheese

Grease an 11x7x2-inch baking dish; layer into it the broccoli or spinach and eggs. In a bowl, combine mayonnaise, mustard, ham and scallions; set aside. In small saucepan, melt butter; add flour. Cook and stir until bubbly. Gradually add milk, salt, pepper and paprika; cook and stir until boiling. Lower heat and stir two minutes more. Remove sauce from heat; stir in cheese until melted. Pour sauce over ingredients in dish; sprinkle with Parmesan cheese. Bake, uncovered, in preheated 400 degree oven for 12 to 15 minutes, until heated through.

Quick Lamb Curry

If you like curries, this is a simple way to use leftover lamb or other meat. Serve it over rice and top it with your choices of various condiments. Four servings.

- Ingredients:**
 2 apples, peeled, cored and chopped
 1 cup chopped onion
 5 tablespoons butter, divided
 4 tablespoons flour
 2 teaspoons curry powder, more or less to taste
 1 can beef consommé, undiluted
 1/2 to 1 cup water
 juice of 1 lemon
 2 cups leftover chopped lamb
 cooked rice for 4 servings
 condiment toppings: raisins, sliced coconut, peanuts, chopped scallions, etc.

In a skillet, sauté apples and onion in two tablespoons of the butter. Add the remaining butter, flour and curry; stir well for one or two minutes. Add the beef consommé, stirring to blend well. Add the water, stirring, until it is the consistency you like. Stir in the lemon juice and add the lamb, stirring until it is well heated through. Serve the curry on rice, along with bowls with toppings.

Ham and Mushroom Pie

One of my favorite ways to use leftover ham, this pie is good for breakfast, lunch or dinner. Serve it with a simple green salad for a delicious meal for six.

- Ingredients:**
 2 lbs. mushrooms of choice, mixed or one kind
 6 tablespoons butter, divided
 salt and freshly ground black pepper to taste
 2 cups leftover ham, cubed
 3 tablespoons flour
 1 1/2 cups chicken stock or broth
 1/3 cup dry Madeira or Spanish sherry wine
 1/2 cup heavy or whipping cream
 9" single-crust pastry, your own or purchased

Clean the mushrooms and remove the stems; reserve stems for another use. Slice mushrooms, but not overly thin. Melt four tablespoons of the butter in a heavy skillet (not cast iron). Add mushrooms and sauté them over medium-high heat until they absorb the butter and are somewhat crispy but not brown, five to six minutes. Season with salt and pepper. Using a slotted spoon, transfer the mushrooms to a nine-inch pie pan or shallow one and a half quart baking dish. Cover the mushrooms with the ham; set aside. In the same skillet, add remaining butter to any juices. Stir in the flour and blend until smooth. Add the chicken stock gradually and cook over medium heat, stirring constantly, until thickened and smooth, about five minutes. Whisk in the Madeira or sherry and the cream. Pour the sauce over the ham and mushrooms. Preheat oven to 425 degrees. Roll out the pastry for a top crust, large enough to extend one-inch beyond the edge of the dish or pie pan. Fold under the edges and crimp with a fork or fingers. Make several slits in top of pastry for steam to escape. Bake until the pastry is golden brown, about 30 minutes.

Diner-Style Beef Hash

Use leftover roast beef, corned beef or brisket for this delicious breakfast or supper treat. Serve each portion topped with an egg, if desired. Six servings.

- Ingredients:**
 4 cups leftover corned beef (or other cooked beef), finely chopped
 1 1/2 cups cooked potatoes, finely chopped
 3 eggs
 1 teaspoon celery seed
 1 teaspoon Coleman's dry mustard
 1/2 cup ketchup

Finely chop the leftover corned beef by hand or in a food processor, making sure to leave some coarse texture. Transfer mixture to a bowl and add the remaining ingredients. Mix by hand or with a spoon until everything comes together. Form into patties or put it all of it into an oiled skillet (flatten it down if all together). Cook until browned on one side, then turn and brown on other side.

Cheese-Steak Sandwich

Use thinly sliced (no-fat or gristle) leftover brisket, corned beef or roast beef, cheese, and a fresh hard Italian roll or bun for the best results. Makes eight sandwiches.

- Ingredients:**
 3-4 cups braised and shredded brisket, or leftover cooked roast beef
 1/2 cup beef or vegetable stock
 1 onion – thinly sliced
 salt and pepper to taste
 4 hoagie rolls
 4 tablespoon butter
 2 cups shredded provolone cheese

In a medium saucepan, add leftover beef and stock. Bring to a low simmer. Continue to cook for approximately 10 minutes, or until most of the liquid has reduced. Melt one tablespoon of butter in a saucepan, and add onion. Season with salt and pepper. Cook onion until just slightly brown. Heat oven to 375 degrees. Gently open hoagie rolls, and spread butter on the insides of each. Place on a sheet tray and toast until golden brown. Remove from oven. Increase oven temperature to 425 degrees. Using tongs or a slotted spoon, place a large helping of roast beef on each roll. Sprinkle with cheese. Place in oven for five to eight minutes, or until cheese is melted. Remove from the oven, top with onions, and serve immediately.

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



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Last month's winner was David Smith, who chose a \$50 gift certificate to Howard's Leather.

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CELEBRATE LOCAL

Incredible New Developments In The Move Your Money Movement

LOCAL, Continued from page 1

"At local banks and credit unions, loan approvals and other key decisions are made locally by people who live in the community, have face-to-face relationships with their customers, and understand local needs," said Stacy Mitchell from the Institute for Local Self-Reliance. "Because of this personal knowledge, local financial institutions are often able to approve small business and other loans that big banks would reject."

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Move Your Money: Invest Local

In addition to moving your money to a community bank or credit union, we encourage you to invest in locally owned businesses. Why? The Monadnock Region Indie Impact Study found that businesses rooted in our region recirculate up to four times more money in our local economy compared to national chain stores. If we invested more capital in locally owned businesses, we'd see a return on investment that included more community health and wealth.

We'll share local investing opportunities on our website throughout Move Your Money Month. Stay tuned at tlmonadnock.com/investing.

