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Check Off Your Home Improvement List



Jake Kukas, owner of Elevated Home Services, is pictured doing framework. Whether you have building plans in hand for new construction or need advice on the best approach for a renovation or repair project, Kukas can offer ideas and suggestions for getting the project done and within your timeframe and budget. For a feature story on this business, and for more about Early Spring Home Improvement, see section two of this week's paper.

Polish Easter Bazaar Planned For March 23rd

Our Lady of Czestochowa in Turners Falls, MA, will be holding their Easter bazaar on Saturday, March 23rd. All are welcome to attend this Polish-themed Easter fair.

This event has recently expanded their selection with a wider variety of Polish foods to include several fruit babkas, rye breads, kielbasa, poppy seed rolls, angel wings called chrusciki, fruit-filled donuts called paczki, and bigos, which is hunters' stew.

Bigos, the national dish of Poland, combines several different types of kielbasa, ham, veal, pork, cabbage, sauerkraut, onions, mushrooms, prunes, wine and marjoram. It is slowly cooked for several hours resulting in a rich, slightly sweet blend of flavors.

The church's St. Hyacinth Pierogi Makers have been busy the past three months making and freezing three types of pierogi: cheese, sauerkraut, and potato-and-cheese. The church is well known for making what many are calling "the biggest and best pierogi" in the region.

Coffee, donuts, and homemade muffins plus free coffee will be available in the morning. At 10 a.m., a lunch menu featuring a Polish plate with kielbasa, mashed potatoes, honey nugget carrots, and Polish beet salad will be available. In addition, corn chowder, hot dogs and kielbasa dogs with sauerkraut also will be for sale. A bake sale will offer a variety of baked goods, maple syrup, honey, and several raffles, as well as arts and crafts that will be sold in the St. Teresa building.

The bazaar will be held from 9 a.m. to 2 p.m. Our Lady of Czestochowa is located at 84 K Street in Turners Falls, MA, only 40 minutes from Keene. For more details, call 413-863-4748.



Denise Hitchcock of Swanzezy shows off a tray of pierogi that will be for sale at the Polish Easter Bazaar at Our Lady of Czestochowa Church in Turners Falls, MA.

St. Paddy's Celebration At The Monadnock Country Club Set For This Saturday



The Grateful Dads will perform Irish music and other songs for the St. Paddy's Celebration at the Monadnock Country Club.

A St. Paddy's Celebration with Song and Food will be held at the Monadnock Country Club on Saturday, March 16th. Live music and an Irish-inspired dinner menu will be offered.

Dinner will be served between 6 and 8 p.m. The menu includes corned beef cabbage for \$22; Shepard's pie for \$12; vegan Irish stew for \$8; chocolate Guinness cake with ice cream for \$7;

and a Guinness float for \$8.

From 6:30 to 9:30 p.m., guests can enjoy Irish music and other songs performed live from the Grateful Dads and special guests. Donations for the band will be appreciated.

Monadnock Country Club is located at 49 High Street in Peterborough. For more details, email k8mccvents@gmail.com.

Free Business Fraud Protection And Prevention Seminar Planned

Savings Bank of Walpole's SBW Financial Education Series will host a free seminar on Business Fraud Protection and Prevention.

The seminar will cover tips and tricks to help attendees learn how to protect their business from financial fraud. SBW's AVP Business Development Officer Crystal Lewis and Fraud Management Officer, Katrina Randlett will cover a range of important topics, including mail theft, check fraud, bank imposter

scams, email compromises, and more.

The seminar will take place Tuesday, March 26th from 4:30 to 5:30 p.m. at Savings Bank of Walpole at 84 Marlboro Street in Keene or via WebEx.

To register (by March 21st) or for more details, all Crystal Lewis at 603-355-1607, email clewis@walpolebank.com, or visit walpolebank.com/seminar-safeguard-your-business.

Jaffrey's St. Patrick's Day Parade Sunday, March 17th – Bands, Bagpipers, Floats, Irish Dancers, And More

The 2024 Jaffrey St. Patrick's Day Parade is back for its fifth year on Sunday, March 17th at 2 p.m. The parade begins at St. Patrick's Church at 87 Main Street in Jaffrey and ends at Route 202.

Presented by The Park Theatre, the parade includes floats, master bagpiper Mark Polifrone, the Mascenic High School Marching Band, the Keene American Legion Band, the 1st NH Revolutionary War Regiment, the 6th NH Infantry Company E of West Peterborough, the Flying Irish Dancers of

Ashby, MA, and much more.

The theatre will be selling hot food, hot drinks, soda, and candy. Alcoholic drinks, including Guinness Beer and Murphy's Stout, will be sold inside the theatre at 19 Main Street (ID is required). The rain date for the parade is Saturday, March 23rd.

Also during this event, The St. Pat's Day Craft & Food Fair will be held from noon to 4 p.m. in the theatre.

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Summer Camps... 10 Early Spring Home Improvement... Section II

BIRTHDAYS	9	ENTERTAINMENT	11-13	GREEN.....	22	MYSTERY PHOTO.....	9
CLASSIFIEDS	14-15	FAMILY.....	5	HEALING	7	PETS	4
COOKING	6	GARDEN.....	21	MONEY	8	REAL ESTATE	15

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Las Vegas Casino Murder Mystery Dinner Saturday, March 23rd In Keene

The Montessori Schoolhouse of Cheshire County invites all crime solvers to unravel a mystery at its annual Murder Mystery Dinner fundraiser on Saturday, March 23rd at the Keene Country Club at 755 West Hill Road.

Actors from the Vermont Theatre Company will provide clues during a three course Elvis-inspired dinner.

"This is our second Murder Mystery," says Deb Ganley, development coordinator at Montessori Schoolhouse. "Last year, guests had so much fun figuring out who the culprit was!"

Fitzwilliam Community Church's St. Patrick's Corned Beef And Cabbage Dinner

The Fitzwilliam Community Church's Annual St. Patrick's Corned Beef and Cabbage Dinner is taking place Saturday, March 16th from 5 to 6 p.m. The cost is \$15. Folks can dine in or take out. The meal consists of hot and freshly prepared corned beef dinner, with all the fixings – lean corned beef, cabbage, carrots, turnip, potatoes, dinner roll and Irish soda bread, beverage, and homemade cookies for dessert.

For a reservation or order take out, email fccnh@yahoo.com or call 603-585-3352 and leave a message.

The Fitzwilliam Community Church is located at 85 Route 119 West, end of the common in Fitzwilliam.

An Afternoon Of Fiddler On The Roof This Sunday

The Nathan E. Cohen Lecture Series will present An Afternoon of *Fiddler on the Roof* Sunday, March 17th at 3 p.m. at Congregation Ahavas Achim in Keene.

This will be an interactive presentation for all ages celebrating *Fiddler on the Roof's* universal theme of tradition, which cuts across barriers of race, class, nationality, and religion.

Members of the Wild Goose Players will entertain with song and dance, offering excerpts of their production of *Fiddler on the Roof* that will take place this April 5th to 7th and 11th to 13th at the Bellows Falls Opera House in Vermont. Tickets for their performance in Bellows Falls will be available for CAA members and guests to purchase at a discounted rate of \$36 per ticket after their presentation.

The Lecture Series is free and open to the public. Light refreshments will be served after the presentation.

Congregation Ahavas Achim is located at 84 Hastings Avenue in Keene. For more details, contact: office@keenesynagogue.org or call 603-352-6747.

Annual Stories About This Place In Peterborough Friday, March 22nd

On Friday, March 22nd, The Monadnock Conservancy will host Stories About This Place at the Peterborough Town House at 1 Grove Street in Peterborough. The doors will open at 6 p.m. and the program will run from 6:30 to 8:30 p.m.

This event is free, open to the public, and spotlights local luminaries who will share personal stories about living and working in the Monadnock Region.

"This year we are so excited to be joined by Rebecca Rule and Ernest Hebert, who are excellent storytellers, along with local farmer Tyler Rich and friends of the conservancy Juliana Stevens and Bob Brown. We are also pleased that composer Ben Cosgrove will return to provide the night with stirring piano music," says Monadnock Conservancy's Communications and Marketing Director Martin Royle.

Attendees should register at <https://www.eventbrite.com/e/stories-about-this-place-2024-tickets-832133582947?aff=oddtcreator>.

The evening includes the meal, interactive theater, a 50/50 raffle, photo booth, and a Silent Auction.

"The Silent Auction will be all digital this year," says Kyle Hebert, Montessori parent and member of the Fundraising Committee. "This will allow people who can't attend the event to bid on some of the Silent Auction items. There are sports, Eagles and Beatles memorabilia, and adventure trips that include Cuba, Wrigley Field, Family Glamping at the Grand Canyon, and NASA. And that's just the online items. We will have many more items at the Country Club on the 23rd." Online items can be found at www.givebutter.com/c/DR8bU7/auction.

"This will raise funds for scholarships and help with the increasing operating costs," adds Ganley. Tickets are available at <https://www.eventbrite.com/e/las-vegas-casino-murder-mystery-dinner-tickets-779379905277?aff=ebdshpsearchautocomplete>

The Montessori Schoolhouse, located at 28 Hurricane Road in Keene, has provided a safe and peaceful early childhood education for 34 years. For more details, call 603 352-3301 or email d.ganley.mshocc@gmail.com.

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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Ghost

Meow! I'm Ghost, a five-year-old male cat with a mysterious past. You see, I ended up at this shelter as a stray. I might seem a bit reserved at first, but that's just because I like to take my time getting to know new friends. I appreciate the occasional affection, but I'm also very independent and enjoy my own space. I'm okay with trying to be friends with other cats, dogs, and even older children (five years and up), but I prefer a calm and quiet environment with a set routine. Loud noises and chaos aren't really my thing, you know? Oh, and let's talk about grooming. My beautiful long fur requires some regular maintenance to keep it from getting tangled and matted, so a little extra care in that department would be greatly appreciated. One thing I'm not too fond of is small spaces. I like to have room to stretch my legs and explore my surroundings. I'm just a laid-back guy looking for a loving home where I can be myself and enjoy the simple things in life.



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

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Dr. Gale Vrtiak Of Newly Opened Cavalier Behavior Accepting Patients

Cavalier Behavior, LLC is a new business venture that opened at 1283 Main Street in Dublin under the guidance of Dr. Gale Vrtiak, LMHC/LPC, a behavioral therapist licensed in Michigan and New Hampshire.

