



50th Evening Of Dance, Dressed in Blue At KSC Thursday, April 11th

The Keene State College Theatre and Dance Department will be celebrating its 50th Evening of Dance, Dressed in Blue, featuring Gershwin's *Rhapsody in Blue* on Thursday, April 11th at 7:30

p.m. at the Main Theatre. An Opening Night Reception will be held at the Thorne Sagendorph Art Gallery from 5 to 7 p.m.

DANCE, page 20

Three Course Afternoon Tea Event To Support United Church Of Winchester

The United Church of Winchester will host a Three Course Afternoon Tea event on Saturday, April 13th. This special occasion promises a spread of

savory tea sandwiches, freshly baked scones, and an array of irresistible desserts, complemented by a selection of exquisite teas.

TEA, page 20

Grand Re-Opening Of The Monadnock Area Artists Association Art Gallery In Keene



The public is invited to the Grand Re-Opening of the Monadnock Area Artists Association Art Gallery on Saturday, April 6th from 3 to 5 p.m., “This is a member exhibit so all of our members were invited to participate,” explained Ruth Sterling, MAAA President (pictured).

Imagine creating a dream space and coming home to comfort, beauty, and joy! This is the unique opportunity customers have when visiting the revitalized Monadnock Area Artists Association Art Gallery at Syd's on St. James Street in Keene.

ART, page 23

A pastel painting entitled “Spring” by West Chesterfield artist Carol Corliss is the first image greeting visitors to the newly revitalized art gallery. Corliss will be on-hand at the Grand Re-Opening, and she is one of the artists whose note cards are included in the gift bags for the first 100 guests.

Community Volunteer Transportation Company Wants To Eliminate The Words “No Driver Available”



Jim Mason of Hancock has been a CVTC volunteer driver for four years. “Being a part of the CVTC volunteer transportation program is a perfect way

for me to give back to my community,” he says. “I like to drive and it's been a pleasure to meet and talk with the riders.”

By Mary Gamache

Ellen Avery, Executive Director of Community Volunteer Transportation Company (CVTC) puts it succinctly, “For many of our neighbors who don't have access to a vehicle due to age, ability, econom-

ics, or other circumstances, there can be very few available transportation options.” Anyone in the area who falls into one of those categories knows exactly what she's talking about. CVTC opened in 2008 and serves 34 towns that make up the Monadnock Region.

DRIVER, page 23

Tai Chi Classes Offered In Keene

Djemila Cavanaugh is a long time student and teacher in the Cheng Man-ching lineage of the Yang-style Tai Chi Chuan. Cavanaugh will be starting a new beginners' class on April 8th, which will continue on Mondays from 9 to 10 a.m. at the Keene Unitarian Church at 69 Washington Street in Keene.

Tai Chi Chuan comes from the “soft-style” mar-

tial art tradition in China and is well known for its health benefits. The movements are done in a slow, relaxed, meditative way, allowing for a full body, low impact workout that adjusts to the students' physical condition.

TAI CHI, page 20

Small Pond Productions Performs The Hallelujah Girls In Marlborough

Small Pond Productions will open its 19th season with the Jones Hope Wooten comedy *The Hallelujah Girls*, co-directed by Rich Booth and Tara Gillard. Performances will be held at the Community House of Marlborough at 160 Main Street (Route 101) on Fridays and Saturdays, April 5th, 6th, 12th and 13th at 7:30 p.m. Sunday performances will be held at 2 p.m. on April 7th and 14th.

PERFORMANCE, page 20

Traci Booth, Maizy Praline, and Sarah Manning rehearsing for Small Pond Productions' upcoming performance, *The Hallelujah Girls*, at the Community House of Marlborough.



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PET OF THE WEEK
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Snow White



Greetings, potential family! My name is Snow White, and I'm a one-year-old female rat eagerly seeking a loving forever home. Firstly, let me address the nip in the air! Due to my current stage of hand training, I may sometimes nip if approached too quickly. However, I'm making strides in my training, and with patience and gentle handling, I'm sure to improve even more. I'm a bit on the shy side initially, but don't let that deter you. Once I've warmed up to you, I promise to be a loyal and affectionate companion. In fact, with the staff and volunteers I've come to trust, I've been gradually emerging from my shell, showing my playful and curious nature. One thing you should know about me is that I adore toys. I also enjoy having different shelves and levels to climb on – it keeps life exciting and provides ample opportunity for exercise and enrichment. I believe I would thrive in a household with older children who understand the importance of patience and gentleness. With their mature demeanor, they can help me build confidence and trust at my own pace. Additionally, I'm open to the idea of having a rat companion with slow and careful introductions.

The Adoption Center is located at 101 West Swanzezy Road just outside of Keene on Route 10 South. The adoption center is open to the public Thursdays through Sundays 11 a.m. to 3 p.m. Learn more about the adoption process, and about other adoptable pets, at www.monadnockhumane.org.

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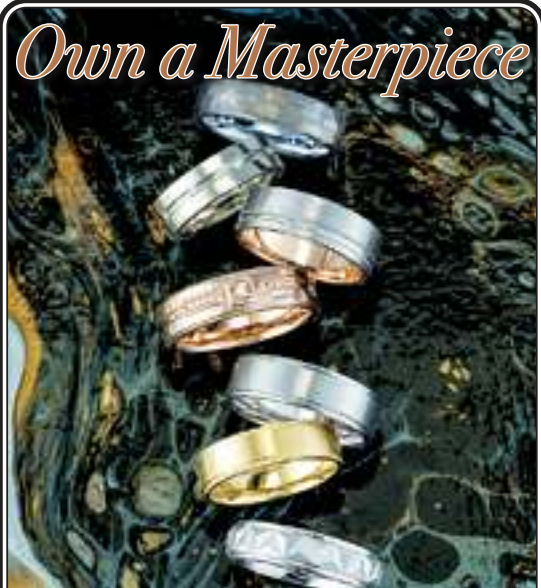
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The spring Community Health Education classes are now available! Scan the QR code or visit the Cheshire Medical Center Community Education events page to see the full list of exciting new classes and the return of our most popular past offerings.

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Runners' Knee 101
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 Thursday, April 18 5:30 to 7:00 pm

Getting Your Winks;
 How to Prevent and Resolve Insomnia
 Thursday, April 25 5:30 to 6:30 pm

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

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

This ad was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (DHHS) as part of a financial assistance award by CDCRHS-NH Initiative to address Health Disparities grant #N07501000001. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDCRHS or the U.S. Government.



MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a certificate for \$25 to The Pub. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. (Prepared by the Historical Society of Cheshire County)



In what Cheshire County town was this photo taken?



The winner of last week's mystery photo contest was Deb Hickey of Keene. The 1939 photo shows the dedication of Hickey-Desilets Park.

Spring Dance Features "NH Visitors Band" Saturday

Monadnock Tri-State Dance Club will hold a "Swing into Spring" dance on Saturday, April 6th at EMM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by NH Visitors Band starting at 7 p.m. This event is open to the public, and there is an entrance fee.

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

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7 Cardinal Rules Of Life For The Family To Live By

I was recently reading the 7 Cardinal Rules of Life developed by motivational speaker and author Stephen Covey. These rules are all thought-provoking and very practical.