Works For All: Growing the Cooperative Economy

It's not too late to get your ticket to our upcoming free virtual film screening and discussion this weekend, *Works For All*, highlighting the worker-owned co-op economy in Cincinnati, OH. This short documentary follows the work of Co-op Cincy, an organization cultivating a network of worker-owned cooperatives to create a regional economy that works for all. Co-op Cincy also helps transition existing businesses (whose owners are retiring) into cooperatives: coopcincy.org.

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

Reserve your ticket today and watch the film between March 29th and 31st at worksforall.eventive.org. Thank you to our event hosts, American Independent Business Alliance and Monadnock International Film Festival, and event sponsors, Littleton Food Co-op, Monadnock Food Co-op, and The Local Crowd Monadnock.

Monadnock Earth Festival

Let's also celebrate our planet this April. The annual Monadnock Region Earth Day Festival takes place on Saturday, April 20th from noon to 4 p.m. outdoors along the bike path from Railroad Square Park to Monadnock Food Co-op in Keene: monadnockfood.coop/event/earthfest.

"The Monadnock Region Earth Festival is a fantastic opportunity to celebrate our community and its commitment to a sustainable future," said Talee Messenger, Monadnock Food Co-op's Marketing & Outreach Assistant. "We're excited to host this event and bring together local organizations, businesses, and residents for a day of learning, fun, and exploring ways to protect our environment. There's something for all ages to enjoy!"

Celebrate Local

with Jennifer Risley



Over 70 community organizations and businesses plan to attend the event and offer education, activities, or products for sale. The festival includes live music in the amphitheater behind the co-op, a free rainstick-making class, and a Local Food BBQ.

Monadnock Sustainability Hub will host a Drive Electric Expo as part of the festival in the Whitney Brother's Parking Lot, adjacent to the co-op. Check out different brands of electric vehicles and find out what local EV drivers and owners love about their vehicles. Stay tuned for more details at monadnock-sustainabilityhub.org.

The co-op and Monadnock International Film Festival will team up to offer free screenings of the short film *Vertical Meadows & A Renewable Future* and the full-length film *Farming While Black* during the Earth Festival inside the co-op's meeting room. The screenings begin at 11 a.m.: earthfest2024.eventive.org.

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

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CELEBRATE LOCAL

Speaking Of Words: New Hampshire Place Names

WORDS, Continued from page 1

Ham is the Old English source of home: We have hamlets still, and Hampstead means "homestead." You will have noticed several "new" versions of English places: New Boston, New Durham, New Hampton, New Ipswich, New London, and New Hampshire itself; these confirm your hunch that this is some kind of new version of England.

You might be puzzled, however, over New Castle. Shouldn't it be either Newcastle or New Newcastle? You wouldn't know that it was named after its own early "castle" or fort.

At least one of the names is Welsh (Landaff), one is Cornish (Cornish), and several are Irish (Antrim,

Dublin, etc.). When I was driving with a British friend on Route 93 a few years ago, she was astonished to see a sign naming Derry and Londonderry as two different towns. In Northern Ireland they are the same city, and your life might depend on what you called it when asked. Not a bad idea to separate them.

It would be easy to be misled by quite a few names that look sort of English but are named after men, but if you looked up these men you would gather that at one point New Hampshire was governed by British generals and earls: Amherst, Boscowen, Fitzwilliam Holderness, Keene, Temple, Strafford, Wentworth, and quite a few others.

But then you would notice Washington, Jefferson, Madison, Monroe, and Lincoln and conclude that something big happened in the eighteenth century – even before you noticed the obsessive naming of New Hampshire mountains after such men. It would be puzzling that Washington and Lincoln are both places in England (the English Washington is next to Concord, of all places), but at least these men, if you guessed they were men, were not earls.

You might decide that a modest number of people came from mainland Europe, notably from Berlin, Franconia, Lisbon, or Milan, a very modest contingent in comparison with Maine, which has so many towns like Belgrade, Calais, China, Denmark, Dresden, Frankfort, Lisbon, Mexico, Moscow, Norway, Paris, Peru, Poland, Stockholm, Sweden, Vienna, and Wales that you would be forgiven for guessing that Maine is the site of the United Nations headquarters. But Maine names are a topic for another time.

You would note that New Hampshire has several place names from the Bible: Bethlehem, Canaan, Goshen, Hebron, Lebanon, Salem, and Sharon. Since it is unlikely that their settlers came from the original places so named, you could reasonably conclude that there were lots of Christians in New Hampshire, or maybe Jews. A few classical names, however, might give you pause. Troy, for instance, the city destroyed by Greeks hiding in a big wooden horse: Why would you name a new town after it? Maine and Vermont

WORDS, page 15

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CELEBRATE LOCAL

Peterborough Ranks In Picturesque Small Town Skylines Survey

MovingFeedback.com recently carried out a survey of 3000 seasoned domestic travelers to rank the 70 most picturesque small town skylines in America, and Peterborough ranked #54.

Peterborough's skyline is characterized by classic New England architecture with colonial-style homes, historic brick buildings, and white steeples contributing to its timeless appeal. Notable landmarks include the Peterborough Town House and the historic Mariposa Museum, which add cultural and historical depth to the cityscape. Situated along the Contoocook River and sur-

rounded by the lush forests and scenic landscapes of southern New Hampshire, Peterborough enjoys a picturesque and serene setting, emphasizing its connection to the natural beauty of the Monadnock Region.

"Awe-inspiring skylines are not exclusive to our major metropolises," says Harrison Gough of MovingFeedback.com. "Our survey reveals that the heart of America's architectural beauty often beats strongest in our smaller towns, where history and nature combine to create truly unforgettable vistas."

Speaking Of Words: New Hampshire Place Names

WORDS, Continued from page 14

also have a Troy, and so do New York, Ohio, and many other states. (One website asserts there are 97 Troys in America, the most popular classical name!)