Dr. Vrtiak specializes in behaviors within the arenas of alcohol/drug, child abuse and neglect, grief (personal and pet), parenting and relationship skills, and spousal abuse.

Assisting in the therapy sessions are two King Charles Cavalier Spaniels (hence the business name Cavalier Behavior), Isis-Ria (10 years) and Adonis Thor (2.5 years), who give the counselee the calming atmosphere and encouragement to work with Dr. Vrtiak.

"Using the pups allows a session to proceed

forward while enjoying the unconditional love and attention from the two of them," says Dr. Vrtiak, who found the incorporation of Isis-Ria and Adonis Thor into therapy sessions allowed for more disclosure and work commitment by the patient to accept help in trying to resolve uncomfortable and residual behaviors.

When not "working" in sessions during the week, the pups visit two area assisted/independent living facilities in Peterborough – Scott Farrar and Somerhill – twice a month.

Dr. Vrtiak is accepting new patients from the ages of 18 and up on Mondays and Wednesdays from 11 a.m. to 5 p.m. by appointment only.

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Monadnock Worksource Receives \$2000 Donation From Kiwanis Club

Individuals supported by Monadnock Worksource are now able to exercise on a new treadmill and a new recumbent bicycle that were made possible by a \$2000 donation from the Kiwanis Club of Peterborough. Executive Director Rob Gillis says, "The machines were delivered in January and are getting frequent use. Everyone here appreciates this generous gift."

Serving others is what Kiwanis is all about, especially children. Monadnock Worksource is one of many great local organizations that get the club's support each year. Anyone interested in helping others and having fun, the men and women of Kiwanis always welcome new club members. For more details, call Sam at 603-732-2728 or email sam@perelux.com.



Developing A Successful Writer-Editor Team

On Saturday, March 16th at 9:45 a.m., Monadnock Writers' Group will have nationally-known editor John Knight at its monthly Speaker Series. This free event will be held at Peterborough Town Library at 2 Concord Street is an opportunity to hear about the world of editing and how to make the editor-writer partnership work.

Knight is an independent editor who works with publishers, agents, and authors across the country. "Drawing upon many years as a writer and editor, I will describe the different kinds of editors and how they work with authors in various stages of writing, and discuss how to make the most of a writing collaboration," he says. For more details, visit www.monadnockwriters.org.

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Monadnock Worksource Executive Director Rob Gillis looks on as James MacFarlane – an individual who gets support from Monadnock Worksource – exercises on a new recumbent bicycle. Both the bicycle and a new treadmill were purchased from a \$2000 donation given by the Kiwanis Club of Peterborough.

Consistency Is Key For Healthy Discipline

Figuring out how to discipline children and manage behaviors can be a truly difficult task for any parent. It can be exhausting and confusing, with so many theories available about how to raise children. Sometimes parents fall back on what they experienced from their own parents, which may not always be the best approach.

Sometimes parents try to use positive discipline, but resort to shouting after their redirection is ignored. I've heard many parents indicate that the only thing that gets their children's attention is shouting. Sometimes parents resort to physical discipline when they don't know what else to do.



The key to effective discipline is consistency and follow-through presented in a loving and caring manner. Kids respond best when they have clear boundaries and know that the boundaries and rules help keep them safe because parents love their children and want the best for them. It takes time and discipline on the part of the parents to maintain the level of consistency necessary to raise well-adjusted children, and it is not an easy task.

If parents have not maintained consistent and firm boundaries starting when children are young, changing how they discipline can be especially challenging. Kids will push back when change happens, and parents may find it more difficult to keep their resolve to change how they discipline.

Research shows that physical punishment is not effective in the long run, and neither is yelling at children or shaming them. The purpose of discipline isn't to make children feel bad for what they have done, but to learn expected behaviors and understand why their actions were not appropriate. Harsh physical and verbal punishments can have lasting negative effects on children's physical and mental health over time.

Traditional physical punishments like spanking can increase children's anger and aggression. It also shows children that physical force is an appropriate behavior when someone makes them angry. It also creates a negative relationship between the child and parent. Physical punishment has also been shown to impede brain development.

So if parents are discouraged from shouting or using physical discipline, how can they get their children to follow rules? As I mentioned earlier, it takes time and commitment to effectively discipline children.

Swanzey Offers Conservation Scholarship

Swanzey residents pursuing higher education in environmental or conservation fields are invited to apply for a \$1000 scholarship from the Swanzey Conservation Commission. Students already in college or pursuing a graduate degree are welcome to apply, as well as college-bound high school seniors.

Interested students should look for more details about the scholarship in the MRMHS guidance office, online at www.swanzeynh.gov on the Conservation Commission's page, or e-mail cheri.domina@gmail.com. Deadline to apply is Friday, March 22nd.

The first order of business is to teach children how you expect them to behave using calm words and actions. Set the example in how you behave in front of your children.

Establish clear and consistent rules for your family that children can follow and explain the rules in words that they will understand. I recommend having a few basic rules that can be used in different circumstances rather than a laundry list of things you don't want your children to do. For example, be kind with your words and bodies. This will cover all sorts of behaviors including name calling, hitting, etc.

Take time to explain the rules and expectations before having to intervene to correct negative behaviors. Make sure children are focused and listening, get down to their level, and be clear about what you expect of them.

Prepare kids before events that may require more specific expectations, such as going to visit someone else's home or going to a public event. Be clear about what will happen if they do not follow the expectations, and be prepared to follow through.

Kids will test the rules and forget about them at times. This is normal and to be expected. Often they may just need a reminder, but sometimes consequences are needed. If you remind a child of the rule and they continue to break it, you can calmly and firmly explain what consequence you will give if they continue. For example, if you say that if they don't pick up their toys, you are going to put them away for the rest of the day – be prepared to follow through. Don't keep reminding them of the consequence, giving them multiple chances to misbehave. Part of their testing is to see how serious you are about it. If you keep giving reminders without follow through, children will not learn that you are serious.

If you are consistent about following through with the established consequence if they continue the unwanted behavior after you give a reminder, children will learn that you are serious about the matter and are more likely to correct the behavior with the reminder to avoid the consequence.

The consequence should be age appropriate and appropriate for the behavior. If your child refuses to clean up toys when asked, you may opt to put the toys away on a shelf for the rest of the day, and tomorrow they can have another chance. If a teenager shows up a half hour later than you asked them to be home, the following day, they may lose the opportunity of going out the next night or have a decreased curfew for the next few days.

Allow yourself the grace to make mistakes and recommit. It's not easy to be consistent all the time. You may occasionally lose your temper and need to repair your relationship while still holding kids accountable. In my next column, I will provide some specific suggestions based on ages.

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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Monadnock Food Co-op Round-It-Up Partners

The Monadnock Food Co-op at 34 Cypress Street in Keene recently announced its 2024 Round It Up program partners. "Our Round It Up program provides critical support to various non-profits serving our community," says Monadnock Food Co-op General Manager Michael Faber. "Please join us in supporting these important organizations by rounding up your change the next time you're in."

The partners include: March – Kroka Expeditions; April – Stonewall Farm; May – Monadnock Farm & Community Coalition; June – The Daily Good; July and August – Monadnock Food Co-op Farm Fund; September – NOFA-NH; October – Co-op Community Fund; November – Cornucopia Project; and December – The Community Kitchen. More details are available at www.monadnock-food.coop/round-it-up.



Irish Appetizers And Party Food

If you're planning a party for almost any occasion, from traditional holidays to birthday parties, finger foods are a perfect way for everyone to relax. March 17th is St. Patrick's Day, a holiday that welcomes a full-scale family dinner or a simple celebration with shared appetizers. This week's Irish appetizers feature some traditional Irish foods and recipes, as well as a few fusion foods that combine international food ideas with Irish ingredients. I hope you'll enjoy this selection of Irish party food.

Cooking Corner
 with Nancy Adams

Reuben Bites

These are like a good Reuben sandwich. Creamy dressing, corned beef, Swiss cheese... love 'em! Use whatever type of pickle you prefer – bread and butter, dill, and even spicy. Makes four to six servings; recipe amounts are easily increased, as desired.

- Ingredients:**
For the dressing:
 2 tbsp. mayonnaise
 2 tbsp. ketchup
 1 tbsp. sweet pickle relish
 3/4 tsp. prepared horseradish
 1/2 tsp. fresh lemon juice
 1/4 tsp. Worcestershire sauce
 salt and freshly ground black pepper

- For the bites:**
 2 cup pickle chips, drained and divided
 4 oz. thinly sliced corned beef
 3 oz. thinly sliced Swiss cheese
 1/4 c. sauerkraut, drained

Make the dressing: In a small bowl, whisk together mayonnaise, ketchup, pickle relish, horseradish, lemon juice, and Worcestershire sauce; season with salt and pepper. Arrange half the pickle chips on a platter. Top with sliced corned beef, Swiss cheese, sauerkraut, and drizzle with dressing. Close the bites with remaining half of pickles and a toothpick.

Easy Beer Bread

With only three ingredients, this is one of the easiest breads to make. After you've made and cooled the bread, serve it sliced and topped with sliced gravlax or smoked salmon pieces. Add a dab of mayonnaise mixed with some mustard, and top each appetizer with a thinly sliced cucumber, making as many as desired.

- Ingredients:**
 3 cups of self-rising flour
 12 oz. of beer (light beer will give it the mildest taste, but any beer you like will work)
 1/3 cup honey

Preheat to 350 degrees. Mix all of the ingredients in a large mixing bowl with a large spatula until the dough begins to form together and begins to pull away from the side. (Dough will have a wet consistency). Pour into a greased 9x5 loaf pan. Bake for 45 to 50 minutes. Allow to cool well before slicing to use for appetizers.

Traditional St. Paddy's Day Meal In Troy

A Traditional St. Paddy's Day Meal, take out only, will be held starting at 4 p.m. to 6 p.m. (or until sold out) on Saturday, March 16th at the Samuel E. Paul Community Center at 61 South Street in Troy.

The menu includes a generous portion of corned beef with cabbage, onions, carrots, and a roll for \$5. For more details, call 603-313-2243 or email troytownrec@gmail.com.

