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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / April 10-16, 2024

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The crew at Stripe-It-Seal-It include (L to R): Rick Coons, Julie Minkler, Shea (Twiggy) Hull, Saul Romero, Ricardo Martinez, Chris Minkler, and Erik Stacy.

By Lori Catozzi Cook

Asphalt driveways are tough and long-lasting, but over time will show cracks and holes from natural seasonal elements, excessive water that doesn't drain properly, oil and other fluid spills, wandering tree roots, or just regular wear and tear.

For homeowners or business owners, a maintained driveway or parking lot helps create a good first impression and adds property value. There is also the safety aspect of maintaining a driveway, as even and smooth surfaces can help prevent accidents and injuries.

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"I had been putting off repairing my driveway for years due to what I thought it would cost," says customer Taylor Domingue.

ASPHALT, page 9

Milford Drive-In Opens Friday, April 12th

The Milford Drive-In at 531 Elm Street in Milford will be showing movies on Fridays April 12th and 19th and Saturdays April 13th and 20th.

Box office hours are 6:15 p.m. and costs \$33 per

car. For vehicles with more than six people, add \$6 for each additional person. Visit www.milforddrivein.com for movies that will be shown.

SwampBats Summer Camp At Alumni Field



Pictured at SwampBats Summer Camp last year is Liam Green (L) with Catcher Joe Salvo from Samford University.

The 2024 Keene SwampBats Summer Camp will be offered during two weeks: Mondays through Thursdays, June 17th to 20th and June 24th to 27th, each day from 8:30 a.m. to noon, at the Alumni Field on Arch Street in Keene. Fridays will be reserved as rain make-up days.

This camp is open to all children ages five to 12. In order to provide the best skills and experience, the groups will occupy two different fields at Alumni Field on Arch Street in Keene. Little Sluggers are for five to eight-year-olds and Grand Slammers are for nine to 12-year-olds. Each group will learn skills through games and a variety of activities geared toward their ages. All abilities are welcome.

Camp is held rain or shine; if it's determined the weather is too dangerous to hold camp outside, cancellation will be via email or Facebook page. There are no refunds.

CAMP, page 12

Monadnock Region Earth Festival Set For Saturday, April 20th

The annual Monadnock Region Earth Day celebration returns on April 20th in downtown Keene. Most events take place from noon to 4 p.m.

The Monadnock Food Co-op and the Monadnock Sustainability Hub will offer this celebration of the many things that make the region special: a commitment to sustainability, healthy communities for all, and preserving and sustaining the planet, which is ever increasingly threatened by the impacts of climate change.

Those who visit the festival can learn about what others are doing and making, buy delicious food, learn some-

thing new, and enjoy performers and activities through the Co-op, Railroad Square, the bike path, and the amphitheater (located behind the Co-op).

The day's celebrations will include over 70 local vendors of food, treasures, local initiatives, and schools from across the region; a free rain stick craft activity hosted by the Co-op's own Pam Croteau; live music from local bands; free film screenings from Monadnock International Film Festival beginning at 11 a.m.; and the Co-op's Prepared Foods department will host a Local Food BBQ.

FESTIVAL, page 11

Bohemian Treasures At The Park Theatre And Alyson's Orchard



British concert musicians, Louisa Stonehill and Nicholas Burns of Ashuelot Concerts, will give two performances: in Jaffrey on Friday, April 12th and in Walpole on Sunday, April 14th.

Ashuelot Concerts will host an all-Czech program featuring works for violin and piano by Dvořák, Smetana, Janáček, and Suk. British concert musicians, Louisa Stonehill (violin) and Nicholas Burns (piano), will perform at The Park Theatre in Jaffrey on Friday, April 12th at 7:30 p.m. and at Alyson's Orchard in Walpole on Sunday, April 14th at 3 p.m.

"This program begins and ends with two sets of four pieces by Dvořák and his son-in-law Josef Suk," says Burns. "Smetana and Janáček add some drama and virtuosity to the mix and all

of the music is incredibly evocative."

"These four Czech composers all had a very unique musical voice," says Stonehill. "Each composer captured some aspect of the Czech dialect and folk tradition in their music. It will be a joy to share such a moving program with our audience in these two beautiful venues."

Early booking for the concerts is strongly recommended as recent Ashuelot Concerts events have been close to capacity. Tickets are available online at ashuelotconcerts.org/events.

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Fitzwilliam Community Church Spring Rummage Sale

Those who are looking for new items for their wardrobes are invited to the Fitzwilliam Community Church's Spring Rummage Sale April 13th from 9 a.m. to 1 p.m. From noon to 1 p.m. is fill a bag and leave a donation. The church will have a huge inventory of spring and summer clothing. There will also be white elephant items which are fun to sort through to find treasures.

Fitzwilliam Community Church is accepting donations of lightly used clothing. Donations can be dropped off at the church through April 12th from 7 a.m. to 6 p.m.

Federated Church Hosts A Taste Of Italy In Marlborough Friday, April 19th

Fans of Italian food can look forward to enjoying A Taste of Italy, a buffet style Italian dinner on Friday, April 19th from 5 to 6:30 p.m. at the Community House and hosted by the Federated Church of Marlborough. The Community House is a handicap accessible venue. Take out is available.

The meal, which is \$15 for adults and \$6 for children 12 and under, consists of lasagna, chicken parmigiana, sausage, meatballs, crisp green salad, and a variety of Italian desserts.