There are also Alexandria, Candia, and Laconia. Candia is odd: it is the Italian name of the Greek island of Crete. Why Candia? Not because someone was reading the Iliad. It seems that the Royal Governor Benning Wentworth was once a prisoner on that island. Even if we count Candia, though, the number of classical names in New Hampshire is paltry compared to those in New York, some 52 of them, including Italy, Greece, Rome, Athens, and some 18 Roman men: Brutus, Cato, Cicero, Cincinnatus, Fabius, all the way down to Virgil. But that's also another topic for another time.

Three town names, including the capital, might suggest to you that some settlers, at least, had a propensity for allegory and high ideals: Concord, Freedom, and Unity. They sound like very nice places to live in. There is no Utopia, however; for that you must go to New York, Florida, Texas, or a few other states.

Finally, you would notice some names you cannot decipher: Merrimack, Nashua, Ossipee, and Sunapee. If settlers came up with these names, where did they come from? There are just a few such towns, but as you scan

your map you would see there are lots of lakes, rivers, and mountains with names like those, a colorful chorus of sounds unlike English or any language of Europe: Baboosic, Chocorua, Contoocook, Kancamagus, Massabesic, Monomonac, Nubanusit, Pawtuckaway, Pemigewasset, Penacook, Piscataqua (though that one looks like Latin), Skatutakee, Squam, Umbagog, Waukewan, Wicwas, Winnepesaukee, and Winnisquam. Whoever these people were, they seem to have more or less avoided towns and chosen to live near lakes, rivers, and mountains. Very romantic and charming of them? The unhappy truth might escape you, but that's yet another topic for yet another time.

At this point you might conclude that your puzzling map won't explain itself and you had better come to New Hampshire in person to figure out who settled there and when. You would be very welcome to visit, of course. Bienvenue and all that. But do bring a little extra money for the meals and rooms tax.

I am happy to hear from readers with questions or comments: mferber@unh.edu.

Michael Ferber retired from the English Department at UNH, but has plenty more to say and write about words.



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First Baptist Church of Keene
Good Friday
 Time of Quiet & Reflection 12-3
Easter Service
SUNDAY, MARCH 31
 10 am **Easter Worship Service**
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Rev. Linda Overall,
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 105 Maple Ave., West Keene, NH
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<https://firstbaptistkeenenh.org>

JOIN US FOR A
Celebration of the Resurrection
Reading of the Passion
 Thurs. March 28, 7 pm
Easter Morning
March 31st
Sunrise Service &
Breakfast 6:30 am
Easter Service
10 am
In Person or
on Facebook
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 99 Main St., enter from parking lot on Parker St.

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Celebrate With Us

10 AM EASTER SUNDAY
 March 31st

Christ Is Risen

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WORSHIP WITH US
EASTER SUNDAY, MARCH 31
 Sunrise at Mt. Caesar 6:30 a.m.
 Breakfast at the Church
 Easter Service 10 a.m.



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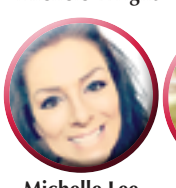
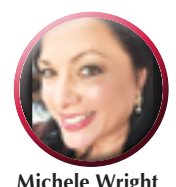
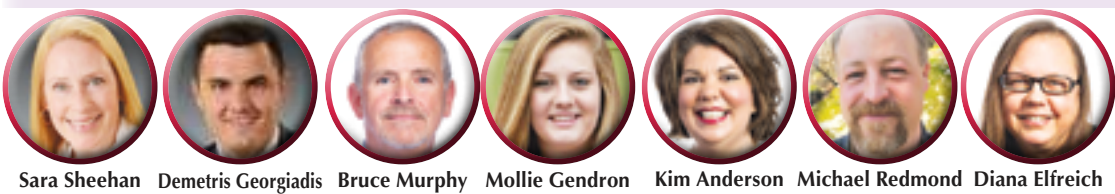
Chaplin Moe Wilber and his wife, Diane, have been serving Jesus in ministry for over 40 years. All are welcome to join them for:

He Has Risen

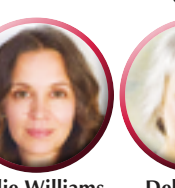
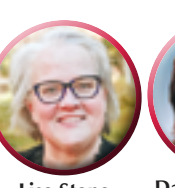
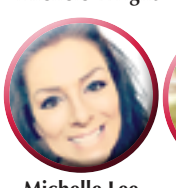
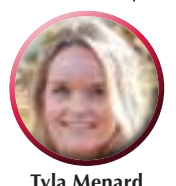
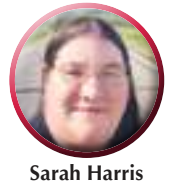


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Welcome to Holy Week at the United Church of Christ!

March 24th, 10 AM - Palm Sunday Worship
March 28th, 7 PM - Maundy Thursday Candlelight Service
 A beautiful candlelight service commemorating the Last Supper and Passion of Christ

March 31st - Easter Sunday Sunrise Service
Live on the Square at 6:15 AM

March 31st, 10AM - Traditional Easter Sunday Service
in our sanctuary with Choir, Handbells and the Pioneer Valley Brass Quintet

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We are an Open & Affirming Congregation – All are Welcome!

ENTERTAINMENT

and DINING

Artist/Reporter/Naturalist To Exhibit



Red Fox, by Ann Eldridge

Ann Eldridge, Bradford artist and printmaker, cares about and speaks for nature in her art. Her process involves observing, creating, and skillfully communicating her vision to connect others to the outdoors. "I think of myself as a reporter describing what I witness in the course of my days, while growing food or mucking about in swamps, for instance," she says. "What better way to understand an animal or plant than to draw it?"

Eldridge will exhibit her artwork at the Hancock Town Library from March 30th through May 7th. A reception will be held on Saturday, April 13th from 2 to 4 p.m. Her work will include intaglio prints, using traditional etching, aquatint, and drypoint techniques, and will feature scenes and stories from the natural world.

KSC Guitar Orchestra Perform Wednesday, April 3rd

On Wednesday, April 3rd, the Keene State College (KSC) Guitar Orchestra will perform at Alumni Recital Hall at Redfern Arts Center at 7:30 p.m.