Irish Cold Spiced Beef

While this sandwich specialty takes three days to a week to marinate in the refrigerator, the actual process of preparing the dish itself takes very little time. This is lovely served on some buttered brown bread, topped with a spoonful of sweet chutney or jam. It also pairs well with potato salad and finger foods, such as celery, carrots, pickles, deviled eggs.

- Ingredients:**
Marinade: 1 1/2 cups vinegar; 1 cup water; 2 tablespoons kosher salt; 2 teaspoons sugar; 3 cloves minced garlic; 2 tablespoons pickling spice (tied in cheesecloth).

Combine marinade ingredients and bring to a boil; simmer 10 minutes partly covered. Cool completely. Place a 4 lb. beef bottom round or brisket in cooled marinade and refrigerate one to three days, turning occasionally with a wooden spoon.

After that time, bring to a boil; reduce heat and simmer three or three and a half hours, until fork tender. Cool two hours in marinade. Place overturned saucer on top of meat and place a heavy weight on saucer (a brick or heavy can). Refrigerate in marinade three days to one week to allow the flavor to mellow.

To serve: Scrape off jellied marinade and place beef on a carving board. Cut slices against the grain, as paper-thin as you can, and serve with assorted breads. Makes 12 or more portions. This spiced beef keeps well for a week to 10 days refrigerated.

Irish Nachos

This recipe for Irish Nachos is made using potato chips that are layered with plenty of cheese and toppings for a perfect party snack. Makes about eight servings.

- Ingredients:**
 4 cups kettle style potato chips
 2 cups shredded Irish cheddar cheese, or other cheddar of choice
 1/2 cup cooked crumbled bacon
 1/4 cup finely chopped chives
 1/3 cup sour cream
 1/4 cup diced tomato
 hot sauce, optional

Preheat the oven to 350 degrees. Place the chips on a sheet pan. Sprinkle the cheese evenly over the chips, then add the bacon on top of the cheese. Bake for approximately five minutes or until cheese is melted. Top with sour cream, tomato and chives and serve immediately. If desired, drizzle on some hot sauce.

Irish Whiskey Sliders

Small burgers simmered in a whiskey BBQ sauce, then spiced with jarred jalapeño slices, and served on slider rolls. Serve these chin-drippers with napkins!

- Ingredients:**
 2 lbs. ground beef (or bison, turkey)
 salt and pepper to taste
 4 tablespoons butter
 1 onion, diced
 1/2 cup whiskey
 1 cup barbecue sauce, prepared or your own
 1/4 cup jarred jalapeño slices, more or less, to taste
 12 whole slider buns or dinner rolls, split

Form the meat into about 12 miniature patties; add salt and pepper both sides. Melt butter in skillet over medium-high and cook until just about done in the middle; remove and set aside. Add diced onion to pan and cook about three minutes. Pour in the whiskey, carefully (watch it doesn't burn back towards your hands) and stir; allow whiskey sauce to reduce about half, three to four minutes, then stir in jalapeño slices and BBQ sauce. Reduce heat to low and put the patties in the pan sauce, turning to coat. Allow patties to heat through. Place patties on individual buns, spoon some sauce with jalapeños over each, and top with other half of bun.

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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Josephine Russell living a yoga lifestyle

asana that is not bad; in fact, practicing asana is good, but there is more. Yoga is a lifestyle, a path which becomes our guideline for a healthy, happy, holy life.

Josephine Russell has been traveling around this amazing earth since the 60s. It was during her early travels abroad that she took her first yoga class while on a slow boat to India. Josephine has been on the path of yoga since that time. She is owner of Aloha Keene, a Healthy Living Center, at 83 Court Street. You can contact her at josephine@alohakeene.com.

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When folks think of yoga, they often think of postures, or asanas. The two words seem to have the same meaning: yoga and postures. But asana is one facet of what yoga is about. Asana is not the whole story.

Another facet is called yamas, meaning social ethics or ways of interacting with the world around us. According to Nischala Joy Devi, yamas are reflections of our true nature. Yamas are a yogi's basic principles to live by. There are five yamas.

The first one, Ahimsa, means Peace in Actions, Thoughts, and Speech. Gandhi lived his whole life following this principle. He made the word Ahimsa known around the world. Ahimsa is often translated non-violence. The UN has declared October 2nd, Gandhi's birthday, as the International day of Non-Violence. This is the first yama, and being the first is the most important way of interacting with the world. If ever in doubt about how to act, think, and talk, refer to being peaceful.

Healing Perspectives
with Josephine Russell



The second yama is Satya, or Living in Truth and Integrity. By truth it is meant a higher truth, not a temporary personal truth, such as "I like your dress." The higher truths never change, but the lower truths can change daily. Life becomes easier when we are truthful. Never forget these yamas always refer to our thoughts as well as our actions. Examine your thoughts to check their integrity.

The third yama is Asteya, meaning Generosity and Honesty. Imagine a world where everyone practiced generosity – no more stealing; no more deception; no more corruption. (The more folks practicing true yoga and the world only gets better.)

Next on this amazing list of ways to behave in the world is Brahmacharya, or Moderation of Energy. It is following the middle path. By doing so, we always have energy available for life and what we need to do. No extremes of behavior, no overeating, and obesity would disappear. This is but one example.

Last comes Aparigraha, meaning not coveting but rather Awareness of Our Abundance. We live in a culture of abundance. We have luxuries which kings and queens of two centuries back and before did not have. Ask yourself, how much is enough?

Simplify (moderation) and cherish the abundance that we have at our fingertips.

Yoga has eight facets. The first, the foundation, is these five yamas. The third facet is Asana. Asana is not the whole story. However, if one only practices

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Toronto Dominion Bank (TD Bank)	60.33	0.34	Deluxe (NEBS)	19.33	-0.08
PC Connection	65.48	-1.14	Teleflex (Jaffrey)	224.40	1.40
Bank Of America (Fleet)	35.60	1.25	Timken (MPB Corp.)	86.30	1.71
Corning Inc.	32.71	0.26	M&T Bank Corp. (People's United)	142.74	5.83
Ametek, Inc. (Precitech)	181.44	0.76	Dover Corp. (Markem)	171.03	3.73

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	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	24.52	1.15	Wheat (cents per bushel)	538.00	-21.00
Gold (\$ per ounce)	2186.20	93.70	Corn (cents per bushel)	439.75	15.50
Platinum (\$ per ounce)	917.20	24.60	Soybeans (cents per bushel)	1,185.00	35.00
			Cattle (cents per pound)	188.00	0.00
			Crude (\$ per barrel)	77.84	-1.94

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NH Department Of Agriculture Launches Crop Loss Program, Accepting Applications

Gov. Chris Sununu and Department of Agriculture, Markets, and Food Commissioner Shawn N. Jasper announced that the Crop Loss Program have begun accepting applications.

The \$8 million program, developed in collaboration with staff from UNH Cooperative Extension, is designed to help New Hampshire farmers who suffered significant crop losses as a result of extreme weather conditions which negatively impacted farms during 2023.

Surveys conducted by Cooperative Extension following the inclement weather found that fruit growers lost virtually all their peach crop due to extreme low temperatures. That loss was followed by a late freeze which destroyed a significant portion of the state's apple crop. Farms then saw additional losses throughout the growing season due to an overabundance of rain.

"Last year's brutal cold snap, late freeze, and overabundance of rain took its toll on crops across the Granite State," said Governor Chris Sununu. "New Hampshire is wasting no time in ensuring our farmers receive relief to jumpstart the 2024 growing season following significant crop losses last year."

"New Hampshire's farmers do grueling work every day to provide food for Granite Staters," Jas-

per. "This program will make resources available immediately to provide producers with the resources needed to jumpstart a successful growing season."

The program will be open to any farm which suffered at least a 30 percent loss of any commodity, had a gross farm income of at least \$30,000 in the previous three years, and has neither closed nor is currently in bankruptcy. Awards will be made in a timely fashion to allow farms to purchase supplies ahead of the upcoming growing season.

Funding for the program, approved at the Executive Council Meeting on Wednesday, February 21, 2024, repurposes ARPA Funding to provide almost immediate relief to farms in need.

Applications will be reviewed weekly to expedite award of aid. All applications must be received by May 15th, at which time the total losses will be evaluated. Additional payments may be made if funding allows. In no case will any farm's payments exceed their loss, which will include a reasonable allowance for an owner operator's labor.

Applications can be completed by visiting www.agriculture.nh.gov. Individuals with questions can contact the Department of Agriculture, Markets, and Food at 603-271-3551.

Cedarcrest Unveiling New Logo And Website

Cedarcrest recently launched a new logo and website, marking a significant milestone in its 76-year journey of providing care and education for children and youth with complex medical and developmental needs.

The redesigned logo embodies the essence of Cedarcrest: youthful, contemporary, and uplifting. Input was gathered from the children, families, staff, board of trustees, advisory council, and many affiliated stakeholders to understand better how they envision the organization and what imagery would best represent the non-profit in the future.

Accompanying the refreshed brand identity is a revamped website. Visitors to the website will enjoy a seamless browsing experience, intuitive naviga-

tion, and updated content that reflects the unique residential and school program as well as enhancements such as greater accessibility and additional digital media.

Through the brand assessment process, the organization shortened its name from Cedarcrest Center for Children with Disabilities to Cedarcrest. Jay Hayston, president and CEO explains: "Most people refer to the organization with the singular word, and since we also serve teens and young adults in their early twenties, we felt that shortening the name was more inclusive, contemporary, and streamlined."

For more details about Cedarcrest, visit www.cedarcrestcenter.org.

Monadnock Farm Share Program Returns To Help Limited-Income Region Residents

The Cheshire County Conservation District recently announced the continuation of the Monadnock Farm Share Program. Six Community Supported Agriculture (CSA) produce farms in the Monadnock Region have come together to ensure that farm fresh CSA vegetable shares are available and affordable for limited-income community members in 2024.

This gives people the opportunity to support their local CSA farmer and receive reliable high-quality produce on a regular basis all season long. CSA Share prices are discounted through an innovative cost-share model. Through the program, participating families and individuals receive a discounted weekly vegetable share at 50 percent of its value.

Farmers raise funds to cover 15 percent of the program costs and 35 percent of program costs is provided by the The Center for Population Health at Cheshire Medical Center through the Healthy Monadnock Alliance. The customer is responsible to pay 50 percent of the total share cost.