The Community House is located at 160 Main Street in Marlborough.

Ham & Bean Dinner Saturday, April 20th In Stoddard

A Ham & Bean Dinner will be held on Saturday, April 20th at 5 p.m. in the Community Room at Faulkner School in Stoddard.

The meal includes ham, baked beans, mac 'n cheese, coleslaw, brown bread, rolls, corn bread, and dessert.

The cost is \$10 for adults, \$5 for children under 12, and free for under age three.

Proceeds will benefit Stoddard Congregational Church's Building Fund. For reservations, call Linda at 603-446-7821 or Carol 603-446-7562.



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New Photography Club Is Welcoming Members

The Connecticut Valley Photography Club is a new club that is for anyone interested in sharing their interest in photography with others. Whether a beginner or an experienced photographer, the club is designed to be flexible for all levels of skill.



Larry Harper of Skön Photography is the sponsor of the new Connecticut Valley Photography Club.

Membership will offer a number of benefits, including educational opportunities to learn more about lighting, camera settings, composition, and more; group field trips to explore various locations to photograph; and meetings, in-person and via Zoom, to discuss topics, host guest speakers, and share. More features will be added as the group forms and grows, such as a chat room for discussions and access to a photographer for expert advice.

Memberships are affordable: \$10 for one person; and \$25 for a family membership (up to four persons).

The club is being sponsored by Skön Photography, owned by Larry Harper, a certified teacher and photographer throughout northern New England. Anyone interested in more information or signing up, can call Larry Harper at 603-387-4329 or email to lharper@skonphoto.com.

Mt. Monadnock Film In Marlborough April 17th

The Marlborough Historical Society will present the acclaimed film, *Monadnock: The Mountain That Stands Alone*. It tells the story of the second most climbed mountain in the world, Mount Monadnock. The film uses live cinematography, photographs, music, archival footage, poetry, quotes, and stories from the people who have studied, cared for and cared about the iconic mountain.

The film will be shown at the Community House at 160 Main Street, on Wednesday, April 17th at 7 p.m. Following the showing there will be time for discussion with the film's creators. There is no charge for this event. Reservations are recommended; email robinsonjoann07@gmail.com or 603-876-4068 and leave a message.

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Join the SwampBats Family

Become a Host Family for the Summer!

Host families are needed to provide a bedroom from **June 1st - August 1st.**

Host families are not responsible for transportation, but do need to live 15-20 minutes from Alumni Field in Keene.

Host families receive:

- Lifetime pass to home games
- A free week at SwampBats camp for your kids
- A FUN experience of housing a SwampBats player

For more info, please call **Pauline** at 603-357-1761 or **pdionne@ne.rr.com • swampbats.com**



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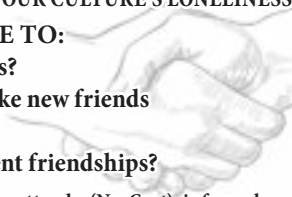
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PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Lila And Riggs



Hello there, potential adopters! We're Lila and Riggs, a pair of lively Lab Retriever mixes with hearts as big as our playful spirits. Allow us to introduce ourselves and give you a glimpse into our furry lives. While we don't have to be adopted as a pair, we're at our best when we're together. We share a special bond that can't be broken. Lila is the life of the party, while Riggs is the quiet observer. Together, we offer the perfect balance of fun and loyalty!

Lila: The Social Butterfly
I'm Lila, the extroverted one of the duo. If there's a party happening, you bet I'll be right in the middle of it, wagging my tail and soaking up all the attention. I thrive on human interaction and affection, and I'm not afraid to show it. While I might not be a fan of cats or kids, I promise to shower you with all the love and loyalty you could ever want from a furry companion.

Riggs: The Loyal Companion
And I'm Riggs, Lila's steadfast sidekick. While I may not be as outgoing as my sister, I'm fiercely loyal to those I trust. I have a bit of a nervous streak, especially when meeting new people, but once I warm up to you, I'll be your most devoted friend. I'm not a fan of other dogs, except for Lila, of course. Together, we make an unbeatable team. I am not keen on cats or young children.

Lila and Riggs are females, eight years old. If you're ready to welcome two loving and energetic companions into your life, look no further. They promise to bring endless joy, laughter, and tail wags to your home. Come and visit us during open hours. The Adoption Center is located at 101 West Swanze Road just outside of Keene on Route 10 South. Currently, the adoption center is open to the public Thursdays through Sundays 11 a.m. to 3 p.m. Learn more about the adoption process, and about other adoptable pets, at www.monadnockhumane.org.

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Rabies Clinic Sunday, April 14th In Swanzey

A Rabies Clinic will be held on Sunday, April 14th from 10 a.m. to 2 p.m. at Monadnock Regional High School (MRHS) at 580 Old Homestead Highway in Swanzey.

Participants should bring their pet's current rabies certificate so the new vaccine for three years can be administered. Without proper documentation only a one year duration can be administered. The cost is \$20.

This event is to benefit MRHS Class of 2024 Project Graduation.

Spring Village At Summerhill To Host A Senior Resource Fair

Spring Village at Summerhill will host a resource fair for senior citizens and their friends and families on Wednesday, April 17th from 10 a.m. to 2 p.m. Tours of the community and light refreshments will be provided. This is a free event that all are welcome to attend.