Rule #1 – Make peace with your past so that it won't disturb your present. Could you imagine the weight of carrying around your actions of the past? Think of yourself when you were a child, or a 20-something, or a 30-something. We are not those people anymore. Our experiences have changed us and helped us grow into who we are now. Even our beliefs have changed. So, teach your children to let go of that tiff they had with a friend, the bad grade they got that one time, or that ball they dropped that lost his or her team the game. That was a moment in time that they had learned from and shouldn't relive over and over.

Monadnock Family
with Lori Catozzi Cook



Rule #2 – What other people think of you is none of your business. When I first read this, I had to read it again (and probably again) to consider its meaning. I relate this to people-pleasers, who focus on getting someone's approval. When they don't get this approval, they feel as if they did something wrong or they aren't liked. But what's important overall is what you think of yourself. People's opinions of you shouldn't control you. Parents can help their children learn to value themselves in many different ways. Praise their efforts, avoid being critical, focus on their strengths, be a good role model, and encourage healthy friendships.

Rule #3 – Time heals almost everything. Give it time. This rule seems to me to be about patience: patience to not rush the wounds – they will heal in their own time – patience to let our hearts mend, and patience to allow our minds to let go. Some things just take time. Share this with your children. And when that time of healing finally sneaks up on them, there might be scars. But these scars are an explanation of why they are like they are and who they are now. They force us to be stronger.

Rule #4 – No one is in charge of your happiness except for you. As parents, you try to encourage and motivate your children. But you have no control over their emotions, their reactions, or their happiness. We adults tend to put our happiness aside and prioritize everyone else's. You think you are doing the right thing, but when your happiness is put on the back burner, sometimes it stays there! Instead, show your children that you put yourself on the front burner. Have them see you taking time for yourself. You'll appreciate others more, feel more at peace, and be more content.

Rule #5 – Avoid comparing your life to others and judging others. This rule is a mighty one. Our lives are all different. We all have different journeys that we are taking, and you have no idea what the other person's journey is all about. And more than likely, if you knew someone else's problems, you wouldn't feel as bad about your own. Teach children to not compare themselves to others, but to be happy for their

accomplishments. Help them discover their abilities, praise their successes, and celebrate their victories.

Rule #6 – Stop overthinking. Don't dwell on or worry about the same thing over and over. Our worries could very well make us ineffective when it comes to making decisions or taking action. Overthinking can lead to depression and anxiety. For children who worry, try the 333 Rule for Anxiety. According to www.healthline.com, this is an informal technique for coping with anxiety. The 3-3-3 Rule for Anxiety: name three things you see, identify three sounds you hear, and move or touch three things – like your limbs or external objects. This is supposed to help not only calm the person in that moment but help ground them.

Rule #7 – Smile; you don't own all the problems in the world. Smiling is easy, free, and makes you feel good! It is also very contagious. And in the hard last four years that we've had, there isn't a more important time to give a warm smile. It's like a secret communication between strangers. You smile, they smile. And this upward curve on your face just might take on a chain reaction of smiles. Wouldn't it be great to have an entire day, week, even a year where everybody just smiled!?

How great it would be to tailor these seven rules of life to our own lives. And, what if our children learned these rules of life early on? Less frustration. Less anxiety. Less overthinking. Less unhappiness.

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

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“Authentic friendships are the missing link to our culture’s loneliness,” says Philip Sherrick, Jr., Lieutenant Commander US Navy Retired. “I think most of us can agree that making friends and keeping them can be very difficult in the world that we live in today. I believe that all of us should strive to be more compassionate and empathic towards all people.”

He continues: “I am starting a friendship gathering that I’ve developed for people who feel lonely; those new to Cheshire County and would like to establish local friendships; and anyone who seeks trustworthy, loyal companions.”

These free gatherings will be held at the Keene Public Library on Winter Street every Tuesday from 5 to 7 p.m. and Saturday from noon to 2 p.m. People are welcome to come to either day or both days.

“I am originally from Keene and hold



a Master’s Degree in Human Relations from the University of Oklahoma,” Sherrick says. “This unique gathering has been designed specifically for you to meet others (face to face), to learn about yourself and others, and to establish a social network of friends that will inspire you and empower you to be your best self.”

For those interested in attending, email Philip.sherrick@yahoo.com.

Last Coal Plants In New England To Voluntarily Close, Transitioning To Renewable Energy Parks

By Nancy West

Granite Shore Power announced recently a historic agreement with the U.S. Environmental Protection Agency in which the parties have set a firm date for the voluntary closure by GSP of operations at Merrimack Station, New England’s last remaining coal-fired power plant, as well as Schiller Station.

This agreement will facilitate the creation of first-of-its-kind “Renewable Energy Parks” in the state of New Hampshire.

GSP’s decision to set a firm closure date for coal-fired operations at both Merrimack and Schiller is part of the company’s long-standing repowering plan, according to a news release from Granite Shore Power.

“From our earliest days as owners and operators, we have been crystal clear; while our power occasionally is still on during New England’s warmest days and coldest nights, we were firmly committed to transitioning our facilities away from coal and into a newer, cleaner energy future. By pursuing and ultimately entering into this voluntary agreement with the U.S. EPA, we are keeping that commitment,” said Jim Andrews, CEO of Granite Shore Power.

The Conservation Law Foundation called it a victory for health, clean air and water, and the climate.

“The end of coal in New Hampshire, and for the New England region as a whole, is now certain and in sight,” said Tom Irwin, Vice President Conservation Law Foundation in New Hampshire.

“Now we must vigorously push for the phase-out of other polluting fuels like oil and gas. New England is positioned to be a leader in building a future where our energy comes from 100 percent clean sources, and

fossil fuels no longer pollute the climate and threaten the health of our communities.”

Merrimack Station will cease operation of its coal-fired boilers by June 1, 2028, or under certain circumstances, June 1, 2027. Schiller will not operate its coal-fired boilers after December 31, 2025.

Two decades ago, a fifth of New England’s electricity came from coal, the dirtiest of fossil fuels. Through lawsuits, market-based strategies, and public protests, CLF has worked to shutter aging, polluting coal plants across the region and end New England’s reliance on coal, the CLF release said.

Granite Shore Power said as part of the redevelopment plan, Schiller Station is advancing a battery energy storage system, taking energy from the grid during low demand and putting it back on the grid during peak periods. Schiller is on the Seacoast and will be integral in supporting reliability daily during peak hours and storage for the wind power that is now being built off the coast of Martha’s Vineyard and in the Gulf of Maine.

“The New Hampshire Seacoast is an area of high-energy demand and through the repowering of Schiller Station, we will provide carbon neutral power to support the businesses and families of New Hampshire. Our facilities are ideally situated near the infrastructure necessary to transition the region to the next generation of energy resources,” stated Andrews.

Through the enactment of the Inflation Reduction Act (IRA) in Washington D.C. and the continued shift toward a more electrified economy in New England, developing on-demand generation resources has become more critical than ever to ensure electric reliability for New Englanders. With the continued support of state, federal and local leaders, the redevelopment of both Merrimack and Schiller will enhance the interconnection utilization at the facilities and advance the region’s overall generation mix.