The orchestra has performed at Quito's prestigious Casa de la Musica concert hall and on a tour of Northern Ecuadorean Universities. The players have also performed at the annual concerts sponsored by the Boston Guitar Society, with the Curtis High School Guitar Orchestra in Staten Island, and was a featured showcase ensemble for the New Hampshire Music Educators' Association All-State Festival.

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

Drawn to the outdoors since she was young, she almost pursued a field in biology or farming. As it turns out, her talent for drawing took her in another direction, and ironically, that allowed her to explore all her interests, and develop skills to tie everything together. She finds inspiration walking the hills that overlook the lake near her rural home, and in daily activities such as gardening in her backyard.

Eldridge grew up in Massachusetts, and has lived in New Hampshire for the past 30 years.

She studied printmaking at Massachusetts College of Art, and took courses in botany and horticulture at University of NH. She has illustrated several books and publications. Workshops in environmental sciences and working with Bradford's conservation commission keep her in touch with her scientific interests.

A few of the galleries where her work can be seen include the League of NH Craftsmen Galleries in Concord, Exeter Fine Crafts, and Artisans Way, Concord, MA. To learn more about her work, visit www.jaldridge.com.

Exhibits can be viewed in the Daniels Room of the Hancock Library during regular library hours. Call the library at 603-525-4411 before visiting to ensure no special events are scheduled at that time.

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- Vegetable Primavera over pasta
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Regular breakfast menu served 7-11am

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Keene State College Music Department Presents SPRING 2024 PERFORMANCE, FESTIVAL, & ON-CAMPUS CONFERENCE CALENDAR APRIL EVENTS

Guitar Orchestra
Wed., April 3 | 7:30 p.m.

Percussion Ensemble
Thurs., April 4 | 7:30 p.m.

Jazz Combos
Fri., April 5 | 7:30 p.m.

Woodwind Faculty Recital
Sat., April 6 | 7:30 p.m.

Part of the Faculty Performing Series

Evening of Dance: Rhapsody in Blue
April 11-13 | 7:30 p.m.

Part of the Redfern Presenting Series

Orchestra
Wed., April 17 | 7:30 p.m.

Concert Band
Thurs., April 18 | 7:30 p.m.

Brass Ensembles
Fri., April 19 | 7:30 p.m.

High Brass Festival
Sat., April 20 | 8 a.m.
Festival Concert: 7:30 p.m.

Keene Vocal Consort
Sun., April 21 | 3 p.m.

Jazz Ensemble
Wed., April 24 | 7:30 p.m.

Faculty Jazz Trio
Wed., April 26 | 7:30 p.m.

Part of the Faculty Performing Series

Flute Ensemble
Sat., April 27 | 3 p.m.

Concert Choir & Chamber Singers
Sat., April 27 | 7:30 p.m.

Student Composers Recital
Sun., April 28 | 3 p.m.



TICKETS: \$12 Gen. Public, \$7 Seniors & Youth, FREE for KSC Students. Tickets are available online at www.keene.edu/redfern. For more information, please contact the Box Office at 603-358-2168, or visit www.keene.edu/redfern or dept.keene.edu/music. All concerts are located in the Redfern Arts Center in the Alumni Recital Hall or Main Theatre unless otherwise indicated. Redfern Arts Center | 90 Wyman Way, Keene

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Rindge Music At The Museum March 30th

On Saturday, March 30th at 1 p.m., Rindge Historical Society will begin its season of Music at the Museum at the Rindge Meeting House at 6 Payson Hill Road.

According to Karla MacLeod, president of the Rindge Historical Society: "Music at the Museum is a way to bring people in the community together for a fun afternoon of enjoying the musical talent in the Monadnock Region. Wonderful desserts and refreshments are often brought by attendees to share."

A \$5 donation at the door benefits the Rindge Historical Society's museum.

Wednesday, 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.

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**.

Thursday, Mar. 28 ARTS, MUSIC & THEATER

Celebrating Meat Loaf 7:30pm. The Colonial Theatre, 95 Main St., Keene. The only show officially endorsed by Meat Loaf. \$39 - \$59. **603-352-2033**. www.thecolonial.org.

MISCELLANEOUS

Campus Master Plan Open Session 4-5:30pm. Madison Street Lounge, L.P. Young Student Center, KSC. Keene State College is seeking community input as part of ongoing work to improve the day-to-day functionality and efficiency of its campus.

Al-Anon Meeting 12-1pm. United Church of Christ, 2nd floor, 23 Central Square, Keene. Help and hope for friends and families of alcoholics. In person and on-line. For questions call or e-mail **603-369-6930**. district7@nhal-anon.org. www.nhal-anon.org.

RELIGIOUS

Maundy Thursday 6:30pm. Federated Church of Marlborough, 16 Pleasant St., Marlborough. A solemn evening of readings. **603-876-3863**. office@federatedchurchmarlborough.org. www.federatedchurchmarlborough.org.

Maundy Thursday Candlelight Service 7pm. United Church of Christ, 23 Central Square, Keene. Beautiful candlelight service commemorating the Last Supper and Passion of Christ **603-352-4136**. info@ucckeene.org. www.ucckeene.org.

Reading of the Passion 7pm. The United Church of Winchester, 99 Main St., Winchester. **603-239-4465**.

Friday, Mar. 29 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.

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.

MISCELLANEOUS

Free Community Yoga Class: Linda Grace Kingsbury 4-5pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Free Yoga for all. Donations benefit Monadnock Humane Society. Experience Kundalini Yoga and a Gong Sound Bath. **603-338-0006**.

Virtual Screening: Works For All 7pm. A virtual screening of the film Works for All, focusing on worker-owned cooperatives. The live virtual film discussion includes Kristen Barker, co-director of Co-op Cincy, and Rob Brown, the director of Business Ownership Solutions at Cooperative Development Institute. Film and discussion tickets are free and available at www.worksforall.eventive.org.