Applications will be selected on a first come, first serve basis and funding is limited. The CCCD will accept applications until Saturday, March 30th, or until available shares have been awarded. More details, applications, participating farms, and program eligibility are available at www.cheshireconservation.org/farmshare. For assistance in completing applications, or to complete applications over the phone, call Benée Hershon at 802-518-0993 or email benee@cheshireconservation.org.

Preparing For The Equinox Event In Keene

Eve Kodiak will offer an event in preparation for the equinox at Aloha in Keene.

"Spring is a time of transition, as the wintry gestures of privacy move into more extroverted weather," she says. "We'll take the time to get our bearings in body, mind, and spirit... set intentions, do integrative movements including a Kundalini yoga set with live music, then share tea and informal conversation."

The event will take place Saturday March 16th from 10 a.m. until noon at Aloha Healthy Living at 83 Court Street in Keene. Proceeds benefit the Monadnock Humane Society. Suggested donation is \$35 to \$75 (no one turned away). For more details, contact eve@evkodiak.com.



Eve Kodiak

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What sets natural woven shades apart is their eco-friendly footprint, as they are often made from sustainable materials and contribute to a healthier planet. Beyond their environmental benefits, these shades offer practical advantages when paired with a fixed liner, such as insulation against heat and cold and the ability to customize light filtration. As we continue to prioritize sustainability in our choices, natural woven shades emerge as a conscious and stylish solution for window treatments, enhancing both the beauty of our spaces and our commitment to a greener future.

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

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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)



On what Keene Street was this business located, c.1880s?



The winner of last week's mystery photo contest was **Judy Baldwin** of Keene. The church was located on Marlboro Street in Keene.

Beginner Yoga Class Starts March 20th At Aloha

Aloha, located on Court Street in Keene, will have a beginner yoga class March 20th through April 24th. This is a six-week series for \$75.

This class is for those who want a refresher course in yoga, or those who always heard about the benefits of yoga and want to give it a try.

Attendees of this six-week course will learn about the ins and outs of a practice by experiencing a great beginner class that explains what is happening.

To register, call 603-762-3129 or visit vagaro.com/alohakeene.

Hancock Woman's Club Annual Scholarship Accepting Applications

The Hancock Woman's Club is accepting applications for its annual scholarship, continuing its long tradition of helping Hancock women reach their educational goals. The scholarship is open to adult women mid-career or in the process of changing or returning to a career after family obligations.

Applicants must be Hancock residents of at least two years and have an official acceptance or be enrolled at an accredited school such as a college, university, technical or other training school, or for a continuing education certification for an accredited program.

To apply, request an application by writing to Hancock Woman's Club, PO Box 366, Hancock, NH 03449, or emailing hancockwomensclub.nh@gmail.com.

Applications must be received by Wednesday, April 3rd.

Nathan R. Lynch PLLC



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HAPPY BIRTHDAY!

from **HANNAFORD'S SUPERMARKETS**

March 13, 2024

Blake Cooper, son of Russell Cooper & Sabrina Roberts, Richmond, 8

Parker E. Wells, son of Tazia & Daniel Wells, Stoddard, 3

March 19, 2024

Jaxton Edward David Masaitis, son of Ashleigh Hooper, Keene, 9

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Blake Cooper, Richmond, 8
Jaxton Edward David Masaitis, Keene, 9

HANNAFORD'S SUPERMARKET

West Street, Keene, NH

BIRTHDAY CAKE DRAWING

Mail coupon to:

The Monadnock Shopper News,
P.O. Box 487, Keene, NH 03431-0487

- All boys and girls through age 12 are eligible.
 - Entries must be mailed; no phone calls, please.
 - Forms must be received *two weeks before* child's birthday.
- PRINT OR TYPE CLEARLY**

CHILD'S NAME _____
AGE* _____ SEX _____ PHONE _____
BIRTHDATE _____
PARENTS' NAME (S) _____
ADDRESS _____

*Age child will be on this birthday.



Business Fraud Protection and Prevention Seminar

A free seminar—in person or via WebEx

During this FREE seminar we will be covering tips & tricks to help you learn how to protect your business from financial fraud. SBW's AVP Business Development Officer Crystal Lewis, and Fraud Management Officer, Katrina Randlett will be covering a range of important topics, including mail theft, check fraud, bank imposter scams, email compromises, and more.

Registration/more information:
Call **Crystal Lewis** at **(603) 355-1607** or email clewis@walpolebank.com or visit walpolebank.com/seminar-safeguard-your-business.

Please register by
Friday March 8 (for the 3/13 seminar)
Thursday, March 21 (for the 3/26 seminar)

walpolebank.com | | | |

JOIN US for 1 of 2 Sessions:

Wednesday, March 13
4:00 - 5:00 PM or
Tuesday, March 26
4:30 - 5:30 PM

Savings Bank of Walpole,
84 Marlboro Street, Keene
in the Community Room
or via WebEx.



The savings bank of you.

KROKA
Wilderness Adventure Camp
Ages 9 - 18

AWAKENING
CONSCIOUSNESS AND
ALTRUISTIC WILL IN
YOUNG PEOPLE

Marlow, NH www.kroka.org (603) 835-9087

Get Ready for
2024 **SUMMER CAMPS**
in the Monadnock Region!

A Fun Filled And Unique Camp Experience For All Ages Camp Squanto At Pilgrim Pines

Camp Squanto at Pilgrim Pines in Swanzey offers a fun-filled, unique camp experience for all ages. This camp – located at 220 West Shore Road – includes a climbing tower, zip line, boating, and many skills to learn, such as swimming lessons, paddle boarding, and orienteering.

Pathfinder Camp is the youngest group (entering second and third grades), and includes games, activities, and worship all packed into the four days and three nights stay in a fun and safe environment. Camp dates are Wednesday June 26th through Saturday, June 29th.

Trailblazer Camp is for those entering fourth through sixth grades. This high-energy level offers full and mini weeks. Full weeks include Sundays through Saturdays, June 30th through July 6th and July 7th through 13th. Mini weeks include Sundays through Wednesdays, June 30th through July 3rd and



From (R to L): Andrew Meier, Aeden Barnett, Micah Beausoleil, and Derek Fredrickson enjoy the inflatable water slide at Camp Squanto in Swanzey.

the **Y**

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

FIND YOUR Y AT
Keene Family YMCA
603.352.6002
keeneymca.org
Registration opens 3/11

CAMP SQUANTO

COME JOIN US FOR A SUMMER OF FUN, EXCITEMENT AND OUTDOOR ADVENTURES.

CAMP SQUANTO HAS A LONG TRADITION OF PROVIDING CHRISTIAN YOUTH CAMPING ALONG WITH MEMORABLE, FUN, SAFE, AND DYNAMIC PROGRAMMING FOR CHILDREN AND YOUTH. COME DISCOVER CAMP SQUANTO AND JOIN IN THE FUN!

GRADES 2-12

OUTDOOR ADVENTURE **CLIMBING TOWER**
BIG GAMES **FRIENDS**
SWIMMING **FAITH**
BOATING **EMPHASIS**
PADDLEBOARDS

Pilgrim Pines/Camp Squanto • Swanzey, NH
pilgrimspines.org • 603.352.0443

GATHERING WATERS CHARTER SCHOOL

KIDS

SUMMER PROGRAM

Play and learn with us this summer!

Puppetry Exploring Games
Hiking Painting Cooking

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

For kids entering grade 1 - 5

July 7th through 10th.

Junior High Camp is for those entering seventh through ninth grades. The older campers get more of a freedom to choose the activities they really like at camp. This is an age group where there is spiritual growth and a desire to dig deeper in faith and relationship with God, so there is more time with cabin groups, small groups, and discussions with camp counselors. Camp is offered Sunday to Saturday, July 14th through 20th and July 21st through 27th.

Navigator Camp is for those entering eighth through tenth grades. Campers are exposed to a variety of activities and can participate in workshops. Navigator Camp runs from Sunday to Saturday, July 28th through August 3rd.

Senior High Camp is for those entering tenth through twelfth grades. This week will provide a fun and safe place for campers to enjoy all of the excitement of camp, as well as the opportunity to engage in asking big questions about God, faith, and relationships. Senior High Camp runs from Sunday, August 4th through Saturday, August 10th.

Leaders in Training (LIT) Camp is for those entering eleventh and twelfth grades. Over an intensive two-and-a-half to three-week camp experience, LITs get a taste of what goes into the ministry of Camp Squanto.

CAMP, page 13

Keene STATE COLLEGE

KIDSONCAMPUS
at Keene State College 2024

Registration Opens March 4th!

SUMMER CAMPS!
Preschool - 10th Grade • 9:00 - 4:00pm

June 24 - 28 in collaboration with NHD
July 8 - 12
July 15 - 19
July 22 - 26
July 29 - Aug. 2

Keene.edu/Kids • 603-358-2290

the **Y**

YMCA CAMP TAKODAH

VOTED BEST OVERNIGHT CAMP IN NEW HAMPSHIRE

LIMITED SPOTS AVAILABLE!

Ages 8-15 | 30 min from Keene | Financial Assistance Available

C.A.K.E.

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.

Creative Arts at Keene Summer Camp
For kids grades 3 through 12
WEEKDAYS, JULY 1-26

TUITION ASSISTANCE AND DISCOUNTS ARE AVAILABLE!

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!

CupCAKE Summer Camp
Ages 4 through grade 3
June 24-28
July 29-AUGUST 16

MoCo Arts | 40 Roxbury Street, Keene, NH 03431 | info@moco.org

WWW.CAMPTAKODAH.ORG

ENTERTAINMENT

and DINING

Dancing With The Keene Stars 2024 March 22nd And 23rd At Redfern Arts Center



Dancing with the Keene Stars dance partners – Melanie Fedorowicz and Rogerio Wasilewsk – practice some of their dance moves for the upcoming shows at Redfern Arts Center.

Move over *Dancing with the Stars*, the Keene High School Project Graduation Board will once again hold its two-night event, *Dancing with the Keene Stars*, on Friday and Saturday, March 22nd and 23rd at 7 p.m. at The Redfern Arts Center at Keene State College. There is also a matinee performance on Saturday at 2 p.m.

Rich and Pam Clough, owners of Keene Fusion Studios, have paired local “stars” with past “star” dancers for this dance competition. Audience members will get a chance to vote for their favorite dance duo. This event also includes dancing in the second act to familiar Disney songs.