“This Agreement is a significant accomplishment in driving clean energy forward, and it took a rejection of rhetoric, a focus on facts and a commitment to shared objectives. We thank U.S. EPA for their leadership and partnership over the past six years and look forward to continuing to work collaboratively to deliver reliable, clean energy for New England,” Andrews concluded.

The settlement agreement signed Wednesday resolves both a lawsuit brought by CLF and the Sierra Club under the Clean Water Act, currently pending before the First Circuit Court of Appeals, and advocacy by CLF and the Sierra Club blocking Clean Water Act permits for the two facilities.

“This historic victory is a testament to the strength and resolve of those who never wavered in the fight for their communities and future,” said Ben Jealous, Sierra Club Executive Director. “The people of New Hampshire and all of New England will soon breathe cleaner air and drink safer water, and I’m incredibly proud to see the region continue to grow as a leader in the clean energy transition.”



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The Value Of Noticing Glimmers

We are often asked how to practice mindfulness during the day. One practice, interestingly, is from a person who is not a mindfulness teacher. Deb Dana, who writes primarily about polyvagal theory, coined the term “glimmer.” She writes: “Glimmers refer to small moments when our biology is in a place of connection or regulation, which cues our nervous system to feel safe or calm. We’re not talking about big expansive experiences of joy or safety or connection. These are micro moments that begin to shape our system in very gentle ways.”

Some examples of glimmers include: petting an animal, gently rocking your body or wrapping yourself in a soft blanket, humming, savoring some delicious food or a hot cup of a favorite beverage, gardening, listening to a favorite song, feeling the warmth of the sun on your skin, receiving or giving a hug, stopping to notice the shape of trees or flowers in bloom, listening to the birds singing, looking at a photograph of someone you love, or watching a child laugh or a puppy frolic.

Savoring glimmers bring moments of calmness, joy, and peace. If we pay attention, we’ll see that glimmers are everywhere.

- Bringing attention to your breath when waiting at a stoplight, road construction, in line at a store, etc.
- Breathing before and after using your cell phone or email or computer.
- Keeping a gratitude journal to note what you are grateful for.
- Practicing small acts of generosity: opening a door for someone, letting someone go ahead of you in a line, asking a clerk how their day is going, and many more possibilities.
- When I take my daily medications because of my aortic dissection three years ago, I feel gratitude that I survived. This was especially true when I held my latest grandchild in my arms!
- Looking at good news websites. Simply Google the title to browse the website: Daily Good, Karuna News, Reasons to be Cheerful, Good News Network, Nice News.

Every day I make the intention to pause about 10 times a day to ask and respond to two questions: 1. Where am I? Am I here or in the future or in the past or somewhere else, maybe the Bahamas? 2. How am I? I take a few seconds to register points of tension or discomfort, for example, eyes, facial muscles, tongue, jaw, shoulders, back, etc. I take a few seconds to register emotions that are present and their strength or intensity. These pauses take less than 30 seconds. Almost always they bring me to a state of gratitude for what I have and wanting to share what I can with others.

It is so easy to feel despair in these times, whether you get your news from the newspaper or on the web. Deb Dana says that there is research that we can change our nervous system by noticing glimmers more often, as little as 10 times a day. Of course, we start small, one glimmer at a time.

Our Monadnock Mindfulness Practice Center offers instruction and practice in mindfulness meditation. Our website offers many resources: www.mindfulnesskeene.org

Tom Bassarear has been practicing mindfulness meditation for almost 40 years and has taught mindfulness and meditation at Keene State College, at Cheshire Medical Center, at the county jail, in local schools, and at the Monadnock Mindfulness Practice Center, which he helped to found in 2002.

Healing Perspectives

with Tom Bassarear



Here are examples of glimmer moments from mindfulness teachers:

- Bringing mindfulness to something you do every day. I was in the Peace Corps in Nepal and there was no running water in my village, which was cold in the winter. Over 40 years later, I enjoy my showers and feel gratitude that I have this regular pleasure.
- I savor my morning cup of coffee, especially in the cold weather when I wrap my hands around the warm cup.
- Choosing passwords that make you smile, for example, Breathe123. My favorite password was Yogibooboo22. It never failed to bring a smile to my face.
- Wearing a bracelet, necklace, ring, or something in your pocket that reminds you to breathe or smile.
- Taking a moment to look out the window and feel the gratitude and joy in simply being alive.

“Runners’ Knee 101” Workshop In Keene

Cheshire Medical Center will host a discussion about running as it pertains to the knee on Thursday, April 11 from 5:30 to 6:30 p.m.

Dr. Neal Goldenberg will highlight safely returning to running in the spring as athletes/weekend warriors begin to do more activities outside. This class will demonstrate an exercise program geared towards preventing injury and include a presenter from the Physical Therapy department at Cheshire Medical Center.

“My goal with every patient is to develop an individualized treatment plan designed to improve their pain, maximize their function, and achieve their physical goals,” said Goldenberg. “This begins with compassionate care and patient education.”

The event will take place at Cheshire Medical Center at 580 Court Street in Keene, North Conference Room 1 and 2. For more details and to register, scan the QR code in the ad in this week’s paper.

Pure Love Frequency From Portugal At Aloha

Pure Love Frequency will perform a concert at Aloha on April 9th.

Pure Love resides in Portugal, but is visiting friend Dr. Caitlin Clark, who has her office at Aloha. Megan Selby and Olivier Maxted are visiting to enhance their being with the high vibrations of the Monadnock region during the ellipse.

Clark has been collaborating with Pure Love for months. She will dance to the sacred vibes created by Pure Love. The event will take place from 11 a.m. to 1 p.m. at Aloha at 83 Court Street.

To register, visit vagar.com/alohakeene.

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Wednesday, Apr. 3
ARTS, MUSIC & THEATER

Peterborough Folk Music: David Francey 7pm. Bass Hall, Peterborough. 603-318-9196. www.pfmsconcerts.org.
Guitar Orchestra 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. The KSC Guitar Orchestra has performed at Quito's prestigious "Casa de la Musica" concert hall and on a tour of Northern Ecuadorean Universities. \$12 general public/\$7 seniors & youth/free for KSC Students. 603-358-2168.

LECTURES & WORKSHOPS
Keene State Lecture Series: Genocide Awareness with Featured Speaker Loung Ung 5:30pm. Keene State College, Mabel Brown Room, Student Center. Public reception and book signing from 3 to 4:30 p.m., also in the Student Center. cohencenter@keene.edu. www.keene.edu/cchgs.

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MISCELLANEOUS
Monadnock Food Co-op Community Book Club 5:30pm. Mabel Brown Room, Keene State College, 63 Blake St. Lecture by *First They Killed My Father* author Loung Ung. Registration required, www.keene.edu/news/events/.

Thursday, Apr. 4
ARTS, MUSIC & THEATER

Percussion Ensemble 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. The Keene State College Percussion Ensemble has presented exciting and diverse concerts for decades. \$12 general/\$7 seniors & youth/free for KSC Students. 603-358-2168.