RELIGIOUS

Good Friday Service 3pm. Westport Church, 109 Westport Village Rd., Swanzey

Saturday, Mar. 30 ARTS, MUSIC & THEATER

Rindge Music at the Museum: Open Mic Features Bernadette Colley & Richard Yospin 1pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. A \$5 donation at the door benefits the Rindge Historical Society's museum. Desserts, light lunch refreshments, and non-alcoholic beverages will be provided. No reservations are required.

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**.

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

Sunday, Mar. 31 DINING PLEASURES

Easter Brunch Tempesta's Restaurant, 401 Winchester St., Keene. Two seatings: 11am & 1pm. Stop by to book reservations. **603-203-8736**. tempesta@yahoo.com.

Easter Buffet 11am-4pm. Papagallos Restaurant, Rte. 12 South, Keene. Reservations encouraged. **603-352-9400**. www.papagallos.com.

MISCELLANEOUS

March Adventure Bus Trips: NY City/Your Way Adventure Limousine & Transportation. \$79 per person. **603-357-2933**. www.advlimo.com.

Al-Anon Meeting 5pm. St. James Episcopal Church, 44 West St., Keene. Help and hope for friends and families of alcoholics. For questions call or e-mail **603-369-6930**. district7@nhal-anon.org. www.nhal-anon.org.

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

RELIGIOUS

Easter Sunrise Service 6-7am. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Officiated by: The Rev. Steve Miller. **603-899-3300**. www.cathedralofthepines.org.

Easter Sunday Sunrise Service 6:15am. United Church of Christ, 23 Central Square, Keene. Live on the square. **603-352-4136**. info@ucckeene.org. www.ucckeene.org.

Easter Sunrise Service & Breakfast 6:30am. The United Church of Winchester, 99 Main St., Winchester. **603-239-4465**.

Easter Service 9:30am. Westport Church, 109 Westport Village Rd., Swanzey

Easter Sunday Service 9:30-10:30am. Into The Word Ministry, 46S Winchester St., Swanzey. **603-762-7703**.

Easter Sunday Service 10am. Advent Lutheran Church, 137 US Rt. 202, Rindge. **603-899-3095**. www.adventlutheranchurch.org.

Easter Worship 10am. Federated Church of Marlborough, 16 Pleasant St., Marlborough. Sunrise service, 6am, Meetinghouse site on Frost Hill Rd. **603-876-3863**. office@federatedchurchmarlborough.org. www.federatedchurchmarlborough.org.

Traditional Easter Sunday Service 10am. United Church of Christ, 23 Central Square, Keene. In the sanctuary with choir, handbells, and the Pioneer Valley Brass Quintet. **603-352-4136**. info@ucckeene.org. www.ucckeene.org.

Easter Service 10am. The United Church of Winchester, 99 Main St., Winchester. **603-239-4465**.

CALL FOR ARTISTS
 33rd Annual Keene Art Walk

KEENE ARTWALK

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](https://www.instagram.com/keene.artwalk)

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For a list of classes and to register, visit www.ccssef.org/uscca-classes. For questions, call 508-641-0196.

Check the calendar for any updates, www.ccssef.org.

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\$2.00 each! (normally \$3.50) **NO LIMIT**
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Cambodian Genocide Survivor, Author Featured Speaker At Keene State



Loung Ung

Author, human-rights activist, and survivor of the Cambodian genocide, Loung Ung, is the featured speaker for Keene State College's 2024 Genocide Awareness Lecture on Wednesday, April 3rd in the Mabel Brown Room in the Student Center at 5:30 p.m. The event is also available via livestream: visit www.keene.edu/cchgs.

Ung's memoir, *First They Killed My Father*, is an autobiographical account of the genocide that was later made into a Netflix film produced by Angelina Jolie.

"The lecture is the culmination of three special events bringing speakers from across the globe to Keene State," Dr. Kate DeConinck, Director of Cohen Center for Holocaust and Genocide Studies, said.

"Ung's talk is meant to leave the audience with a sense of how they can take action to prevent the root causes of genocidal violence. It promises to be profound," says Dr. Kate DeConinck, director of Cohen Center for Holocaust and Genocide Studies.

A public reception and book signing will precede the lecture, from 3 to 4:30 p.m., in the Mountain View Room in the Student Center. This is a chance for attendees to meet the author and have copies of her book signed. Free copies of *First They Killed My Father* will be provided to the first 25 attendees; others may bring copies of any of Ung's books.

Keene State College Percussion Ensemble To Perform April 4th

On Thursday, April 4th, the Keene State College Percussion Ensemble will perform at the Alumni Recital Hall at Redfern Arts Center on campus at 7:30 p.m.

The musicians are comprised of percussion majors, music majors, minors, and non-majors. Percussion, often regarded as the heartbeat of nearly every musical style, consists of traditional instruments such as timpani, snare drum, bass drum, cymbals, triangle,

and tambourine. Student performers often integrate new music technologies combined with classical, time-honored instruments.

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://www.keene.universitytickets.com>.

ConVal Regional High School Students Earn Recognition At Scholastic Art Awards

Students from ConVal Regional High School recently earned recognition from Scholastic Art Awards. Students created a variety of artistic mediums that they submitted to the Scholastic Art & Writing Awards. Submissions included paintings, drawings, ceramics, and more and were judged on originality, skill, and the emergence of a personal voice of vision.

The selected students included: seniors – Hannah Beisang, Justin Borges, Aidan Campbell, Sean Cattigan, Jennifer Hopkins, Francisco Jaimes, Zach Pease, Colin Pellettieri, Makila Sestito, Brody Thompson, and Esther Janis; juniors – Gage Blanchette, Aliston Bolton, Mackenzie Cook, Aries Danforth, Kendrick Edwards, Destiny Jimenez, Quinn Krook, Luci McLay, Juliana O'Mahoney, Garret Rousseau, Benjamin

Sawyer, and Chloe Ward; and sophomores – Dylan Beisang, Samantha Daume, and Aidan Marony.