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

In the past, Project Graduation has provided enter-

tainment, including a hypnotist, inflatable activities, games, lots of food, friendship, prizes, gift giveaways, and more. This drug- and alcohol-free night each year is totally funded by donations and fundraising.

Tickets for *Dancing with the Keene Stars* are \$22 and can be purchased by calling 603-358-2168 or visit keene.universitytickets.com.

Storytelling And Spoken Word Circle In Dublin

On Wednesday March 20th from 6:30 to 8:30 pm, the DubHub will host the Monadnock Storytelling and Spoken Word Circle, an open mic for participants to share stories, poetry, rap, comedy, truly any kind of spoken word, going round the circle.

The organizers are Sebastian Lockwood and Papa Joe Gaudet, both of whom have 20-plus years of experience as professional storytellers. All are welcome, participants and listeners.

For more details, contact Gaudet at papajoe@storytelling.com and Lockwood at bit.ly/slockwood.

Spring Equinox Celebration March 23rd

On Saturday, March 23rd there will be a Spring Equinox Celebration hosted by the Alstead Fire Department at 10:30 a.m.

This event is a time to learn about Native American culture through games, storytelling, drumming, and singing. There will be a potluck meal so attendees can bring food to share. For more details, call Chief Paul Bunnel at 978-337-9085.

TACO TUESDAY!
\$2.00 each! (normally \$3.50) **NO LIMIT**
12 oz. canned cocktail or beer **only \$1.75** with any taco purchase



13 Main St. (Rt. 101) • Dublin, NH
603-876-3320 • www.smokehausebbq.com
Fri/Sat 11-7; Sun, Tues-Thurs 11-6:30; Closed Mon

LARGE ORDERS: EMAIL SMOKEHAUSDUBLINNH@GMAIL.COM

*Tacos available all week. Fillings include pulled pork, brisket, or chicken and will vary weekly. \$2.00 pricing effective on Tuesdays only.

Read the **MSN** online:
www.shoppernews.com

SEAFOOD DINNERS **NEW MENU COMING SOON!**

DINNER TABLE Restaurant

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

DANCING WITH THE KEENE STARS 2024
Two Night Extravaganza!!

FRIDAY & SATURDAY, MARCH 22 & 23 • 7 PM
SATURDAY, MARCH 23 MATINEE • 2 PM

Redfern Arts Center at Keene State College
BRING THE FAMILY TO SEE LOCAL STARS/PARTNERS COMPETE
Dancing in the second act to familiar Disney songs!
Tickets are \$22 and can be purchased by calling 603-358-2168 or keene.universitytickets.com
A Keene High School Project Graduation fundraiser.

SPONSORS: Gemgraphics, The Keene Sentinel & Print Shop, Kiwanis Club of Keene, Savings Bank of Walpole, Ganio Land Management, William Marconi Italian Club, Gary's Power Equipment, Carpet Clearance Warehouse, Keep 'Em Healthy Veterinary Clinic, Fenton Family Dealership, Chesterfield Lions Club, Greenwald Realty Associates, Trinity Christian School, Pappas Contracting, Cheshire Medical Center-Dartmouth Health, Insurance Center, Inc.

Find us on **facebook**.
Giveaways • Stories • Local Events

SPRING 2024 REDFERN PRESENTING SERIES

UNITED STATES AIR FORCE WOODWIND ENSEMBLE*
March 13

50th Anniversary EVENING OF DANCE
April 11-13

NEW ENGLAND CENTER FOR CIRCUS ARTS*
May 11

TICKETS: \$12 General Public, \$7 Seniors & Youth, Free for Keene State College students. For more information, please call the Box Office at 603-358-2168 or visit us online at keene.edu/redfern.

The Redfern Presenting Series is sponsored by the Courtyard by Marriott Keene Downtown.

*This event is free and open to the public.

ARTS AT KEENE STATE COLLEGE REDFERN ARTS CENTER
Keene STATE COLLEGE

ROYAL Spice
INDIAN CUISINE

Sunday Lunch Buffet!
11:00 AM–3:00 PM
(Regular Menu Available)

Now Offering Delivery!

Banquet Hall available at our Troy, NH location, 199 N. Main St.
603-242-3682 • 475-343-0333 • www.toasttab.com/royal-spice-199-n-main-st
Tuesday–Saturday 12:00 p.m.–8:30 p.m. • Sunday 11:00 a.m.–8:30 p.m.

Our Famous BOILED DINNERS
and other Irish favorites!

THURS • FRI • SAT
MARCH 14, 15, 16
11:30-2:00 & 4:00-8:00

Tempesta's RESTAURANT
CASUAL DINING & CATERING

401 Winchester St, Keene • tempestasbw@yahoo.com • 603-203-8736

Saturday, March 16th
& **Sunday, March 17th**

Traditional Corned Beef & Cabbage Dinner

Dine in or Take Out, 11AM-2PM
Reservations Recommended

The Pub
Restaurant and Caterers
131 Winchester St.
Keene
352-3135
www.thepubrestaurant.com
Open at 7 am
Available for dine-in or pick up!

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

GOLD SPONSORS

The Monadnock Shopper News, SPS STEELMAN PRODUCTION SERVICES INC., INDIAN KING FRAMERY Creative Camera Imaging

SILVER SPONSORS

FOUR PANEL, RE/MAX TOWN & COUNTRY, Savings Bank of Walpole, Mascoma Bank, COLQVIAL, ARTS ALIVE

Wednesday, Mar. 13
ARTS, MUSIC & THEATER
United States Air Force Langley Woodwind Quintet 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Free event. 603-358-2168.

LECTURES & WORKSHOPS
Financial Education Series: Business Fraud Protection Seminar 4-5pm. Savings Bank of Walpole, Community Room, 84 Marlboro St., Keene. First of 2 sessions. Crystal Lewis: 603-355-1607. clewis@walpolebank.com. www.walpolebank.com/seminar-safeguard-your-business..

MISCELLANEOUS
Blood Drive 10am-2:30pm. Teleflex Medical, 50 Plantation Drive, Tall Pines Industrial Park, Jaffrey. To make an appointment call 800-733-2767.

Thursday, Mar. 14
MISCELLANEOUS
Nest Boxes + Volunteer Monitors = More Bluebirds! 6pm. Northfield Mountain Recreation and Environmental Center, 99 Millers Falls Rd., Northfield, MA. Stories of local birds and how community members are helping them thrive. No registration is required. For adults and kids ages 10 and older.

Friday, Mar. 15
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.

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

Saturday, Mar. 16
ARTS, MUSIC & THEATER
Peterborough Folk Music: The Mammals 7pm. Bass Hall, Peterborough. 603-318-9196. www.pfmsconcerts.org.

Alex Cumming 'Homecoming' Tour Concert 7:30pm. Nelson Town Hall. Joining Alex will be virtuosic fiddler and singer Audrey Jaber. \$20/\$15(seniors, students, or in advance). concertinfo@monadnockfolk.org.

Jordan JW Trio 8pm. Claremont Opera House, 58 Opera House Square, Claremont. A fresh spin on traditional Celtic music. Kara: boxoffice@cohhn.org. www.cohhn.org/events.

DINING PLEASURES
St. Paddy's Celebration: Food & Song Monadnock Country Club, 49 High St., Peterborough. Enjoy dinner

St. Paddy's Celebration
with Song and Food
Saturday • March 16th
6-8 p.m. DINNER
6:30-9:30 p.m. BAND

49 High St.
Peterborough

MONADNOCK Country Club

603-924-7769

MARCO POLO GARDEN
Chinese Restaurant & Lounge
OPEN 7 DAYS • 603-357-3464

FREE 1PC. EGG ROLL OR SM. WONTON SOUP with order of \$30 or more
Total before tax. One coupon per person. Cannot be combined with any other offers. Not valid for delivery. Some terms and conditions may apply. Coupon Expires April 9, 2024.

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Non-dairy Almond Milk Soft Serve

Key Lime • Pina Colada
Vanilla • Black Raspberry
Strawberry • Blueberry Cheesecake
White Chocolate

All natural, gluten-free & vegan!

Rick's
Ice Cream & Desserts
58 KEY ROAD, KEENE • 352-4226

while listening to Irish music with The Grateful Dads and guests. Dinner 6-8 pm. Band 6:30-9:30 pm.

St. Paddy's Day Traditional Meal 4-6pm. Samuel E. Paul Community Center, 61 South St., Troy. Traditional corned beef & cabbage meal \$5. Takeout only. Come early to avoid sell out. 603-313-2243. www.troytownrec@gmail.com.

Third Saturday Supper 5pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Corned beef dinner with all the fixings. 603-352-6689.

FAMILY FUN
Maple Weekend 12-4pm. Great Brook Farm Sugar House, 437 County Rd., Walpole. Daily raffle, maple syrup on ice cream, & tour of sugar house. 603-313-8914.

MISCELLANEOUS
NH Maple Weekend Crescendo Acres Farm, 21 Carpenter Rd., Surry. Tours, samples, and visits with the animals. 603-352-9380. www.crescendoacres.com.

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

Coffee House & Open Mic: The FitzMurphys 7-10pm. Dublin Community Center, 1123 Main St., Dublin.

Blood Drive 9am-2pm. Dublin Community Center, 1123 Main St., Dublin. To make an appointment call 800-733-2767. www.redcrossblood.org.

Monadnock Writers' Group Monthly Speaker Series: Speaker John Knight 9:45am. Peterborough Town Library, 2 Concord St., Peterborough. This free event is an opportunity to hear about the world of editing and how to make the editor-writer partnership work. More information at monadnockwriters@gmail.com. www.monadnockwriters.org.

Preparing for the Equinox: Eve Kodiak 10am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Bring mat, journal, & meditation cushion. \$35 - \$75. eve@evekodiak.com.

Spring Meeting of Monadnock Area Artists Association 10-11:15am. Hannah Grimes Center, Roxbury St., Keene. Bring a piece of artwork on the theme "Emerging" to share with other artists. Free and open to the public.

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

Sunday, Mar. 17
ARTS, MUSIC & THEATER
St. Patrick's Day Concert of Irish Music 2pm. St. James Episcopal Church, 44 West St., Keene. Benefit concert to support the Keene Housing Kid's Collaborative. \$10 suggested donation.