This is an opportunity to learn more about senior living options and community resources, home healthcare, hospice, estate and financial planning, senior fitness options, rehabilitation services, end-of-life and funeral planning, mobile meals, eye care, primary care, therapy animals, and more.

Featured vendors will include: Home Healthcare and Hospice, Compassus Hospice, Independent HomeCare LLC, Future in Sight, Hyperbaric Fitness, Lifelong Athlete, Monadnock Mobile Meals, Edward Jones Financial Planning, Jellison Funeral Home, Sacred Journey End-of-Life Services, Fox Therapy & Rehabilitation, and therapy animals.

Spring Village at Summerhill is located at 183 Old Dublin Road in Peterborough. To RSVP call Sarah Foucher at 603-924-6238 or email DCR@SpringVillageSummerhill.com. For more details, visit www.SpringVillageSummerhill.com.

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“Dublin Does Da Blues” Concert April 19th

Jon Shain and Bill Newton will raise the roof on Friday, April 19th at the DubHub from 7:30 to 9:30 p.m. Doors open at 7 p.m.

Shain is a veteran singer-songwriter who’s been turning heads for years with his words, his fiery acoustic guitar work, and his evolved musical style, combining improvised Piedmont blues with bluegrass, swing, and ragtime. He had the good fortune to learn directly from a number of North Carolina’s older blues players and became a member of Big Boy Henry’s backup band. He is the 2019 winner of the International Blues Challenge in the solo/duo category. In addition, Shain was a finalist (along with FJ Ventre) in the 2009 International Blues Challenge, won both the 2008 and 2018 Triangle Blues Society’s Blues Challenge, and was the 2006 winner of NC’s Indy award for Best Folk Act.



Jon Shain



Bill Newton

Newton (saxophone, harmonica) is a founding member of three Triangle musical institutions: Rebecca and the Hi-Tones, Bill Newton’s Big Blues Quartet, and the Duke Street Dogs. He has recorded with the Indigo Girls and Big Mama E and the Cool, among others, and toured extensively with Shain.

To reserve a seat, contact info@dublincommunitycenter.org for ticket information.

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Kurn Hattin Homes Launches New Career Awareness Program; Students Visit Subaru Of Keene

Kurn Hattin Homes for Children has announced their new Career Awareness Program, which is designed to introduce the Homes’ eighth graders to a diverse array of local businesses and organizations so that their experiences in real world settings might positively influence and guide future educational choices and professional career paths.



Students and staff from Kurn Hattin Homes for Children pose with Subaru of Keene CAP hosts Jeff Lubas, general manager (far left); Justin Tyler, service and parts director; and Anthony Hart, senior master technician and shop foreman (far right) following a tour that introduced students to the many aspects of the auto industry.

The first official destination for the students in the Career Awareness Program (CAP) was at Subaru of Keene. Hosted by Justin Tyler, service and parts director, and Anthony Hart, senior master technician and shop foreman, the tour included stops in the sales showroom, as well as the service area. The students were introduced to a variety of career opportunities and the educational background and skill sets required to successfully pursue those jobs. They also learned that there’s a place for all people in the auto industry; people who have earned a GED, those who have earned an advanced college degree, and everyone in between.

Bob Swartz, vice president and CEO of the Fenton Family Dealerships and organizer of the CAP visit, said, “Introducing students to the auto industry provides them with valuable insights into various aspects of technology, innovation, economics, and sustainability, preparing them for future careers and enabling them to make informed decisions as consumers and global citizens.”

Jeff Lubas, general manager at Subaru of Keene, concurred, “We are so grateful to be able to have a positive impact on someone’s future.” Then,

referring to the changing population of the auto industry, he told the students that every year more and more women are getting into the business both in sales and service. In fact, one of the highlights of the visit was meeting service technician Meagan Sherman.

The Career Awareness Program has plans to visit a wide variety of local participating businesses and organizations, including the Colonial Theatre and Showroom, Whitney Brothers, Savings Bank of Walpole, Badger Balm, RE/MAX Town & Country, Monadnock Community Hospital, and more.

Those who would like to discuss adding their organization to the Career Awareness Program should contact Lorie Rogers at 802-721-6917 or lrogers@kurnhattin.org.

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Congregation Ahavas Achim Welcomes Mak'hela Back Sunday

Mak'hela, the Jewish Chorus of Western MA, will return to Keene for an afternoon of music at Congregation Ahavas on Sunday, April 14th at 2 p.m. The concert is free and open to the public.

Conducted by Dr. Elaine ("Lainee") Ginsberg, Mak'hela will present first a few liturgical gems in Hebrew, followed with lively music by famous

Jewish Broadway composers. As the synagogue's publicity poster for this event says, "If 'you've got rhythm,' you'll want to tap your toes and sing along!"

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

"How Trauma Impacts Your Health" Workshop In Keene

Cheshire Medical Center will host a discussion about trauma on Thursday, April 18 from 5:30 to 7 p.m. The workshop is called "How Trauma Impacts Your Health: Learn to Advocate for Yourself and Others."