Additionally, a select group of students earned special recognition for their pieces: freshman – Cameryn Burtzell, honorable mention in painting; sophomore – Brian Alonso, honorable mention in painting, and Aidan Marony, Riley Heider, and Audrey Young, honorable mention in ceramics; junior – Garret Rousseau, honorable mention in ceramics; and senior – Justin Borges, honorable mention in ceramics. Senior Ruth Cassidy earned a Goldkey for her drawing and illustration piece, which means her work will automatically be considered for national awards including Gold or Silver medals and Scholarships awards.

Spring Community Health Education Classes Offered To The Community As A No Cost Benefit

CLASSES, Continued from page 1

How Trauma Impacts Your Health: Learn to Advocate for Yourself and Others, taught by Lindsey Cushing, APRN, and Kelsey Page, RN, Medical-Forensic Care Program and OB/GYN Department at Cheshire Medical Center, will highlight ways that survivors of trauma can access resources, advocate for themselves, and create boundaries to access healthcare safely.

"We are excited about the selection of new offerings we will be able to provide to our community this spring. There is such a wealth of knowledge within our providers here at Cheshire Medical and the broader community – we are fortunate to have access to their experience through the Community Health Education programming," said Maria Lussier, Community Health Education Coordinator, The Center for Population Health at Cheshire Medical Center.

For more details, see the ad and scan the QR code in this week's issue.

Wednesday, Apr. 3 ARTS, MUSIC & THEATER

Peterborough Folk Music: David Francey 7pm. Bass Hall, Peterborough. 603-318-9196. www.pfmsconcerts.org.

Guitar Orchestra 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. The KSC Guitar Orchestra has performed at Quito's prestigious "Casa de la Musica" concert hall and on a tour of Northern Ecuadorean Universities. Price: \$12 general public/\$7 seniors & youth/free for KSC Students. 603-358-2168.

LECTURES & WORKSHOPS

Keene State Lecture Series: Genocide Awareness with Featured Speaker Loung Ung 5:30pm. Keene State College, Mabel Brown Room, Student Center. A public reception and book signing will precede the lecture, from 3 to 4:30 p.m. in the Mountain View Room, also in the Student Center. This is a chance for attendees to meet the author and have copies of her book signed. cohencentre@keene.edu. www.keene.edu/cchgs.

MISCELLANEOUS

The Monadnock Food Co-op Community Book Club 5:30pm. Mabel Brown Room, Keene State College, 63 Blake St. For April the group will be attending a lecture at Keene State College by *First They Killed My Father* author Loung Ung. Registration is required. www.keene.edu/news/events/.

Thursday, Apr. 4

LECTURES & WORKSHOPS

Prepared Monadnock: CPR & Narcan Training 5-6pm. Cheshire Medical Center, 580 Court St., Keene. Spring Community Health Education Classes. North Conference Rooms 1 and 2. In-person class. 603-354-5454.

LECTURES & WORKSHOPS

NH Saves Button Up Workshop 6:30-8pm. Nelson Town Hall, 7 Nelson Common Road, Nelson. Free workshop for NH residents wishing to use energy more efficiently and save money. More info: Lisa Sieverts: 603-762-0235. lisa@lisasieverts.com.

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Discipline By Age And Development

In my last column, I discussed healthy discipline, but the specifics will change based on the ages and developmental stages of your children. Something that is a normal developmental task at one stage may be a behavioral issue at another stage. It's important to consider where children are developmentally when determining how to discipline.

Babies learn by watching what their caregivers do. It's more important to help them learn what you want, rather than what you don't want. They need positive interactions with caregivers, so limit the need to correct them by adjusting the environment so that unsafe objects are out of reach. Place them in situations where the items they are likely to grab for are safe and appropriate. They need to be able to explore their surroundings. They learn by exploration and tend to put things into their mouths. This is normal healthy developmental behavior. Ensuring that their environment is appropriate for this exploration will create fewer opportunities where you need to correct their behavior. If they do find something that you don't think they should have, use distraction and replace the object with something that is okay for them to have.

As babies become toddlers, they begin to understand rules and also to test the rules or exert their own wills. At this age, focus on praising the behaviors you want to see and ignore safe but unwanted behaviors you want to discourage. Toddlers want to express their opinions, so offer options to allow them to have some autonomy and choice about things. At this age, tantrums are common. Tantrums are more likely to occur when children are tired or hungry, so planning ahead with meals and naps can help decrease the tantrum. Toddlers also may start to engage in some aggressive behaviors like hitting or biting when upset. You should remove them from the situation, give clear messages about not hurting others, and model nonviolent discipline. It isn't very effective to spank a child to teach them not to hit.

Preschoolers are learning expected behaviors and beginning to understand cause and effect, but they will continue to test limits. At this age, they can begin to have some responsibilities such as picking up their toys. This not only helps them learn the behaviors you want, it gives opportunity to praise them for following directions. Children want to please their caregivers and when you put greater focus on acknowledging the behaviors you like, kids are going to want to more of it to get that praise. On the other hand, if they learn that acting out gets your attention, they may start to act out more. Help preschoolers understand their emotions by naming them and helping them deal with their upset feelings in positive ways.

Once they start school, children are beginning to develop a sense of right and wrong. Be clear with family rules and have reasonable consequences for not following rules. Talk to them about their

choices and how the consequences can be positive or negative depending on how they act. As children demonstrate the ability to follow rules, extend more privileges. They will sometimes make poor choices, and use these moments to help them understand the connection between their behavior choices and the outcomes.

Monadnock Family
 with Sheri Lapointe



As children move into adolescence, their actions may come with bigger natural consequences. If you have been handling discipline with support and patience and providing consistent structure, you will likely have established a more open relationship and positive communication with your children, which will make it easier to have open conversations about the more serious challenges they face as teenagers.

While teenagers are developing more independence and decision-making skills, they still need a mix of love and support with clear expectations, rules, and boundaries. Because poor decisions come with more serious natural consequences at this age, parents may need to increase their ability to monitor teens actions. Have regular conversations that include the important topics of sexuality, drug and alcohol abuse, and online activities. Meet your teenagers' friends and have conversations about responsible and respectful relationships. Don't forget that your teenagers need to hear your praise for their efforts and achievements too.