The Nathan E. Cohen Lecture Series Presents: An Afternoon of Fiddler on the Roof 3pm. Congregation Ahasvas Achim, 84 Hastings Ave., Keene. Free and open to the public. 603-352-6747. office@keenesynagogue.org.

DINING PLEASURES
Keene VFW St. Patrick's Day Luncheon 11:30am-2pm. Keene VFW Post 799, 459 Winchester St. Corned beef & cabbage dinner for \$12 or Reuben sandwich meal for \$10. Reservations required. Reserve take-out or dine-in by Thursday March 14th. 603-357-0149. ciperreault@myfairpoint.net.

FAMILY FUN
Maple Weekend 12-4pm. Great Brook Farm Sugar House, 437 County Rd., Walpole. Daily raffle, maple syrup on ice cream, & tour of sugar house. 603-313-8914.

MISCELLANEOUS
NH Maple Weekend Crescendo Acres Farm, 21 Carpenter Rd., Surry. Tours, samples, and visits with the animals. 603-352-9380. www.crescendoacres.com.

March Adventure Bus Trips: Boston/Your Way Adventure Limousine & Transportation. \$55 per person. 603-357-2933. www.advlimo.com.

St. Patrick's Day Party 8am. Mama Mc Donough's Irish Pub, 80 Airport Rd., Keene. Live music, giveaways, drink specials, breakfast til 11, lunch & dinner til 7. Jameson promo 4-6.

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

Monday, Mar. 18
MISCELLANEOUS
Blood Drive 8am-1pm. Fall Mountain Regional High School, 134 Fall Mountain Regional High School Rd., Langdon. To make an appointment call 800-733-2767. www.redcrossblood.org.

March Adventure Bus Trips

Foxwoods • 3/16 • \$49pp
Boston/Your Way • 3/17 • \$55pp
Encore • 3/26 • \$49pp
NY City/Your Way • 3/31 • \$79pp

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

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

Tuesday, Mar. 19

MISCELLANEOUS

Blood Drive 12-5pm. Courtyard by Marriott, 75 Railroad St., Keene. To make appointment call **800-733-2767**. www.redcrossblood.org.

Wednesday, Mar. 20

MISCELLANEOUS

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

Monadnock Folklore Society Hosts Concert In Nelson

The Monadnock Folklore Society will host critically acclaimed folk singer and accordionist Alex Cumming at the Nelson Town Hall at 7 Nelson Common Road at 7:30 p.m. on Saturday, March 16th.

Joining Cumming will be virtuosic fiddler and singer Audrey Jaber, known for her work with The Gaslight Tinkers, Wake Up Robin, Larry Unger, Free Raisins, and more. Admission is \$20 for adults and \$15 for seniors, students, or in advance: concertinfo@monadnockfolk.org.

A Fun Filled Camp Experience For All Ages

CAMP, Continued from page 10

These sessions overlap with other age groups, and campers become familiar with the leadership and responsibility required to become a staff member as well as learning valuable life skills. Becoming an LIT does require an application process with references. LIT Camp is Wednesday, June 26th through Saturday, July 13th for Session I (juniors) and Sunday, July 14th through Saturday, August 3rd for Session II (seniors).

For more details or to register, call 603-352-0443, email squanto@pilgrimpines.org, or visit www.pilgrimpines.org.



MONADNOCK CONSERVANCY
presents

Stories About This Place

FRIDAY, MARCH 22 • 6:30 PM
Peterborough Town House, 1 Grove Street

Speakers: Rebecca Rule, Ernest Hebert, Tyler Rich, Juliana Stevens and Bob Brown, with musical guest, Ben Cosgrove

FREE PROGRAM BUT MUST REGISTER AT [eventbrite.com/e/stories-about-this-place-2024-tickets-832133582947](https://www.eventbrite.com/e/stories-about-this-place-2024-tickets-832133582947)

Any questions, email martin@monadnockconservancy.org

Concert Of Irish Music For St. Patrick's Day

On Sunday, March 17th there will be a concert of Irish music to celebrate St. Patrick's Day at St. James Church on West Street in Keene at 2 p.m. This benefit concert to support the Keene Housing Kid's Collaborative will include several well-known performers, instrumentalists, and dancers. There will be a suggested donation of \$10 at the door.

Children's Program, Egg Hunt In Swanzey


On Saturday, March 23rd at 10 a.m., a free Children's Program & Egg Hunt will be held at First Congregational Church of Swanzey at 679 Old Homestead Highway. All children in fifth grade and younger are invited. Participants should bring a basket.



Saturday, March 23, 2024
Keene Country Club
Viva Las Vegas!
Dinner • 50/50 Raffle
Digital Silent Auction

Limited Tickets Available!
Scan the QR Code or visit the link below to get your tickets!
[eventbrite.com/e/las-vegas-casino-murder-mystery-dinner-tickets-779379905277?aff](https://www.eventbrite.com/e/las-vegas-casino-murder-mystery-dinner-tickets-779379905277?aff)

The Nathan E. Cohen Lecture Series presents:



An Afternoon of Fiddler on the Roof

Sunday, March 17th 3:00 pm

An interactive presentation for all ages celebrating Fiddler on the Roof's universal theme of tradition, which cuts across barriers of race, class, nationality, and religion. Members of the Wild Goose Players will entertain us with song and dance, offering excerpts of their production of Fiddler on the Roof (this April 5-7 & 11-13, at the Bellows Falls Opera House in Vermont).

Tickets for their performance in Bellows Falls will be available for CAA members and guests at a discounted rate after their presentation.

Free and open to the public.

For information, contact: office@keenesynagogue.org or call 603.352.6747
84 Hastings Avenue Keene



10" Cheese Pizza

\$5.00

With this coupon
Excludes Gluten Free
Excludes Delivery
Limit 2 per Coupon
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Early Spring Home Improvement



Bringing Chairs Back To Their Original Condition



Meg Kupiec gives an old chair a new seat.

"Chairs, chairs, everywhere and not a place to sit," remarked my husband as he walked through the basement," said Meg Kupiec. "It's true because not only are the chairs missing seats, they are not all our chairs. They are here waiting for new seats."

Hand caned seats, pressed cane seats, porch rocker seats, fiber rush and fiber splint seats, these can all wear out over time. That doesn't mean one should throw out an otherwise good chair. In most cases the chairs are made of solid wood with the quality craftsmanship that is missing from mass produced furniture. With a new seat they can be as good as new.

"It's been my pleasure to work on chair seats that have a special meaning to the owners," Kupiec said. "Many pieces have been in the same family for years and are given to younger family members at a significant event in their lives. What parent wouldn't love to rock their newborn in their great grandmother's rocking chair? A desk chair with a new seat won't make paying bills any more fun, but it will be more comfortable."

And for those who are dreaming of getting a canoe out on the water, Kupiec can help be sure the canoe seat is in good shape. Constant exposure to water and sun can take its toll on cane.

Getting the seat replaced is only part of what is offered. Sometimes broken or loose stretchers cannot be seen until the old seat has been removed. Repairs can be done so the seat can be properly woven. Instruction in simple methods of maintaining the seat are also given to maximize the life of the seat. Care depends on the type of material used for the seat.

"I've worked on prized family pieces, thrift store finds, and plenty of chairs what were manufactured right here in Keene," Kupiec added. "They all get the same attention needed to bring them back to their original condition."

For more details, reach Meg Kupiec at 603-756-3208 or e-mail m.kupiec@yahoo.com.

Are You Ready To Check Off Your Home Improvement List?

Elevated Home Services To The Rescue



Sam Graves, employee of Elevated Home Services, is seen applying a faux-stone panel to a foundation.

By Lori Catozzi Cook

Being a homeowner means that, more than likely, you have a long to-do list of home improvements that need to be accomplished this year. And looking over that list can feel somewhat daunting. Whether you have building plans in hand for new construction or need advice on the best approach for a renovation or repair project, Jake Kukas of Elevated Home Services in Westmoreland can offer ideas and suggestions for getting the project done and within your timeframe and budget.

Since opening Elevated Home Services three years ago, Kukas has become known in the region for his honesty, reliability, and professional results. He understands that customer

service is key to any successful home renovation or remodel.

"Jake Kukas of Elevated Home Services replaced an aged deck and put a metal Trek railing around the whole deck. He replaced a sliding glass door in our sunroom and did a small roofing job. The quality of his work was very good, and they did a good clean-up job when finished," says client Nan Hillier.

Though roofing has been the primary focus of this locally owned and operated business, Kukas wants to make sure people know of the vast list of services that his team can accomplish. From the simplest repairs to major construction, the professionals at Elevated Home Services are up to the task.

ELEVATED, page 20

Seedling Workshop For Local Growers In Keene

A Seedling Workshop for local growers will be held on Wednesday, March 27th at 4 p.m. at The Community Greenhouse at Mill Hollow Works located at 149 Hurricane Road in Keene.

The workshop will start with crop planning and seed purchases and will move through systems of seedling production. Attending growers will learn about seedling tray sizes, soil mixes, germination, and seedling care, including pest and disease con-

trols and fertilization. Transplanting methods will be covered for when seedlings are ready to plant. Alternative methods for seedling production, such as using soil blocks and DIY vacuum seeders will also be discussed, as well as intensive planting methods that can improve efficiencies.

Registration is required at www.cheshireconservation.org/events.

Free Household Hazardous Waste Collections Planned

The dates for Spring Household Hazardous Waste Collections in area towns have been announced. This is an opportunity to clean out toxic wastes from basements, work benches, garages, and cupboards.

All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center at 55 Old Summit Road in Keene from 8 a.m. to 1 p.m.

The dates are Saturdays, March 23rd, March 30th, April 13th, April 27th, May 11th, May 18th, and June 8th, and Wednesdays, March 27th, April 17th, May 15th, and June 19th.

People from the following towns may participate: Acworth, Chesterfield, Dublin, Gilsum, Greenfield, Hancock, Harrisville, Hinsdale, Keene, Marlborough, Marlow, Nelson, Peterborough, Stoddard, Sullivan, Surry, Swanzey, Walpole, and Westmoreland.

The collection takes around 10 minutes, and is sponsored by the City of Keene. Do not mix products, and the limit is 10 gallons per household per collection.

Bring products marked toxic, poison, corrosive, irritant, hazardous, flammable, or danger. If you think it's hazardous, bring it.