Trauma is common – it can be a single incident, a series of events, or set of circumstances experienced by an individual that are physically or emotionally harmful or life-threatening. Traumatic events increase an individual's risk of long-term physical and mental health issues and can also lead individuals to develop feelings of betrayal in a trusted person or entity – including medical providers and healthcare organizations. Due to this mistrust, trauma survivors may ignore the recommendations of their healthcare providers or avoid medical care altogether. This presentation will explore how trauma

impacts health and how people interact with the healthcare system. They will discuss trauma-informed care practices and how these can be used to create a safe environment for survivors, improve patient outcomes, and prevent re-traumatization. They will explore some of the ways that survivors of trauma can access resources, advocate for themselves, and create boundaries in order to safely access healthcare.

Presenters are Lindsey Cushing, APRN, MSN, SANE-A, NCMP and Kelsey Page, RN, BSN, SANE-A.

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, find the event at <https://events.dartmouth-hitchcock.org/events> or scan the QR code on this page.

Tranquility And Wellness At Sojourns – A Destination For Massage Therapy

Sojourns Community Health Clinic has added massage therapy to its array of services for individuals seeking relaxation, rejuvenation, and overall health.

Spring is often experienced as a time of renewal, as many people find themselves planting gardens, cleaning homes, detoxifying bodies from heavy winter foods, and interacting more with nature (or communing with mud, as the case may be). The change in season and emergence of activity can lead to unexpected aches and pains, as well as a desire to indulge in self-care.

Massage is increasingly used in an integrative approach to care, as it can provide support on both the physical and mental/emotional levels. Anyone looking to "clean out the closets" during this return to spring could consider massage as part of a holistic cleansing to help boost mood and support the transition into spring renewal.

In fact, research reveals that massage can boost the parasympathetic nervous system, reduce anxiety, help diminish symptoms of depression and

improve mood among people living with chronic pain. Research with youth has demonstrated that massage can effectively lower anxiety and increase levels of dopamine, which is particularly beneficial for youth with depression.

The benefits of massage at Sojourns are abundant. From reducing stress and anxiety to relieving muscle tension and pain, time with licensed massage therapist Meghan Houlihan offers a myriad of physical and mental health benefits.

Better yet, regular massages can improve circulation, enhance immune function, and promote higher quality sleep.

Whether one is looking to unwind after a long day, relieve chronic pain, reduce anxiety, or simply experience some self-care, visit Sojourns Community Health Clinic to discover the benefits of massage.

For more details, FAQs ("Do I have to get undressed?"), or to book an appointment, visit <https://www.sojourns.org/sauna-and-massage> or call 802-722-4023.

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Community Health Education Classes

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

Runners' Knee 101
 Learn to Prevent & Treat Knee Pain
 Thursday, April 11 5:30 to 6:30 pm


How Trauma Impacts Your Health
 Learn to Advocate for Yourself and Others
 Thursday, April 18 5:30 to 7:00 pm

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

Getting Your Winks;
 How to Prevent and Resolve Insomnia
 Thursday, April 25 5:30 to 6:30 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 (4495) as part of a financial assistance award by CDC/HHS, NH Initiative to address Health Disparities grant #444501000008. The contents are those of the advertiser and do not necessarily represent the official views of, nor endorsement, by CDC/HHS or the U.S. Government.




Mak'hela The Jewish Chorus of Western Massachusetts
 מקהלה

Mak'hela, the Jewish Chorus of Western MA, is coming back to Keene!

Conducted by Dr. Elaine ("Lainee") Ginsberg, Mak'hela will present first a few liturgical gems in Hebrew, followed with lively music by famous Jewish Broadway composers!

If "you've got rhythm," you'll want to tap your toes and sing along!

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	197.15	-8.10	Danaher Corp. (Kollmorgen)	244.28	-5.44
Becton Dickinson (C.R. Bard)	246.17	-1.28	Merck (Hubbard Farms)	127.99	-3.96
Toronto Dominion Bank (TD Bank)	59.32	-1.06	Deluxe (NEBS)	19.77	-0.82
PC Connection	65.58	-0.35	Teleflex (Jaffrey)	216.77	-9.40
Bank Of America (Fleet)	37.11	-0.81	Timken (MPB Corp.)	87.83	0.40
Corning Inc.	32.54	-0.42	M&T Bank Corp. (People's United)	138.71	-6.73
Ametek, Inc. (Precitech)	182.22	-0.68	Dover Corp. (Markem)	175.84	-1.35

PRECIOUS METALS		COMMODITIES	
Close	Week's Change	Close	Week's Change
Silver (\$ per ounce)	27.52 2.54	Wheat (cents per bushel)	568.00 6.00
Gold (\$ per ounce)	2343.90 102.00	Corn (cents per bushel)	433.75 -8.50
Platinum (\$ per ounce)	938.60 17.00	Soybeans (cents per bushel)	1,187.00 -5.00
		Cattle (cents per pound)	172.00 -9.00
		Crude (\$ per barrel)	86.68 3.69

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Flying Cars Are Coming! Here's How They Could Change The Way You Travel

By Christopher Elliott

If you'd told me a few weeks ago that flying cars will change the way we travel, I probably would have laughed at you.

But when Elon Musk hinted there might be a flying Tesla soon, the internet started buzzing with flying car news. And now people are talking.

"There's absolutely a sense that the time has come," says aviation industry investment banker Joey Smith at Cassel Salpeter & Co. "Numerous well-funded companies are racing to build a viable production vehicle, and they could take to the skies as early as next year."

What's more, attitudes toward Advanced Air Mobility (AAM) – that's a fancy term for flying cars and other personal flying vehicles – have shifted. A new study suggests Americans, and particularly younger urban consumers, are warming to the idea of flying to their next destination. Even so, the definition of a flying car is a little hard to pin down. I'll explain in a minute.