LECTURES & WORKSHOPS
Prepared Monadnock: CPR & Narcan Training 5-6pm. Cheshire Medical Center, 580 Court St., Keene. Spring Community Health Education Classes. North Conference Rooms 1 and 2. In-person class. 603-354-5454.
NH Saves Button Up Workshop 6:30-8pm. Nelson Town Hall, 7 Nelson Common Road, Nelson. Free workshop for residents wishing to use energy more efficiently. Lisa Sieverts: 603-762-0235. lisa@lisasieverts.com.

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*This event is free and open to the public.

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Friday, Apr. 5
ARTS, MUSIC, THEATER
The Hallelujah Girls 7:30pm. Community House, 160 Main St., Marlborough. \$17 general, \$14 senior/students. 603-242-2314. www.smallpondpresents.org.
Jazz Combos 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. \$12 general/\$7 seniors & youth/free for KSC Students.
Stayin' Alive! 8pm. The Colonial Theatre, 95 Main St., Keene. One night of the Bee Gees. \$29-\$39. 603-352-2033. www.thecolonial.org..

Saturday, Apr. 6
ARTS, MUSIC, THEATER
Student Recital Series: Tori Young, Percussion 3-3:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Free to the public. 603-358-2168.
Monadnock Tri-State Dance Club 7pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "NH Visitors Band." Everyone welcome. \$12. Refreshments available-50/50 Raffle. Rich: 603-398-8539.

The Hallelujah Girls 7:30pm. Community House, 160 Main St., Marlborough. \$17 general, \$14 senior/students. 603-242-2314. www.smallpondpresents.org.
Woodwind Faculty Recital 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. \$12 general/\$7 seniors & youth/free for KSC Students. 603-358-2168.
Contra Dance: Featuring Music From Windfish 8-11pm. Peterborough Town House, 1 Grove St. Workshop for new dancers at 7:30pm. Sliding scale \$12-20, \$30 family, or pay what you can. 603-547-5831. kelly.strauss@gmail.com. www.monadnockfolk.org.
Broadway's Next Hit Musical 8pm. The Colonial Theatre, 95 Main St., Keene. \$29 - \$49. 603-352-2033. www.thecolonial.org.

DINING PLEASURES
BSA Troop 33 Spaghetti Supper 4-7pm. Jaffrey American Legion, Webster St., Jaffrey. \$10/adults & \$6/child/senior. Tickets can be purchased from any Troop 33 Boy Scout or online at www.troop-33-03452.square.site.
FAIRS & SALES
Spring Sale and Flea Market 8am-2pm. United Church of Christ, 23 Central Square, Keene. One day only. Closed noon-12:30.
LECTURES/WORKSHOPS
Drinking Liberally 1pm. Fireworks Restaurant, Keene. Meet-up for left of center political discussion and other current events. No RSVP; just ask for them at the

reception desk. 603-352-1707. keene@drinkingliberally.org. www.livingliberally.org/drinking/chapters/NH/keene.
MISCELLANEOUS
Runway 5K: Benefit the Keene Senior Center Keene Dillant-Hopkins Airport. Run or walk. Sign up at www.bit.ly/keenerunway5k.
Chesterfield Business Expo 9am-2pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. A wide variety of local businesses that can service one's current or future needs. Free.

Sunday, Apr. 7
ARTS, MUSIC, THEATER
The Hallelujah Girls 2pm. Community House, 160 Main St., Marlborough. \$17 general, \$14 senior/students. 603-242-2314. www.smallpondpresents.org.
Student Recital: James Slipp, Voice Baritone 3-3:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Free to the public. 603-358-2168.
Monday, Apr. 8
MISCELLANEOUS
Red Cross Blood Drive 9:30am-3pm. Park Theatre, 19 Main St., Jaffrey. Call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Tuesday, Apr. 9
ARTS, MUSIC, THEATER
Screening of the Film "All About the Levkowiches" 7pm. Peterborough Community Theatre. Part of the New Hampshire Jewish Film Festival. Jewish Federation of New Hampshire: 603-627-7679. filmfest@jewishnh.org.
Pure Love Concert 11am-1pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Divinely inspired song + dance performance. \$44. www.vagaro.com/alohakeene.
LECTURES/WORKSHOPS
2024 Farm Equipment Field Day 11am-1pm. Cheshire County Farm, River Rd., Westmoreland. Free and open to the public. Light refreshments will be provided. Registration is required. www.cheshireconservation.org/events.

Friday, Apr. 12
MISCELLANEOUS
Red Cross Blood Drive 1-6pm. Spagnuolo Hall, 40 University Drive, Rindge. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

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For consideration please send cover letter and resume by April 12 to The Keene Senior Center, 312 Marlboro Street, Suite 100, Keene, NH 03431, Attention: Search Committee

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Keene Home Expo At Keene Ice Saturday And Sunday, April 6th And 7th



Bob Rueter, owner of Rueter Foundation, will be one of the many businesses with a booth at the Keene Home Show. Find him at #61.

Keene Home Expo 2024 will be held on Saturday, April 6th from 10 a.m. to 4 p.m. and Sunday, April 7th from 10 a.m. to 3 p.m. at Keene Ice Arena at 380 Marlboro Street. This fun-filled weekend includes over 100 booths, door prizes every hour, vendor giveaways, and demonstrations.

This is a chance for homeowners to get inspired, find deals, and receive expert advice from area home build-

ers, remodelers, roofers, foundation experts, solar professionals, Realtors, lenders, and many others.

On Saturday at 1 p.m. there will be a fire demonstration by Keene Fire Department and Life Safety Fire Protection. Both days from 10 a.m. to 2 p.m. there will be Home Depot Kids Workshops.

EXPO, page 21

Solar Shades: Ultimate Solution To Beat The Summer Heat

While sweltering summer days can make life at home intolerable, the sun's UV rays can also have a harmful effect on furniture, curtains, rugs, flooring and other textiles by causing fading, discoloration, and deterioration of fabrics. According to Matt DeGrosky of Monadnock Shutter and Shade, the answer is solar shades, which are designed to enhance the comfort and efficiency of a home while protecting the furniture.

From an energy cost standpoint, they block those harmful UV rays, reducing solar heat gain. For the homeowner, this also means lower energy costs and preserved furniture and flooring. The customizable design of solar shades seamlessly integrates with any home decor, adding a touch of modern elegance while providing practical benefits.



Matt DeGrosky of Monadnock Shutter and Shade.

SHADES, page 21

Savings Bank Of Walpole To Host Free Seminar About The Mortgage Financing Process

Savings Bank of Walpole will host a free financial education seminar, "The Mortgage Financing Process: How it Works, What to Expect," on Wednesday, April 10th from 5:30 to 7 p.m. in the Community Room at the bank's 84 Marlboro Street branch in Keene.

During this seminar, Savings Bank of Walpole's mortgage lending team will provide a comprehensive

overview of the mortgage financing process including how to get started and what to expect during the lending process.

Register by Friday, April 5th by visiting <https://walpolebank.com/free-seminar-mortgage/> or by emailing Christine Greenwood-Smart at cgreenwood@walpolebank.com.