If you start with positive discipline when kids are young, it will be easier to maintain. If you decide to shift your parenting style, expect that you will get pushback and you may need to take it one day at a time to build the parent-child relationship you want. It won't happen overnight, and you may revert to strategies that you have used in the past. Give yourself and your children the grace to make mistakes. Acknowledge and apologize when you feel you did not handle a situation effectively. It is okay to make mistakes and to recommit. Acknowledging your mistakes is a great way to model this action for your children

Sheri Lapointe is a licensed Clinical Mental Health Counselor with a Master's Degree from Antioch New England University. She works as a behavioral health clinician for the Granite State Children's Alliance. She also has many years of experience teaching in local schools. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.

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Remembering A Good Woman



Adriana Carmen Moreira Carreño

sons, who both became professionals (one an engineer, the other a veterinarian), but she also seemed to magically know what was ailing my children (her grandchildren). And she would show up at my door with just what was needed: herbs or cough syrup or, sometimes, just something to make them happy.

In my mind, Senora Adriana was an expert in the natural life in Chile (and the world), and the practicalities of tending to home and loved ones. But no one would probably consider her in this way. Meanwhile, I lacked (and still do) many practical skills and knowledge about the natural world, and yet I have a PhD after my name.

I have worked in the field of international education for nearly three decades. One of the most consistent patterns I have observed is what I call the "cult of the expert." While there is, of course, much importance in expertise and knowledge, the question ultimately is who defines what is important knowledge, and who has this expertise.

The innovative intercultural university in Ecuador, I was proud to collaborate with for almost a decade, was eventually shut down by the Ecuadorian government. The reason? It lost its accreditation because some of the teachers in their sustainable agriculture program were community elders who did not have any formal education. Some did not even know how to read and write. And yet, they knew seeds and plants like no others.

Senora Adriana died this week, just short of her ninety-third birthday. Around her bedside were her two sons and one grandchild. She died never having driven a car, or having a bank account, or holding a paying job. She died thinking she was not very smart, and would sometimes apologize for not getting the schooling she had longed for.

I find it hard to imagine a world without Senora Adriana. She was truly a good woman, and it seems to me that the world right now needs more people like she was: rooted in the earth, deeply observant and respectful of the natural world, and above all, so very wise.

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

I was in a cable car heading to the summit of Cerro San Cristobal – Santiago, Chile – one fine Spring day in 1984 when I first learned about climate change. Next to me was the woman I called Senora Adriana. She was my then boyfriend, later husband, Ricardo's mother. The two of us were on an outing that day.

I remember the scene like it was only yesterday. The cable car was gently swinging in the breeze; it had briefly halted half way up the mountain at the Municipal Zoo stop. We were close to the branches of several different types of trees, some just in bud. "You know Skye," she said. "The climate is changing. It's getting warmer. The trees are flowering earlier than they should. It's not good."

Healing Perspectives
with Skye Stephenson

"The flowers on what trees?" was the best I could mumble. Back then I had come to Chile to work on my doctorate, but I was close to illiterate about anything connected to plants or nature.

Senora Adriana, on the other hand, had not been able to advance further in her schooling than sixth grade. Her father needed her on their chicken farm, and it was the middle of the worldwide depression. And yet, she knew much more than I did about what was really going on in the world of true importance. Even if I was then studying international relations and economic development.

Senora Adriana continued to teach me many things in the ensuing years. Some folks would ask me why I hung out with her, and behind her back a few people even called her a country bumpkin. But I found her a wellspring of knowledge and support – practical and emotional as well.

It would be another decade and a half before I would begin to read about climate change in the press and media – although I am sure that data about this was circulating much earlier in scientific and environmental circles. But I guarantee you that Senora Adriana knew about it through astute observation, and by knowing land and place intimately over an extended period of time.

Well into her seventies she would scamper up the enormous avocado tree in the back yard of her house to gather every single avocado from that Seuss-like tree. And she was the one who taught me how to really water a lawn so it would be grassy and green. She told me to always put a few handfuls of sand into the soil to help the roots of the plants. Sometimes when we walked in the neighborhood, she would scoop up an apronful of sand from the park to sprinkle on her lawn.

She also knew how to tend and heal children. Not only had she been a remarkable mother to her two

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SAFE STEP North America's #1 walk-in tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our free shower package & \$1600 off - limited time! Financing available. 855-417-1306 N

DIRECTV STREAM Carries the most local MLB games! Choice Package \$89.99/mo. for 12 mos. Stream on 20 devices at once. HBO Max included for 3 mos. (w/ Choice Package or higher). No contract or hidden fees! Some restrictions apply. Call IVS 866-859-0405 N

Miscellaneous

KeeneToday.com
News - Weather - Sports

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a free LeafFilter estimate today. 20% off entire purchase. 10% senior & military discounts. Call 833-610-1936 N

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

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

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Pets

COCKER SPANIEL RESCUE OF NEW ENGLAND
Has all ages and colors available, neutered. All shots. Adopt fee req. Save a life; adopt a Rescue Cocker
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DOBERMAN RESCUE UNLIMITED
Has many wonderful Dobermans looking for homes.
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GREYHOUNDS FOR ADOPTION!
Make a Fast Friend.
Several sweet ex-racers waiting for good homes.
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Pets

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Deferred Concepts, LLC.
- Veteran Owned -
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Jaffrey, NH

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Chairs Repaired • Canoe Seats
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CLASSIFIED ADVERTISEMENT ORDER FORM

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

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

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

First Name: _____ Last: _____
Company Name (if Business Ad) _____
Phone: (____) _____ - _____ Ext. _____ Use in Ad? (1 word) Yes No
Phone: (____) _____ - _____ Ext. _____ Use in Ad? (1 word) Yes No
Website: _____ Use in Ad? (1 word) Yes No
Email: _____ Use in Ad? (1 word) Yes No
First Issue to run (Wednesday date): ____/____/____ Run it for ____ weeks

Category: _____ Ad: _____

Total # Words: _____

PERSONAL AD Cost Calculator

15 Words, 2 weeks \$14.75

Additional words _____ x .25 + _____

Additional weeks _____ x 7.25 + _____

Total Ad Cost = _____

BUSINESS AD Cost Calculator

1" (up to 25 words), 1 week \$14.75

Additional 1/2" _____ x 7.25 + _____

Total Ad Cost = _____

352-5250 DEADLINE: Friday noon prior to issue. Please mail this form, along with payment to MSN, PO Box 487, Keene, NH 03431 or place envelope in our back door drop box at 445 West St., Keene by 8am Friday.