Do not bring empty containers (can be recycled), latex paint, ammunition, fireworks, radioactive materials, make-up, and toiletries.

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

While they are there, folks can check out the reuse center for items such as good quality paint or various cleaning products. These are perfect for small jobs and are free. For more details, call 603-352-5739.

Allen Brothers Farms Welcomes A New Growing Season

On Thursday, March 14th, Allen Brothers Farms will open their garden center with a huge supply of seeds, bulbs, herbs, home plants, and early spring favorites such as Easter lilies, pansies, tulips, daffodils, crocuses, and hyacinths. The garden center also sells bagged topsoil, mulch, and fertilizer.

"We've been getting lots of calls from local residents and landscapers who are anxious to get growing," says Stacey Allen, co-owner of Allen Brothers Farms. In the garden center gift shop, customers can shop a wide assortment of basics like work gloves and hand tools, along with decorative pottery, statuary, scatter rugs, hand-blown glass wind chimes, birdhouses and feeders, and many other garden-themed items.

"Not only do we have everything to make your garden grow," says Allen, "but we also have a wonderful selection of items for decorating the inside or outside of your home."

Allen Brothers Farms, family owned and operated since 1956, is located on Route 5 (exit 5 off of Route 91) in Westminster, VT. The garden center is open from 9 a.m. to 5 p.m. daily and can be reached at 802-722-3395. Visit them online at allenbrothersfarms.com.



Emily Perham, Garden Center Manager, stocking shelves in the gift shop in advance of opening day.

Tips For Making Best Use Of A Storage Unit

Storage units have become more and more popular recently. For anyone considering renting a storage unit, here are some tips from West Peterborough Self Storage in Peterborough. They offer climate and humidity controlled spaces.

An important question to consider is how long will a storage unit be needed. If it's four to six months or longer, the safest option would be to choose a climate-controlled unit. Another consideration for choosing climate-controlled storage is how valuable the items are. If the items have monetary or sentimental value, why take the chance of them being damaged to any degree by excessive moisture/humidity or freezing temperatures. Making this determination to store items in a climate-controlled unit ahead of time can end up saving both time and money in costly repairs or replacement of damaged goods in the long-run.

These tips can help make storing and accessing stored items more efficient and reduce likelihood of damage.

- Use uniform size boxes for easy stacking. Be sure boxes are strong enough to hold 25 to 30 pounds. Place boxes containing fragile items at the top of a stack.

- List the contents of each box on all four sides. Number storage boxes and create a reference guide for the easy location of items. Seal all boxes with tape.

- Wrap fragile items. Dishes, glasses, and other like items should be wrapped in paper and packed in sturdy boxes. Stack items of this nature on the top of a stack. Framed pictures and mirrors should be wrapped in cardboard and marked *fragile*.

- When possible, remove legs from tables. This will increase storage efficiency.

STORAGE, page 18

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Tips For Making Best Use Of A Storage Unit

STORAGE, Continued from page 17

- Cover stuffed furniture with cardboard or blankets to protect against dust. Refrain from stacking items on top of soft furniture as over time it will leave imprints on the furniture. Do not place heavy or sharp objects on top of upholstered furniture.
 - Mattresses may bend out of shape if not standing straight up. A mattress stored on its side should be propped up so that it does not lean. A mattress cover will help protect it from dust and dirt both in the moving and storage period.
 - Furniture with drawers can be utilized as storage space for pictures, china, silverware, knick-knacks, or other small items. Wrap these items in tablecloths, towels, blankets or other fabric items being stored to help prevent breakage and save on the cost of additional packing materials.
 - Pre-plan how items are arranged. Place items that need to be more readily or frequently accessed near the front and allow space for walkways through the storage unit.
 - Climate-controlled storage may be best for any items that are: sensitive to heat, cold, or moisture; prone to collecting dust, mold, or mildew; or are of monetary or sentimental value.
- West Peterborough Self Storage is located at 375 Union Street in West Peterborough and has climate and humidity controlled storage units in a variety of sizes. For more details, call 603-924-0109 or visit www.westpeterboroughselfstorage.com.

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Craig Altobello Marquetry Exhibition In Peterborough



Apple Blossom and Bee

For the exhibit, Altobello worked with Phil Brown of the Harris Center to provide some information on the Monadnock region's bird population and the conservation projects currently underway at the Harris Center. This information will be displayed alongside Altobello's corresponding artwork and 15 percent of the sales from the exhibit will benefit the Harris Center's Bird Conservation Projects.

The Peterborough Town Library will host Craig Altobello's exhibit of marquetry this spring. "Astonishing Moments in Nearby Nature: Marquetry by Craig Altobello" will be on view in the Peterborough Town Library's Community Art Gallery through Tuesday, April 30th.

Altobello will be offering an Artist Talk on Saturday, March 23rd at 1 p.m. to discuss his creative process and do a demonstration of how he creates his pieces.

Altobello describes this exhibit as being inspired by his daily walks. "My work celebrates the beauty of the life around me," he said, and recently it got him thinking about how he can help bring attention to some of the threats to local flora and fauna.

Altobello was introduced to woodworking in 1978 during a workshop with designer/craftsman Thomas Moser of Maine. His path to marquetry grew out of teaching middle school science, where his students documented their outdoor explorations through art using cut paper collage. Craig saw the potential to work with the colors and patterns in wood to bring "collage" to his woodworking. He traveled to the College of the Redwoods in California to learn marquetry and the knowledge and skills gained in that course launched him into his current work. Craig lives in Peterborough.

Peterborough Town Library is located at 2 Concord Street in Peterborough and is open Monday-Saturday. For more details, visit Peterborough-TownLibrary.org or call 603-924-8040.

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As New England homeowners, the folks at Air Control Contractors know the importance of heating and air conditioning equipment maintenance. HVAC equipment failure can cause potentially unsafe situations, not to mention uncomfortable living conditions. However, these emergencies happen and require immediate action.

Frozen pipes, fuel leaks, and improper combustion can cause issues during winter months. Extreme humidity levels, refrigerant and condensation leaks can cause issues during summer months. When this happens, Air Control Contractors can be called immediately, 24/7. Homeowners can avoid property damage, uncomfortable conditions, or even worse, someone getting sick or injured.

“We are prepared to handle emergency repairs, but prefer to prepare you through regular maintenance and through regular precautionary measures,” says Matthew Carrasquillo, owner of Air Control Contractors. “We come out for cleanings and maintenance, but also discuss homeowner’s responsibilities and issues that may become bigger problems in the near future, and safety procedures in the event of an emergency.”

Safety is number one for Air Control’s clients. Years of professional training, 12 years of field experience, and the necessary equipment help get the job done right. Carrasquillo began his heating and air conditioning career in Connecticut, where he was required to attend one year of full-time schooling, four years of on-the-job training, and he took a state license examination that tested his knowledge in all aspects of the trade.

Whether it’s a high efficiency gas-fired system, old oil-fired system, conventional style central AC system, or the popular ductless mini-splits, Air Control Contractors has the experience needed. “I strive to stay relevant in this industry through constant continuing education on new equipment and technology,” says Carrasquillo.

Property owners aren’t always aware of issues developing within their heating and air conditioning equipment. Air Control offers affordable maintenance, safety inspections, and prompt service in the event of equipment failure.

“I recently had a Mitsubishi heat pump installed by Air Control Contractors,” says Cynthia Keyes. “The owner Carrasquillo was so efficient that he managed to obtain a new system within three days of calling. He removed the old system in one day and installed the new one the very next day which works flawlessly. Matt is not only efficient, he’s courteous,



Matthew Carrasquillo and Kiloh

pleasant, extremely competent, and neat. Matt installs and services all heating and cooling systems. I highly recommend Air Control Contractors.”

Air Control specializes in all residential heating and cooling systems and some ‘light’ commercial systems. These include oil, gas, or wood burning systems, air conditioning, mini-split, heat pump, conventional air conditioners, ducted forced air systems or hydronic heating systems. Air Control Contractors provide maintenance, emergency repair, full system replacement, new construction system design, and installation. For more details, visit Aircontrolnh.com or contact them at 603-558-8026 or Aircontrolnh@gmail.com.

Are You Ready To Check Off Your Home Improvement List? Elevated Home Services To The Rescue

ELEVATED, Continued from page 17

Stephanie Tickner says this about her experience using Kukas’s services: “We saw an article in *The Monadnock Shopper News* about Elevated Home Services, so we contacted Jake and discussed the various work we needed done on our house. He provided information about siding and trim options and answered questions we had about quality and pricing. Once we decided on the siding we wanted, they removed our old siding, trim, and rotten porches, replaced some of our old windows and doors with new ones we provided, added a mudroom to the front of the house, put on new siding and trim, and built two new front porches. I appreciated Jake replying to my many questions and communicating with us throughout the process, and we are thrilled that the house looks renewed and better than it has in years!”

This team can tackle any home repairs needed such as rotting decks, ledger boards, and deck joists. For siding that looks a bit weathered, they can make repairs where needed or do a full siding (wood, fiber cement, or vinyl), soffit, and trim installation. For rotting sills around the windows or doors, Elevated Home Services can take care of the rot plus install new doors and replace windows (they can also install skylights).

Elevated Home Services also offers framing and drywall installation – a multi-step process that requires the right tools and plenty of know-how. “Many people are building rooms in their basements or doing additions to their homes,” Kukas says, about the trend he’s seeing in home improvements.

General services also include floor (hardwood or laminate) installation as well as baseboard installation. And they welcome full interior or exterior remodels and new construction projects.

Elevated Home Services is fully insured, offers financing, and has extensive coverage in New Hampshire, Massachusetts, and Vermont. And, if a contractor is needed for a job, Kukas uses only local businesses.

For more details, call 603-852-4872 or email elevatedhomeservicesllc@outlook.com.

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A Garden Of Friends

My youngest daughter gave me the most thoughtful gift – a lovely framed painting of a bouquet of flowers with each of my three daughters' flower in the month they were born.

It's a wonderful keepsake and gave me the idea for this column. Since March is the time to think about gardening, why not add some of these colorful flowers to your gardens depicting your birth month or that of a loved one or dear friend? I would like to share what I have learned.