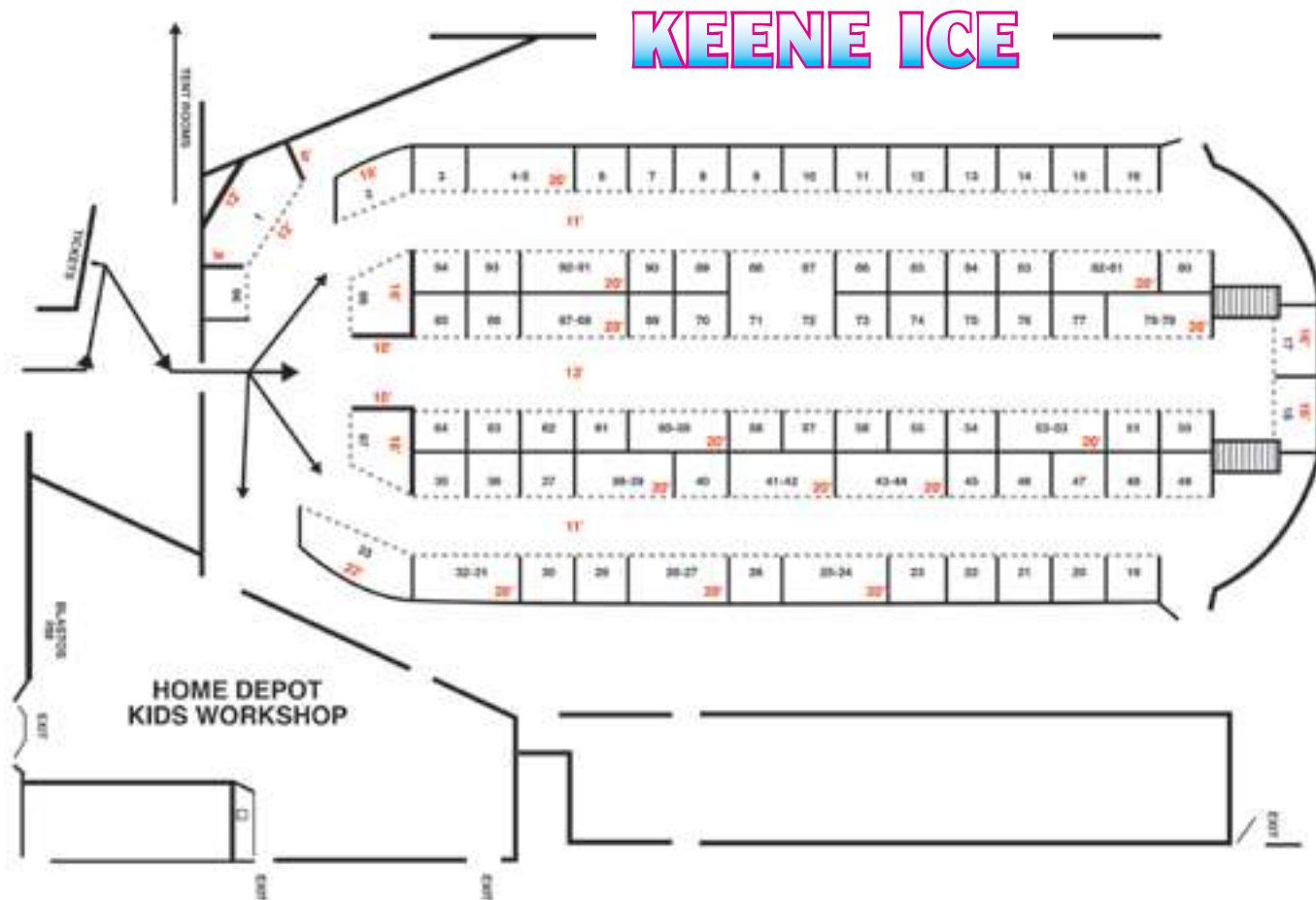
Beds Plus Matches Customers To Mattresses

Beds Plus in Peterborough offers quality mattress sets from Kingsdown, Sealy, and other manufacturers, all USA-made. The store also carries recliners in a variety of styles and sleeper sofas.

One of the unique features at Beds Plus is bed-MATCH, a diagnostic system that matches a person with the mattress best suited for their body type and sleeping position.

MATTRESSES, page 21

Keene Home Expo: Exhibitors And Where To Find Them



Exhibitor	Booth	Exhibitor	Booth	Exhibitor	Booth
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Aho Seamless Gutters	27, 28	Cheshire Wellness	67	Griffin Property Maintenance	91, 92
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AR Overhead Doors	41, 42	Cota & Cota	62	Guyer & Sons Roofing	64
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				Wind River Woodworking	37

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Three Fuel Raffles Offered At The Home Show

Davis Oil of Keene will be giving away 500 gallons of Bioheat+ heating oil and two chances at 250 gallons of propane fuel at the Keene Home Show. Visitors to the show can stop by the Davis Oil booth at the show on Saturday, April 6th, or Sunday, April 7th, to sign up for a chance to win. Winners will be drawn Monday, April 8th. Entrants do not need to be present to win. The lucky winners will be notified.

Last year Davis Oil added full-service propane, including installation, delivery, and service. Propane is environmentally friendly: it's non-toxic, burns clean, and efficient. Propane furnaces typically don't require much maintenance.

As part of their commitment to offering cleaner fuels, Davis Oil previously added Bioheat+, a blend of bio-diesel and ultra-low-sulfur heating oil (ULSHO). Bioheat+ can be used without modifications to heating systems that use traditional heating fuel.

Davis Oil has offered 24-hour Watchdog Service since 1926. They are located at 559 Main St. in Keene. For more details, call 603-352-1306 or visit www.davisoilandpropane.com.

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Registration/more information:
 Call **Christine Greenwood-Smart** (NMLS #865412) at **(603) 355-1653** or visit walpolebank.com.

JOIN US:
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 84 Marlboro Street, Keene.
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BCS Tractor Training For Small Scale Gardeners & Farmers At The Cheshire County Farm

A BCS Tractor Training for Small Scale Gardeners & Farmers will be held at Antioch's Community Garden Connections site at the Cheshire County Farm in Westmoreland on Wednesday, April 17th from 4 to 7 p.m.

Interested residents and farmers must attend a training to be eligible to rent the BCS tractor from the the Cheshire County Conservation District Farm Equipment Rental Program in 2024. This program provides low-cost farm equipment rentals each year in and around Cheshire County.

The BCS tractor comes with several soil health implements that include a 26" flail mower and 30" roller-crimper for mowing over or rolling down cover

crops, a 30" power harrow for seedbed prep and tillage/weed control, a 30" drop seeder for seeding lawns, cover crops or full-width dense seeding operations, a disk harrow for seeding, leveling soil or light weed control, a rotary spreader for spreading wood ash, lime, and other soil amendments, and a rotary plow for breaking new ground and building raised beds.

Registration is required for this event at www.cheshireconservation.org/events. To make a rental reservation, call 603-756-2988, Ext. 4 or email info@cheshireconservation.org. For more details, call 802-518-0993 or email benec@cheshireconservation.org.

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Alas, we did not get the grant. But we still got the horses! (Of course, we had to use our own cash, earmarked to fix the rotting foundation of our house,

to buy the horses. But hey, maybe the house will keep standing for a long time yet.)