Don't expect to open your window and see a scene out of a sci-fi movie anytime soon. (You know, lanes of flying vehicles lining the sky.) It'll be a slow rollout, but it has the potential to change the way we travel like we haven't seen since the introduction of the jet engine.

What kind of flying vehicles are out there?

Personal flying vehicles defy simple classification, which may be part of their allure. There are STOLs and VTOLs, quadcopters, octocopters and hexacopters. Some are electric, some are gas-powered.

Don't be confused by all the acronyms. I think it's okay to just call them flying cars.

Right now, the ones generating the most noise are electric vertical takeoff and landing vehicles (eVTOLs). These aircraft take off and land like a helicopter. For example, Joby's air taxi service in Manhattan plans to use its eVTOL, which looks like an oversized drone, to shuttle passengers from New York to JFK Airport next year.

My categorization is a little unconventional, but here's how I see it: There are really two types of flying cars. The first are cars that can drive on the road and fly, just like the ones in *Back to the Future*.

One of the most high-profile of these is the Model A being developed by Alef Aeronautics. It's an eVTOL that looks like a sports car. But once it takes off, the passenger cabin pivots and the vehicle flies sideways, which looks a little jarring but very cool.

The second type of flying vehicle doesn't even bother with the road. For example, the Lilium Jet is both a fixed-wing aircraft and an eVTOL. But you won't see it on the highway unless it's making an emergency landing – so technically, it's not a flying car.

Like I said, these flying vehicles aren't easy to categorize. And it hasn't really mattered until now, because you could only find them in aviation magazines and science fiction movies. But now there are serious discussions about flying cars, and developers have started taking orders. The future is almost here.

Flying cars aren't cleared for takeoff – yet

Don't get too excited. A few things still have to be worked out. For example, eVTOL manufacturers have struggled with several challenges. It's not just how to design lightweight aircraft made from the right composite materials and with adequate battery life. It's also piloting the flying car. Issues such as

autonomous flight capability and pilot training have proven to be big barriers.

There are also regulatory roadblocks. The Federal Aviation Administration, which has oversight of these new vehicles, has adopted a "crawl-walk-run" approach. And it's still in "crawl" mode. Last year, it laid down some rules for flying cars. Among them: they have to use existing heliports and they must have a human pilot. But there are no special traffic lanes in the sky for these vehicles yet.

The UK is also preparing for flying cars. In March, the government said it envisioned eVTOLs taking to the skies within four years.

Observers are skeptical of the proposed timeline. Charles Leocha, president of the consumer group Travelers United, has worked on regulations for low-level unmanned aerial vehicles for the last decade. He says the wheels are turning slowly.

"The FAA is at least a decade away from allowing or approving any kind of flying car," he adds.

All of that has made people reluctant to order a flying car – if they can afford one. Most vehicles range from \$150,000 to as much as \$10 million.

"Prospective buyers are likely to hold off until regulatory barriers are dismantled," says Francesco Ceroni, a mobility expert at the design firm Buro Happold.

Where to find personal flying vehicles now

If you want to see a flying vehicle for yourself, here's where to find them (outside of the movie theater):

Lift Aircraft, which manufactures a single-seat eVTOL called Hexa, is offering test flights on its single-seat Hexa this spring. It's scheduled to be in Lakeland Linder International Airport in Florida in April and Austin in May.

Early next year, you'll be able to hail an air taxi from Abu Dhabi and Dubai on a four-passenger Midnight aircraft. The eVTOL, operated by UAE-based Falcon Aviation, will cover the 81-mile trip in just 30 minutes. By road, the drive can take a few hours in traffic.

There's even a flying car driving school. Netherlands auto manufacturer PAL-V will show you the ins and outs of flying a car. They even have a flying car showroom in Munich where you can buy your own gyroplane/car combination. (It'll cost you about \$550,000.)

Bottom line: Flying cars remain rare. But change is on the horizon.

How flying cars could change the way we travel

High prices and continued doubts about the viability of zipping around town like George Jetson haven't stopped people from thinking about the future. Experts seem to agree that safe VTOLs with FAA approval could change travel forever.

"It would reduce congestion by removing some traffic on the road and create a new aviation sector, with new jobs," says Raj Rajkumar, professor of computer engineering at Carnegie Mellon University.

Flying cars could dramatically cut the drive time between destinations typically served by short-haul commercial flights. So instead of catching a shuttle flight from Washington to New York, you'd just fly there in your own car in a fraction of the time it used to take to drive.

But that's just the beginning. As these vehicles become faster and more affordable, they hold the promise of competing with commercial aviation. Imagine flying your family car from the suburbs of an East Coast city to Florida for your next vacation in less time than it would take you to go to the airport, get through security, wait for your departure, fly, land, collect your luggage and rent an earthbound car?

The thought of ditching airlines, with their awful customer service and addictive loyalty programs, may be the greatest promise of the AAV revolution.

If you'd asked me a few weeks ago if such a future was possible, I would have been very skeptical. Now, I'm just a little skeptical.

Christopher Elliott is an author, consumer advocate, and journalist. He publishes Elliott Confidential, a travel newsletter, and the Elliott Report, a news site about customer service. Reach him at chris@elliott.org.