If you were born in the month of **January**, carnations and snowdrops are the most meaningful to you. Carnations are the most popular January birth flower due to their unique ruffled petals, beautiful hues, and spicy scent. Across most cultures they are known for love, distinction, and loyalty. Snowdrops, on the other hand, are small bell-shaped flowers known for hope, sympathy, and compassion.

While many people assume **February** is representative of roses because of Valentine's Day, February's birth flowers are the violet, primrose, and iris. Violets are dainty flowers recognized for their bold purple tones and heart-shaped petals. Violets symbolize faithfulness, modesty, and humility. Similar to the violet, the iris is a bright purple flower, but features long petals. It is known for hope, wisdom, and trust. If you're interested in something brightly colored, the primrose is the perfect birth month flower for you! These embody youth, renewal, beauty, and optimism.

Woods and Gardens

with Rose Kowaliw

The **March** birth flowers are daffodils and jonquils. Celebrating the start of spring, these cheerful and radiant flowers represent the blossoming of new and wonderful things. Daffodils feature vibrant yellow petals and a distinctive center. They symbolize rebirth and new beginnings. Jonquils are another variant in the daffodil family. These are almost identical to daffodils, but have bright white petals with a yellow center. They carry similar meanings of daffodils and also symbolize desire and friendship.

Daisies and sweet peas are known as the **April** birth flowers. While daisies are a more popular choice, sweet peas also make a great addition to any bright flower arrangement. Daisies mean true love, bliss, and purity. Sweet peas are delicate little flowers that mean pleasure, friendship, and kindness.

The **May** birth flowers are the lily of the valley and hawthorn. The lily of the valley features delicate little florets that carry a beautiful sweet scent. Their meanings are sweetness, motherhood, and humility. Hawthorns feature bright white petals and distinctive antennas in the center. They also have small red berries that can be used in any bright flower arrangement. Hawthorns represent hope, happiness, love, and protection.

Both roses and honeysuckle are the **June** birth flowers. Known as the world's favorite flower, roses carry many meanings depending on the color you choose, including admiration, happiness, excitement, and desire. They come in a variety of hues. Honeysuckle works closely with roses, as they represent devotion, everlasting love, and affection. These stunning blooms feature a sweet-smelling aroma.

The **July** birth flowers, delphinium and water lilies both have bright blooms. The water lily is known for floating on ponds of water and is said to symbolize balance, unity, and peace. Water lilies are also common in pink, white and red tones. Delphiniums, also known as larkspur, can be dangerous for gardens as they are poisonous, but represent positivity and dedication.

August's birth flowers are known to be beautiful and bold. Gladiolus are tall striking flowers that are sometimes referred to as the sword lily because of their long, thin shape. These are available in a wide range of colors and stand for integrity and strength. Poppies are well-known for their bright red color and black center. They embody hope and remembrance, that's why they are worn to commemorate and respect the fallen soldiers in all Armed Forces.

The **September** birth flowers are aster and morning glory. Asters, also called the frost flowers, are known to bloom late into autumn, and are unaffected by the cool, sometimes frosty nights. These delicate blooms feature tall, thin petals with a distinctive yellow center, similar to daisies. If you're picking out some asters for a floral bouquet, they are available in many shades. Asters symbolize powerful love, wisdom, and faith. They are also a popular choice as they bloom all year round. Morning glories are dainty, yet visually striking flowers. They come in hues of purple, pink, and blue, and feature a white or yellow center. The morning glory symbolizes love and innocence.

Cosmos and marigolds are the **October** birth flowers. Cosmos are cute little flowers that bloom during the summer months and continue until the beginning of autumn. They are colorful and cheerful flowers. They are known to represent beauty, kindness, harmony, and balance. Cosmos are most commonly used to add a pop of color to flower arrangements. Marigold flowers are recognized for their bright orange and yellow shaded petals, and can also come in red

and white varieties. These cheerful blooms represent courage, passion, and creativity. Marigolds also make the perfect decorative flower for the autumn season.

Chrysanthemums are the official **November** birth flower. These are the perfect flower for autumn time due to their variety of bright and beautiful shades. These are known to symbolize joy, longevity, and loyalty.

GARDEN, page 23

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Defeating The Monoculture

As the weather gets warmer, the gardening scene is waking up! Indoor starters, greenhouses, and all that lawn care are about to be center stage.

But what about the impact of gardening on our environment? It seems like a no-brainer: of course gardening is good for the environment! But that is only true when the gardener works as a team with all the other living things who exist in their yard.

is another great alternative to grass turf. Plantain is another excellent local source of low-growing foliage, and it is edible!

Refraining from mowing or raking until temperatures are consistently



A trim lawn, clear of any "weeds" or wildflowers is supposedly a sign of a success. Creating a treeless space to enjoy the outside is a human practice dating all the way back to pre-colonial Africa. Herding livestock was considered a highly honorable position, as was the maintenance of the local turf: the food for the livestock.

Over the centuries the idea of a lawn has taken many shapes. The unadorned grassy expanse in front of the home of Thomas Jefferson was an inspiration to the rest of his compatriots. Thus the American lawn was born: where the aristocracy could have their land free of livestock or trees, a "lush" expanse of non-native grass.

In reality, nature cannot abide a vacuum, and any space left will be filled by various suitable life forms until an ecosystem is made. Monocultures are fast becoming unpopular because of their negative impact on our environment.

A monoculture is defined as an ecosystem with nearly no diversity. When we remove native flowers and turf plants, we are literally uprooting the local ecosystem. Plants need diversity to compete and the life forms that consume the plants are specially adapted to that diversity.

This year, consider the long term effects of that Brand Name grass seed before you buy it. Alternatives to non-native or bio-engineered grass lawns are out there, usually existing right next to the brand name stuff.

Red clover is a fantastic turf option as it is winter hardy and only grows so tall. Its flowers are also excellent food for numerous pollinators, not just bees and butterflies. Creeping purple thyme

above 50 degrees is another way to ensure the beneficial insects who are hibernating can survive. Without these pollinators (not just bees), we would not have a supply of food. Creating a sustainable garden doesn't take a ton of work, but it does take a few mindset adjustments. By centering the whole environment instead of your desires, you get the chance to participate in the ecosystem, rather than destroy it.

Make no mistake, monoculture is not natural, nor is it a sustainable feature. Reducing the available food diversity, even in a small environment like your lawn, can contribute to the extinction of amazing beings like fireflies, butterflies, and even birds.

Using products that kill any single bladed plant in your yard will harm not just you in the long run. It harms us all.

Don't be discouraged if you are deep in a lawn care ritual and feel like you can't stop. This spring, choose native turf plants for your lawn. Slowly changing the biodiversity of your lawn doesn't have to come with the risk for ticks and Lyme disease. Stick to low-growing turf options and consider using natural features like rock walls and shrubs to keep animals out of your space.

Our yards are not just blank slates, they're doors into the vast world of biodiversity that surrounds us.

<https://edenapp.com/lawn/care/history-of-lawn/>
Amie Spicer moved to the Monadnock area seven years ago from Denver, CO. Before the pandemic, they ran the community supper at All Saints' Church in Peterborough and created the community supper master list.

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CCCD's Farm Equipment Field Day Is Tuesday, April 9th

The Cheshire County Conservation District (CCCD) will host a free Farm Equipment Field Day for the local agricultural community on Tuesday, April 9th from 11 a.m. to 1 p.m. at Cheshire County Farm on River Road in Westmoreland.

Farmers can rent equipment through CCCD's Farm Equipment Rental Program. Over a dozen implements are available to support a diversity of vegetable, livestock, and dairy farmers. A no-till transplanter, wood ash/lime spreader, seeders, topper, and more are available to rent. Light refreshments will be provided. Registration is required; visit www.cheshireconservation.org/events.

A Garden Of Friends

GARDEN, Continued from page 21

These blooms are beautiful in bouquets or can be added to a vase on their own to create the perfect centerpiece!

The December birth flowers are narcissus and holly. Although holly are technically red berries, they are the worldwide symbol for the festive season. They feature distinctive sharp leaves and bright red berries. They are known to represent happiness, eternal life, and peace. These are perfect for spicing up your Christmas wreath and can even be found in seasonal Christmas bouquets. The paperwhite narcissus, also known as daffodils, symbolize purity, faith, and respect.

I hope this information tempts you to add some of these lovely flowers to your gardens for remembering friends.

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




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build harmony between your house and landscape. Incorporating both hardscape and softscape elements gives the right balance to your landscaping. From stone walkways, staircases, patios to stone walls and retainer walls, we have the knowledge, experience, and equipment to negotiate any hardscaping project.



Our Hardscape Services Include:

- Patios – Brick, Stone, Textures
- Decks
- Walkways – entryways
- Block, stone, and tie retaining walls
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- Steps
- Fire Pits – Outdoor Fireplaces

Lawn & Grounds Maintenance

We can provide complete care or customized services for specific customer needs, for both our residential clients and our commercial clients. We provide full mowing and trimming services who are highly trained and take care in properly mowing you lawn areas and protecting your mulch beds from mower damage. We also offer full shrub an perennial-bed pruning and weeding as full-service maintenance.



Our Lawn & Ground Maintenance Services Include:

- Soil enrichment services
- Composting
- Weed control and maintenance
- Lawn aerating

Landscaping

Your property is a direct reflection of you or your company. Landscaping choices can be very personal and reflect your individual tastes and style. At Ganio Land Management, we listen to your visions and offer ideas and choices to complement your property and you. We work with you from the initial consultation through the final implementation of the perfect landscape plan for low maintenance, low water requirements, shade, seasonal flowering, fast growth, or other specific purposes. Night Lighting - to guide your guests and to highlight special features and paths.



Our Landscape Services Include:

- Turf and shrub management
- Seasonal flower planting
- Tree planting or removal
- Tree pruning
- Mulching
- Lawn installation
- Lawn mowing and edging
- Spring and fall cleanup



Water Management Irrigation Systems

A landscape is only as good as its irrigation system. Deciding to install a properly designed irrigation system will use less water and be more effective than hand-watering. We design and install irrigation systems using the best systems available. Our goal is to design a system that will be reliable, cost-effective, and conscious of water conservation. Since each property has its own microclimates and unique soil conditions, each system we design is unique.

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Our Irrigation Services Include:

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- Spray heads with pressure regulators.
- Proper coverage, allowing the right amount of water to reach each plant group
- Check valves, to prevent leaking onto paved areas
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