We've been looking for horses for a while, and we had several leads on available teams. I was hoping for a short stocky mild team, exactly like the horses we have now, whereas my fellow was open to any kind of horses, as long as they were well-trained and could do the field work.

After two disappointing horse trips, my fellow went up to northern Maine, to visit three teams, carriage horses in Acadia National Park. It was supposed to be a two-day trip, with a knowledgeable horse teamster going along, while I stayed home to watch the greenhouse and our four horses.

But my fellow kept sending me email messages: Staying another night, so I can truck one team of horses from northern Maine to join the other two more southerly teams. Staying another night, so I don't arrive home with new horses at midnight. Staying another night, because the truck sputtered and quit on the highway, and I want to get it fixed before I've got a trailer full of horses.

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Green Monadnock
with Kim Peavey



Also he wrote: I'm thinking of buying the smallest team of the lot. What do you think?

Sure! I emailed back, and then I went to tell our four horses in their winter paddock about the nice small team, coming home soon. But when my fellow finally arrived on Monday afternoon with the horses, they looked mighty big.

"They're really tall," I said doubtfully. "I mean they're beautiful. But they're really tall."

"They're really nice," said my fellow. "So nice, you'll think they're short."

"Oh, golly," I said, "These were the smallest ones?"

"They're leggy, but look at their little feet. The other teams had giant dinner plate feet."

"Oh, golly," I said.

"They're your favorite color," my fellow added, which was true. I love a bay horse, a rich red-brown coat with black points: mane, tail, ear edges, and lower legs. I like to call a bay horse "a horse-colored horse."

"They're probably sister and brother, a mare and a gelding, seven and eight years old." My fellow kept talking, as we moved our four horses from the paddock to the pasture. Our four were so ecstatic about going out on grass a month early that they didn't even worry about the full horse trailer in the driveway. Of course, there wasn't really much grass, and we gave them hay, but even the idea of grass is highly exciting. Plus it meant we could put the new horses in the paddock to get them used to things around the barn, without the fireworks of introducing everyone.

The new horses came off the trailer beautifully. They looked around curiously, and followed nicely up the driveway, while our four lined up at the pasture gate in astonishment and then went bucking and galloping away. The new horses were curious, but calm. They both started eating hay in the paddock, always a good sign of a relaxed horse.

I went over to the team. "I can hardly reach your backs," I said to them, as the horses sniffed me in a friendly way.

"See?" said my fellow. "See how nice they are?"

"Fern and Willow," I said. "Is that true? Are you so very nice? I think you must be. Welcome to your new home!"

Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.

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Whether it's a closet, a laundry room, children's room, office, or garage, customized organization can improve the utility of any space. Eklund offers a free design and estimate to match each client's style and budget.

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The Story Of Plastic Viewing In Peterborough April 12th

On Friday, April 12th at 7 p.m. a free film, *The Story of Plastic*, will be viewed at The Peterborough Community Theatre at 6 School Street.

This Emmy Award Winning film uncovers the ugly truth behind plastic pollution and the false solution of plastic recycling. A Q&A will follow the film with a panel of distinctive guests knowledgeable on the subject. This is a zero waste event so bring a sustainable water bottle and bowl for popcorn.

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Small Pond Productions Performs *The Hallelujah Girls* In Marlborough

PERFORMANCE, Continued from page 1

The Hallelujah Girls is about a group of friends from the small town of Eden Falls, GA who gather every Friday afternoon at Spa-Dee-Dah! – an abandoned church turned day-spa recently opened by Sugar Lee (Traci Booth). Carlene (Sue Wilbur), Sugar Lee's best friend, who's already buried three husbands, has pretty much given up on romance. Then there is poor Nita (Sonia Kibbee) who spends most of her time dealing with her problematic son and his probation officer. And Mavis (Lauri Blouin), whose marriage is so boring that she's contemplating her own death to escape the boredom.

There is not one holiday that Crystal (Carin Torp) doesn't have an original jingle for – complete with costume. But, after the loss of their dear friend, the

women realize the preciousness of time and are determined to fulfill their dreams that they realize they need to do now.

With all that is going on, Sugar Lee's arch-nemesis, Bunny (Sarah Manning), is looking to steal the spa to cement her hold over the ladies. To complicate matters even more, Sugar Lee's former boyfriend, Bobby Dwayne Dillahunt (Ray Mahoney), show's up unexpectedly and Porter Padgett (John Sansone), the town mailman, who still lives with his mother, has a major crush on one of the ladies.

Tickets for this performance are \$17 for adults and \$14 for seniors and students. Call for tickets 603-242-2314 or pay at the door (check or cash, no credit cards). If special seating arrangements are required, mention that during the call, otherwise, first-come first-serve for seating. To learn more about this show, visit www.smallpondpresents.org.

Three Course Afternoon Tea Event To Support United Church Of Winchester

TEA, Continued from page 1

The event will feature two seatings at 12:30 p.m. and 2:30 p.m., offering guests the opportunity to indulge in a leisurely afternoon of culinary delights. Reservations are required for attendance, with tickets priced at \$20 per person. To purchase tickets call: 603-239-4465

This affair will take place at the United Church of Winchester, located at 99 Main Street in Winchester. For ticket purchases and reservations, call 603-239-4465. For more details, contact Jim at jimtetreault65@gmail.com or Suzanne at wooz1730@gmail.com.

Proceeds support the United Church of Winchester's mission and community outreach efforts.

50th Evening Of Dance, Dressed In Blue At KSC Thursday, April 11th

DANCE, Continued from page 1

This event will be held at Redfern Arts Center and include alumni, students, parents, and the community. For the past 50 years, Evening of Dance has showcased original choreographed works by students, faculty, and guest artists and designers across disciplines. This year's performance will feature pianist and coordinator of keyboards Associate Professor Christina Wright-Ivanova, the Keene State

College Concert Band conducted by Professor John Hart, as well as an original score by Professor Heather Gilligan, coordinator of Composition, Theory, Aural Skills.

Tickets for the general public are \$12, senior citizens (62+) and youth (18 and younger) are \$7. The reception is an additional \$25. For more details or tickets, visit <https://keene.universitytickets.com>.

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Tai Chi Classes Offered In Keene

TAI CHI, Continued from page 1

Tai chi improves leg strength – good for cardiovascular health – as well as alignment and balance, which helps relieve postural pain and prevent falling. A meditative practice, tai chi helps quiet the mind and reduce stress. As the Tai Chi Classic says: "In movement, the body wants to be light, nimble and strung together."

Cavanaugh began her training in France, becoming a teaching assistant and then a teacher before moving to Vermont in 2014. In the US, she has continued to study closely with Wolfe Lowenthal, a direct student of Professor Cheng Man Ching. Lowenthal has authorized Cavanaugh to teach as a part of his school, the Long River Tai Chi Circle, and she has classes in Vermont and New Hampshire.

Tuition is \$65 per month. Registration is open thru April 29th for new beginners.

For more details, call or text Cavanaugh at 802-490-0225, or email: djem.translator@gmail.com. Those interested can also visit Djem's Tai Chi classes on Facebook.