Services
JUNK HAULING & REMOVAL DEMOLITION.
 Jack of most trades.
 Bruce's Odd Jobs
 603-338-7636

FREE SCRAP METAL PICK-UP
 Appliances, refrig., metals, A/C units, ride/push mowers, gym equip., bikes, car batt., cars, ext. cords, fencing, grills
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 R&L Property Improvements
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KERNOZICKY GC LLC
 Interior/exterior painting, sheetrock, carpentry, laminate & tile.
 No job too small.
 Insured, free estimates.
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RUSSELL TREE LLC.
 Over 15 years experience. Fully insured. Free estimates! Safe, expert tree care. Bucket truck/chipper/expert climber/operator. Stump grinding, crane tree removal. Locally owned.
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THE NEXT BEST THING
 The Odd Job Guru- You Name It, We Can Do It
 Cleanouts: Construction, Home Improvements, Basements, Attics, Garages, Etc. Scrape & Paint- Moving- Hardpack Driveways- Landscaping & Simple Lawn Care. Roofing- Pressure Washing- And More!
 10% off the first job
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BRIAN'S RARE COINS NOW OPEN
 Buying and selling US Coins. Gold & Silver Bullion available at competitive prices. I need Silver Dollars, Indian Head Pennies, Buffalo Nickels, All sets of Coins, Paper, Money, All Proof & Mint Sets. Gold & Silver Coins & Jewelry, Sterling Flatware. Highest Prices Paid. 653 Washington Street, Claremont, NH 03743. Please call for hours
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CASH PAID
 for vintage coin and stamp collections, paper money, antiques, gold and silver jewelry, pocket watches, sterling silver, or anything unique.
 Call or text Greg
 603-903-3069
 gwalsh2015@gmail.com

\$\$ CASH PAID \$\$ FOR OLD TOOLS
 Planes, axes, Stanley tools, etc.
 1 tool or entire collection.
 802-579-5891

Tucker Transportation
Seeking part-time minivan school bus drivers
 25-30 hours per week, paid holidays and sick days.
 Clean driving/criminal record required.
 Call Todd at: 603-313-2567

REAL ESTATE

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 KeeneToday.com
 Apartment Rentals



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

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

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

- COMPETITIVE PAY
- Extensive training provided
- Full or Part Time positions
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 Or email rob@mworksource.org

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 For further information, please contact your account executive

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 Double wide mobile home on its own lovely rural lot! Cabinet kitchen, dining room, large LR with pellet stove, 3 BRs and 1 3/4 BA, town w/s, metal roof, outbuildings and an attached shed. Abuts Rails to Trails and has a view of Mt. Monadnock. Some work is needed (being sold as is) but look at the price...
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 or mail: PO Box 487
 Keene, NH 03431

It's Raining Cats and Dogs... and Donkeys!?

Call **352-5250** to sponsor a pet in our next **Adopt-a-Pet Section**
April 10, 2024

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READERS ARE CAUTIONED that we occasionally run ads that require an initial investment or money in advance. We urge our readers to "do their homework" before responding to any ad. Check out the advertiser thoroughly and verify their claims to your total satisfaction. Only then should you proceed at your own risk.

We try to screen ads that require you to send money before receiving a product or service. But these efforts are no substitute for your own investigation, and we don't endorse or guarantee any claims made in any of the ads we publish.

If you want more information about claims made in ads on subjects such as work at home opportunities, travel or vacation specials, purchasing land or vehicles from government surplus or below wholesale, loans or other credit opportunities (including credit repair), or weight loss and other health products and services, we urge you to contact the Better Business Bureau, Inc., 25 Hall St., Suite 102, Concord, NH 03301; (603) 224-1991; or bbbnh.org; or the Office of Attorney General, Consumer Protection and Antitrust Bureau, 33 Capitol Street, Concord, NH 03301 (603-271-3641).

Read the **Monadnock Shopper News** online:
www.shoppernews.com

FIND YOUR FUN. FIND YOUR Y.
 Summer is a time for kids to explore and expand the limits of their imagination. Any day camp, everyday is a new adventure!
 For a better us.

FIND YOUR Y AT
 Keene Family YMCA
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 keeneymca.org
 Registration opens 3/1!

Kids MMA Summer Camp and Teen MMA Boot Camps
 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
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KIDS SUMMER PROGRAM

Play and learn with us this summer!

Puppetry Exploring Games
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June 24 - Aug 16
 8:30 - 3pm, M - F
 \$250/week

For kids entering grade 1 - 5

Advertise your camp on these pages in upcoming issues.

Call us at
603-352-5250

C.A.K.E.
Creative Arts at Keene Summer Camp
 For kids grades 3 through 12
WEEKDAYS, JULY 1-26

Sign up for C.A.K.E. before May 1 for an early bird discount!
CHOOSE YOUR OWN CLASSES IN...
 theatre, music, film, visual arts, dance, cooking, stage makeup, games, and so much more!
 C.A.K.E. theatre is performing *Cinderella*, *Everyone Gets Abducted by Aliens* and *Jurassic Journey!* A Film Festival, Extravaganza, and Arts Gala the last week of camp.

CUPCAKE Summer Camp
 Ages 4 through grade 3
June 24-28
JULY 29-AUGUST 16

Explore the stars and travel through space at CupCAKE Summer Camp! Learn all about space travel, the stars, moon and planets. Week 3 is for our Star Wars fans! Sign up for 1, 2, 3, or all 4 weeks of camp! Registration is now open! Call (603) 357-2100 to register or visit moco.org for more information!

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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)
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