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It's Spring, And It's Snowing

As I write this it is the first week of April, and a huge nor'easter is bearing down upon us. Am I imaging it, or have our seasons truly taken a shift? I know our hardiness zones have shifted, and I am okay with that, but not having winter in the winter season, and having it in the spring season, is just too odd for me to get my head around. I know that the snow won't last long with the warming days and the sun being higher in the sky, but still, it is messing up my growing schedule.



Woods and Gardens
with Allison Kerwin

Spring is slowly happening here at the farm. The crocuses are blooming and the earliest narcissus are coming in a sheltered south side of the house. I am still walking the gardens at least three times a day, making lists of things to do. Sometimes the days are just too raw to be out. Then we have the good days, then we either have rain or snow, and they are too wet to be in. Oh well.

I hooked up my main rain tank in March, not knowing if we are going to have enough rain this summer. It is overflowing already, which is pretty wild considering it is a 1500-gallon tank. That is a lot of water to be had.

My goal in the next few weeks is to get some salad crops sown, some snow peas planted, and some fresh

kale. The kale left over from last year is beyond yucky; I don't even think the goats would eat it at this point. It is this time of year when I really crave fresh greens. My garlic is up, and I am ready for a new gardening season. Once the forsythia blooms I can safely do a lot of pruning, like the hydrangeas and roses. Everything else has been done except for the blueberries. After that, I will spread compost on the shrubs and fruit bushes, roses, and everything else and mulch.

The chickens have been merrily scratching in the perennial beds, but very soon the gates will go up and they won't have access to that area anymore. They will have to go up into the goat pasture.

Spring is here, though, I keep telling my gardening self. I have robins, bluebirds, song sparrows, gold finches, and so many more birds, even the greedy cowbirds. The wood frogs are croaking up a storm in the pond on the sunny warm days, and the pussy willows are shedding their catkins and silvering up. Some are even flowering, much to my husband's sinus's dismay. The flower buds are swelling, and yes, despite the strange timing of this season, spring is coming.

So remember for this gardening year: Be kind to the earth. Don't use pesticides, even the organic ones kill. Compost, mulch, keep bare soil covered with garden plants, mulch, or cover crops, or plant a tree or two. Plant for the birds and the pollinators, and most of all, have fun and accept the failures in the garden as well as enjoying successes. Every year is a different year. Most of all, enjoy the experience.

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

Coffee House, Open Mic Saturday, April 20th



Joey Clark

The DubHub in Dublin will host a combined Coffee House and Open Mic on Saturday, April 20th from 7 to 10 p.m. Snacks are available, and a monthly

coffee sponsor provides the java. Attendees are welcome to BYOB. A featured performance takes place for 45 to 60 minutes, with open mic slots available before and after.

This month, New Hampshire native, Joey Clark, who became a seasoned singer-songwriter in Nashville, will perform. Clark is a lyric-focused writer, weaving memorable melodies and stories with rhythms borrowed from swing, bluegrass, old-time, country and folk-rock. Clark performs across the region as both a solo artist and with his band, the Big Hearts. To hear samples of his work, check out <https://joeyclark.bandcamp.com/community>.

Email info@dublincommunitycenter.org to reserve a spot on the open mic sign-up, or just show up that evening to try finding an available spot on the list.

The Dublin Community Center is located at 1123 Main Street.

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ASPHALT, Continued from page 1

"I called Stripe-It-Seal-It and Julie came out that day, gave me a quote that was far below my expectations, and started the work within 24 hours. I am extremely happy with how my driveway turned out and I would definitely recommend giving them a call for your paving needs."

"My experience with Stripe-It-Seal-It was great from start to finish," says another satisfied customer, Peter Skrzyniarz. "They came to my house within one day to do the estimate. They actually came to do the job before the agreed date. The workers were very polite and did a very professional job. I was very happy with the end result."

Stripe-It-Seal-It owner, Chris Minkler, says that he stands by his team's work and wants nothing short of 100 percent satisfaction for every customer. "We listen to the needs and wants of each customer and provide them with the most cost-effective approach to ensure they receive the most beautiful, lasting driveway/parking lot possible."

Michelle Cherrier says this about her experience: "Stripe-It-Seal-It was exceptionally responsive to my request. They reviewed my driveway, explained their scheduling, and issued a quote. Their work was just what I wanted."

This locally owned and operated business was founded in 1987 by Carl Patten, and in 2021 Minkler bought the company from Patten. "We value Carl's expertise and he is still involved in many of our projects," Minkler adds.

Minkler, who worked as an engineer for the United States Army Corp of Engineers, has a wealth of knowledge of anything involving asphalt operations and road construction. The Stripe-It-Seal-It staff are all OSHA-certified and safety trained.

Besides his experience and the expertise of his skilled employees, Minkler continues by saying that he has invested in the latest equipment to do the job right and make it last. "For example, we own a Ditch Runner Turbo Pro 350 squeegee machine. This machine works in a two-part process. The first coat of sealer goes down via squeegee to fill in small voids. The second coat is applied using a spray bar. This

ensures durability, uniformity, and clean edges – the look of a fresh new driveway or parking lot."

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New Horizons For Mental Health Care

During the course of our lives, most of us experience mental health challenges of one kind or another. It's rare to hear someone say they are not impacted by some aspect of chronic stress, anxiety, depression, traumatic experiences, substance use, problems focusing, or insomnia. We may be able to ride it out, it passes or eases, and we have the resilience needed to find well-being. At times the distress doesn't lift and becomes very difficult to navigate. We need help.