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Keene Home Expo At Keene Ice Saturday And Sunday, April 6th And 7th

EXPO, Continued from page 13

Prizes valued over \$150 will be given away every hour of the Expo both Saturday and Sunday. Businesses included in these door prizes are: LaValley's, Monadnock Broadcasting, Hamshaw Lumber, Beechwood Tiny Homes, McNabb Slabs, L&G Propane, Granite State Solar, McClure's Tree Service, Life Safety Fire Protection, Home Depot, Silver Direct, and others. People do not have to be present to win.

The Home Builders Association will be giving away a \$750 gift certificate that can only be used with exhibitor(s) of the winner's choice who are at the 2024 Keene Home Expo. The winner will be picked at the end of the show on Sunday.

Admission to Keene Home Expo is \$10 per person and kids 16 and under get in for free. To save \$1.50 per ticket, purchase online in advance at www.KeeneHomeExpo.com.

This event is presented by New Hampshire Home Builders Association which was founded in 1952 and represents residential building, remodeling, and development interests in New Hampshire.

See the map on page 13 for a list of vendors and how to find them at the show.

Solar Shades: Ultimate Solution To Beat The Summer Heat

SHADES, Continued from page 13

People can choose from a variety of colors, each with distinct properties. As a rule, white shades reflect sunlight away, keeping indoor temperatures cooler. Black shades, on the other hand, absorb sunlight, effectively blocking out light and heat to create a comfortable environment indoors. Homeowners control light levels, privacy, and views to the outdoors, allowing them to enjoy eco-friendly comfort all summer long.

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Beds Plus Matches Customers To Mattresses

MATTRESSES, Continued from page 13

Customers lie on a special mattress connected to a computer system that analyzes their best match. A printout provides the best mattress choices in a variety of price ranges.

Beds Plus has been open since 2019 but owner Chris Armstrong has a vast field of knowledge from many years of experience in the mattress business. Armstrong enjoys educating his customers and helping them make the best choice for a good night's sleep.

Beds Plus is located in the Peterborough Shopping Plaza at 19 Wilton Road. Hours are Monday, Wednesday, Thursday, and Friday, from 11 a.m. to 6 p.m., and Saturday, from 11 a.m. to 4 p.m. For more details, call 603-371-0202 or visit www.bedsplsonline.com.



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Condiments Are Like Old Friends

Condiments are like old friends - highly thought of, but often taken for granted - Marilyn Kaytor

By most definitions, a condiment is something that is added to food, usually after cooking, to provide a certain flavor and complement the dish. For many of us, condiments are what often "make the meal" - from spicing up burgers and hotdogs to enhancing ice cream sundaes and milkshakes. My own definition of condiments includes not only those items added to food after cooking, but also items like sauces, vinegars, relishes, and some dairy products, used in cooking to boost flavors. But whether we prefer our condiments as add-ons or ingredients, we can nearly all agree on our love for them. A recent survey showed that Americans annually spend nearly half a billion dollars for just the most popular condiments such as ketchup, mustard, and pickles, etc. So enjoy using condiments freely, as your heart desires! You might even enjoy trying your hand at making some of your own, using this week's easy homemade recipes for condiments.

it is nice and creamy looking. Very slowly, start to dribble in 1/2 cup of mild flavored olive oil (or avocado oil), going slow and adding a few drops at a time, whisking until incorporated with the fork, and making sure each drop is incorporated before adding the next drops. Once the mayo starts to thicken, add remaining olive oil in a very slow stream, while whisking continually, until completely incorporated.

Finish the mayonnaise with the following seasonings, or enjoy it plain: 1/2 to 1 teaspoon lemon juice, a pinch of kosher salt, and 1/4 teaspoon dry mustard.

A Simple Mustard

Homemade mustard is basically a combination of mustard seeds, dry mustard, and a liquid. Yet it is a condiment of many variations, with many faces - some smooth, others biting and coarse. Liquid used is sometimes water, but often vinegar, beer, or even fruit juices are used to moisten the seeds. When choosing seeds, remember that yellow mustard seeds are the mildest, black the hottest. Mustard keeps well refrigerated six months or more.

Ingredients:
 6 tablespoons mustard seeds
 1/2 cup mustard powder
 1/2 cup water or beer
 3 tablespoons vinegar, cider vinegar (or other variety of choice)

Cooking Corner
 with Nancy Adams



Homemade Ketchup

Homemade ketchup doesn't really taste like the purchased varieties. It is, however, considered much better by many and is a useful condiment to keep on hand. This recipe makes about two pints and can be refrigerated up to two weeks, or frozen for longer storage.

Ingredients:
 2 1/4 pounds tomatoes, divided
 2 cloves garlic
 2 onions, quartered
 1 bay leaf
 1 tablespoon brown sugar
 1/4 teaspoon ginger
 1/4 teaspoon nutmeg
 1 teaspoon black pepper
 small pinch of kosher salt
 1/2 teaspoon caraway seed or allspice
 2 teaspoons honey
 1 tablespoon apple cider vinegar

Preheat the oven to 320 degrees. Put two pounds of the tomatoes in a roasting pan with garlic, onion, and bay leaf. Sprinkle brown sugar over it. Bake in the oven until the tomatoes and onions are tender and the edges are a bit charred. Pour everything into a blender. Add the rest of the tomatoes, ginger, nutmeg, pepper and salt, caraway, and honey. Run it through the blender until it's smooth. Season to taste with vinegar and additional brown sugar if needed. Transfer to jars.

1 teaspoon salt
 1 teaspoon ground turmeric (optional)
 2 tablespoons honey (optional)
 1/4 cup minced fresh herbs (optional)
 Grind the whole mustard seeds for a few seconds in a spice or coffee grinder, or by hand with a mortar and pestle. You want them mostly coarse because you are using mustard powder, too. Pour the semi-ground seeds into a bowl and add the salt and mustard powder. If using, add one or more of the optional ingredients now. Pour in the water or beer, then stir well. When it's all incorporated, let it sit for up to 10 minutes; the longer it sits, the mellow the mustard will be. When you're ready, pour in the vinegar. Store mustard in a glass jar in the fridge. It will be runny at first, but don't worry, it will thicken up overnight. Wait at least 12 hours before using.

(Recipe adapted from *Hunter, Gather, Cook* by Hank Shaw)

Teriyaki Sauce

A favorite sweet-soy flavor associated with Japanese food, this condiment is useful for enhancing many meals - from slow-cooked ribs and pork to stir-fries and fish skillet dishes. Make your own sauce with just five ingredients: In a bowl, whisk together 1/4 cup each sake, mirin, soy sauce, and oyster sauce; add 1 tablespoon sugar and whisk until it dissolves. Store sauce in fridge up to two weeks. Makes 1 cup.

Small Batch Mayonnaise

My last few months of college life I spent living with an off-campus friend and her family. Her French/Belgian mother, Madame Legrand, always made her mayonnaise by hand, using a fork and shallow bowl. This is how I remember her, sitting in a chair and making about one-half cup mayo to serve with artichokes and other food items:

In a shallow, wide-rim dish (like a shallow soup bowl), put 1 large egg yolk at room temperature. Whisk the egg yolk with a fork (or a whisk) until

Sweet-Sour BBQ Sauce

Mix up this sauce when you need it, and not in advance. Use it to baste chicken, pork, or ribs while you bake or grill them. Pass remaining sauce in small bowl.

Ingredients:
 1/2 cup peach or apricot jam
 1/2 cup ketchup
 1 tablespoon red wine vinegar
 1 clove garlic, minced
 1/2 teaspoon Worcestershire sauce
 1/2 teaspoon grated ginger

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Grand Re-Opening Of The Monadnock Area Artists Association Art Gallery In Keene

ART, Continued from page 1

The Art Gallery is the brainchild of area artist Wendi Hulslander. Her background at Jordan's Furniture in Nashua and Massachusetts combined with her talent as a painter of colorful acrylic art gave her the idea of approaching the management of Syd's Carpet and Snooze Room to permit members of the the Monadnock Area Artists Association to hang their artwork above the furnishings on the walls. This past February, Hulslander put her renovating skills to work repainting the gallery walls to provide a refreshed, contemporary background for both the art and the furniture. The result is a dazzlingly fresh gallery space.

Members of the Art Association signed up by the dozens to rejoin the gallery, which had started a decade ago but had gone quiet. "Some art was still there but it was wanting new life," commented Ruth Sterling, the new president of the Monadnock Area Artists Association (MAAA).

At the Grand Re-opening of the MAAA Art Gallery on Saturday, April 6th from 3 to 5 p.m., guests can experience the mesmerizing landscapes of Mary Iselin, the mind-expanding abstract art of Craig Stockwell, an original Tim Campbell Fenway Park painting, the award-winning pastels of Gill Truslow and Carol Corliss, as well as the acclaimed work of Robert Seaman, Edward Kingsbury, Jr., and 20 other accomplished artists. "This is a member exhibit so all of our members were invited to participate," explained Sterling.

Small, budget-friendly prints as well as heirloom treasures are on display.

What is special about this particular gallery space is that anyone can imagine how wonderful art can look in their home setting, bringing beauty and joy to the comfort of home. An inspiring sunflower or exquisite pink bloom can brighten any day. People who love wildlife will find horses, owls, egrets, and other birds to capture their imagination. Two different artists portrayed the patina of old automobiles in

their paintings. Twenty-seven artists and more than 120 images in oil, acrylic, watercolor, pen and ink, colored pencil, pastel, woodcuts, photography, and multimedia are featured.

All are welcome to explore the MAAA Art Gallery at Syd's during normal business hours, but a special invitation is being extended to the public for the Grand Re-opening event. In lieu of refreshments and to eliminate any mishaps around the furniture, the artists will be sharing free party favors of their art. These giveaways will be first-come, first-served for the first 100 guests touring the gallery. The Grand Re-opening will also feature live music and a few surprises.

More details about Monadnock Area Artists and the MAAA Art Gallery is available at monadnockareaartists.org. Membership information can also be found there. MAAA, the presenter of Art in the Park each Saturday and Sunday of Labor Day weekend, welcomes professionals, students, and all lovers of art to join the group.

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Community Volunteer Transportation Company Wants To Eliminate The Words "No Driver Available"

DRIVER, Continued from page 1

By offering "no-fee" transportation for those without access, CVTC's team of staff and volunteers positively impact their communities in three primary ways.

- Serving neighbors in need of transportation by providing rides to non-emergency medical or social service appointments and to the grocery store, bank, post office, or pharmacy.
- Serving neighbors looking for meaningful ways to make a difference by providing volunteer opportunities and supporting our volunteer drivers with training and orientation, an easy-to-use ride coordination system, and mileage reimbursement.

• Serving the public health by partnering with local hospitals, human services agencies, and municipalities to support the health, safety, and well-being of our communities

April is Global Volunteer Month and the week of April 21st-27th is National Volunteer Week. The 2024 theme is "Celebrate Service." CVTC will be highlighting, thanking, and celebrating its Volunteer Drivers through various activities. "CVTC would not be in business if it were not for our volunteers," says Robin Christopherson, Community Engagement Coordinator.

CVTC has two events sponsored by The Grove Restaurant at The Woodbound Inn in Rindge on April 17th and 24th. A special \$15 per plate buffet will be available from 5 to 8 p.m. and \$3 will go to CVTC for each plate sold. Details are on their website, www.cvtc-nh.org

Currently, 65 volunteer drivers are serving over 300 people needing multiple rides within the region and up to two hours away. Drivers select rides that match their availability using CVTC's online scheduling tool. They also receive monthly mileage reimbursement at \$0.655 per mile and re-

ceive daily email communication about open rides and relevant information.

Jim Mason, volunteer driver, says, "Being a part of the CVTC volunteer transportation program is a perfect way for me to give back to my community. I like to drive and it's been a pleasure to meet and talk with the riders."

To ensure that CVTC has an adequate driver pool to meet the need, they have set a goal of 100 drivers by the end of 2024. This means the organization needs to recruit another 35 drivers. Avery says, "We want to make sure our service is widely known in the Monadnock region and get closer to meeting the unmet need. When rides are canceled because of 'no driver available' (NDA), we give the rider 48 hours' notice. This is so they can make arrangements with family or friends to provide the ride, reschedule the medical appointment, or a food shopping trip. Last year, unmet need (when no driver was available) was 14.8 percent of all booked trips (868 NDA trips /5878 booked trips).

Avery explains that, "The unmet need can only be reduced two ways: to reduce the number of rides a rider can book. The current limit is two rides a week, or increase the number of active volunteer drivers. Our preference is to increase the active pool of drivers. Currently, an average of 48 out of 65 are driving per month. Because volunteers can select trips on their availability, some are away on vacation, rehabbing from surgery, or other commitments that keep them from driving. Ideally, we need 60 to 70 volunteers driving each month and a pool of 100 volunteer drivers."

CVTC was recognized as the 2020 Nonprofit of the Year by the Greater Peterborough Chamber of Commerce. Other awards have been the 2017 Healthy Community Impact Award

from Harvard Pilgrim Health Care, and also in 2017, the Outstanding Volunteer Service Award from Volunteer NH.


To reach CVTC, call 603-821-0569, visit www.cvtc-nh.org, or email the organization at volunteer-driverprogram@cvtc-nh.org.

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Condiments Are Like Old Friends

COOKING, Continued from page 22

In a medium-sized saucepan over medium heat, melt the jam until melted, about two minutes. Stir in remaining ingredients. Heat, stirring occasionally, until the sauce is quite warm. Makes one cup sauce.

'Magic Shell' Chocolate Sauce

Enjoy this two-ingredient do-it-yourself sauce, at a fraction of the store-bought cost, for topping ice cream sundaes and other desserts.

Ingredients:

1 cup semi-sweet or dark chocolate chips (or chopped chocolate bar can be used)

3 tablespoons coconut oil (measured when solid)

Add the chocolate chips and co-

conut oil to a microwave-safe bowl. Microwave in 20-30 second increments, making sure to stir very well after each increment, until completely melted and smooth. Allow to cool for a few minutes, then top on ice cream of choice. Makes 3/4 cup of magic shell, for about four to six people. Store in an airtight container at room temperature; stir well before using on ice cream again.

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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