Sometimes people feel as if they just can't "think straight" enough to focus, can't change their attitude enough to lift the depression or ease the anxiety, or can't find willpower to stop using the drugs or alcohol. They feel weak, blaming themselves and their faulty psychology for the ongoing distress.

But mental health is not only a psychological issue. It is a physical one as well. This is unfortunately sometimes overlooked in modern treatment. Don't forget we have a neck – connecting the brain and whole body! Brain health absolutely depends on body health. Everything that impacts the rest of our body impacts our mental health.

Many people benefit from standard care treatments including medications and psychotherapy. Others don't. Perhaps they don't tolerate the medications, experiencing distressing side effects. Or they feel as if something is still missing, as if they are stuck, not feeling better despite the treatments.

Integrative medicine enriches our treatment options to engage our natural rhythms and hormones, nutrition, detoxification, digestive health, supplements, herbal medicine, somatics and bodywork, exercise, mind body practices, spirituality, and more.

There are many contributors to mental health challenges including psychological and physical.

Chronic stress and trauma, loss and grief, adverse childhood experiences, social struggles like violence, poverty, and racism, and the pace of modern life. All are demanding and depleting of the energies needed for healing. In truth, all our body systems – digestive, hormonal, immune, and nervous – are impacted. Everything is connected. That's the idea of Psychoneuro-endocrine-immunology – quite a mouthful!

When we don't include an understanding of the physical body aspects of mental health or if prescrip-

Healing Perspectives

with Nadine Laughlin



tions are discontinued, the symptoms may still be there. And we know that long-term use of medications can be problematic, including the possibility of a medication withdrawal process. Integrative medicine can help decrease the likelihood of those problems. Ideally, we want to help the mind and the body heal together, at the level of root causes.

Food intolerances and sensitivities, gut health, genetic and metabolic alterations, and hormonal balances can be among contributing root causes, not addressed by antidepressants or other psychiatric medications. In fact, research is showing that we can improve the efficacy of medications if we assess for and treat nutritional insufficiencies.

Did you know that low levels of certain key nutrients – B12 and folate, Vitamin D, essential fatty acids, amino acids, magnesium, and more – all can play a surprisingly significant role in our mental health? We need these nutrients to manufacture serotonin, dopamine, and other essential neurotransmitters for brain health. Testing for and treating nutrient insufficiencies can be a key part of treatment best not overlooked.

When emotional, psychological, and traumatically painful experiences result in ongoing mental health struggles, there can be physical changes in the body that change the way our brain and other body systems function. Our stress response system shifts – a chain of reactions involving neurotransmitters, hormones, and other body systems – impacting the whole body.

While we work with our thoughts and emotions in recovery, we can also work with our body using a holistic integrative approach. We can help undo the damage that chronic illness, stress, and trauma can cause, to uplift our mental and physical health.

Nadine Laughlin, APRN focuses on integrative mind body medicine for chronic illness at Monadnock Mind Body Medicine in Peterborough, NH; www.monadnockmindbody.com.

New Teacher, New Class At Aloha

Rennae Jackson will begin teaching yoga at Aloha on Court Street in Keene.

"After practicing yoga for years and falling in love with all that it entails I then received my 200 hour certification from Josephine with School Yoga Institute 15 years ago," Jackson said. "Since then I've dabbled in Katonah yoga, qi-gong, Kundalini, mindfulness, meditation, and everything and anything in between."

Jackson has done some subbing at Aloha and folks love her teaching and her spirit. Her own class will run from 4 to 5:30 p.m. Jackson calls her class Vinyasa Flow Yoga. "Vinyasa practice becomes a moving

meditation that creates strength, freedom and fluidity in the body and mind," she said. "As we ride the waves of breath in our Yoga practice, we learn to ride the waves of change in our lives with more ease. With a dash of qi-gong and a sprinkle of meditation, you will find a mixed bag of movements to enjoy with me."


To register, visit Vagaro.com/alohakeene.

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Keyhole Gardens



Composting is a fantastic way to give your food scraps new life. Many traditional methods involve long term tilling and turning, and the compost is often kept far from the growing space.

This can pose a problem for disabled gardeners wanting to make the most of their resources. Many modular raised bed structures are either too tall or too short for people who use mobility aids.

Keyhole Gardens, developed in the mid 90s by South African farmers, are designed for the disabled and compost from the inside out.

Using available materials, the gardens are designed as a semicircle with a path going up the middle. In the center of each garden, there is a circular compost structure. A path leads up to the compost in the center. The sides of the garden are sloped to allow for nutrients and water to flow downwards.

The concept was created to allow disabled people to do small-scale sustainable gardening at waist height. By watering through the compost chute, the nutrients are dispersed into the substrate faster than a traditional compost.

Large scale productions using this method are not recommended. Its original application was in personal gardens in an area prone to droughts. But

it is a fantastic way to double your gardening power in the same amount of space as a traditional rectangular raised bed.

Multiple keyhole structures can be built in a wave pattern along a line. It is recommended that each compost intake be at least six to eight feet from the next one, with plenty of sloped space in between.

Circular rows of seeds radiating from the center are recommended, using the sister planting methods developed by indigenous practices. The concept is this: Plants that hold more water in the soil are planted close to the center, and the other rows benefit from the moisture retention. Each row supports the next, creating a healthier garden environment.

Watering is done by drenching the compost in the center. This should be done less often than in a traditional raised bed. As always, use your judgment to determine if crops are thirsty. Nutrients are dissolved in short bursts and dispersed as well as broken down over the long term.

Gardening forums recommend keeping the compost level with the soil and then emptying it out once a year and using it to top the garden. Don't underestimate online forums as information resources. Even if the forum is no longer active, it can still contain a library of information.



Using available materials is integral to the design of your keyhole garden. Materials used for the central basket range from a simple chicken wire fence, to a trash can with holes drilled into it, to a specially designed compost system that can range in cost from \$35 to over \$300.

As with all gardening, be aware of the impact your materials choice will have. Polyurethane products will leach into your soil, adding microplastics to your diet unintentionally. Metal rusts, and that can add salinity and change the pH of soil to suboptimal levels.

Spring is an exciting time to begin new projects. Food costs are still on the rise. With keyhole gardening, growing food is easier than ever. Remember to share your summer bounty with neighbors and friends! Even a small gift of food can create community.

<https://ucanr.edu/blogs/blogcore/postdetail.cfm?postnum=25846>
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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, a statewide data base of local free food resources. They love being active within the local community and taking long drives into the mountains. They are also a long-time performance artist with an emphasis in the circus arts.

Monadnock Region Earth Festival Set For Saturday, April 20th

FESTIVAL, Continued from page 1

"We are thrilled to once again host the Monadnock Region Earth Festival," said Aleta Coursen, marketing manager at Monadnock Food Co-op. "Healthy, accessible food goes hand-in-hand with a healthy and sustainable planet. Earth Fest is a fantastic opportunity to celebrate our local community and our commitment to living more sustainable lives for ourselves and the planet. Come join us for delicious local food, exciting activities free for the public, and reignite your passion for the Earth."

At 9:30 a.m. on April 20th, the Monadnock Food Co-op's board of directors will lead the annual Green Up Keene clean-up. Those interested in joining their efforts to keep Keene clean can RSVP at monadnock-food.coop/event/boardcleanup/. Light refreshments will be available after the clean-up.

There will be a Spring Drive Electric Expo, hosted

by the Monadnock Sustainability Hub, in the Whitney Brothers lot during Earth Fest. Visitors can learn about Electric Vehicles (EVs) directly from their neighbors and community members and meet EV owners, representatives from dealers showing for-sale EVs, and business owners and municipalities who are using and loving EVs. To help out the EV team, contact info@monadnocksustainabilityhub.org

For more details on the event, visit monadnockfood.coop/event/earthfest/

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 From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.
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 QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene
Limit: 10 gal. per household per collection.
Spring 2024 Household Hazardous Waste Collection Schedule

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

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

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Jaffrey Library Friends To Meet, Learn About Birds

On Saturday, April 13th at 10:30 a.m. the Friends of the Jaffrey Library will hold their annual meeting followed by a special program.

The event will begin with brief reports from the Friends' board on funds raised, projects supported, book sales, and future plans. The meeting will be held in the library's Ground Floor Collaborative Learning Space, handicapped accessible from the street and the interior elevator. Members and anyone interested in joining the Friends are urged to attend.

Then, Harris Center naturalist and author of *The Animal Adventurer's Guide*, Susie Spikol, will welcome spring with a talk about "Birds on the Mind and in the Air." Spikol will explore why people are drawn to birds and what is making birdwatching one of the fastest-growing recreational activities in America. Attendees will learn where some of the hot spots for seeing birds are in the Monadnock Region, when the prime times are for seeing and hearing certain birds, and how bird watching can help folks make connections to the natural world and wider community. The event is free and open to the public. Light refreshments will be served.

SwampBats Summer Camp At Alumni Field

CAMP, Continued from page 1

Children need to be dressed appropriately and have sunscreen, water, and a hat. There will be a special camp night, where the campers are invited to a parade at a SwampBats game. Parents/guardians must sign their camper in and out each day at the registration table located at the field.

There are two required forms to attend: a health questionnaire and a waiver. A child is only considered registered when payment has been received. Camp is \$140/week and \$225/both weeks and can be made by PayPal or mailing a check to: SwampBats 303 Park Avenue, Keene, NH 03431. For more details or a camp registration form, visit www.swampbats.com or call 603-357-5464.

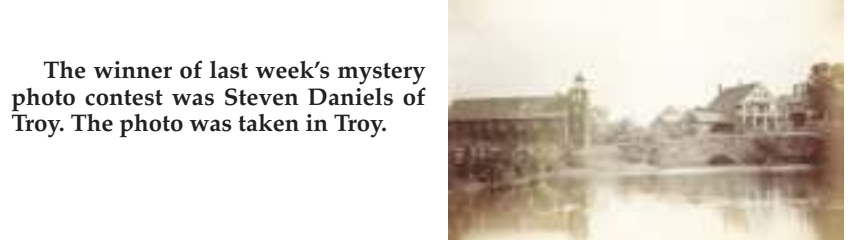
MYSTERY PHOTO
 from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

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

(Prepared by the Historical Society of Cheshire County)



What Cheshire County town is pictured in this early 1900's photo?



The winner of last week's mystery photo contest was Steven Daniels of Troy. The photo was taken in Troy.

ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

Motley Mutts Rescue
 114 Londonderry Tnpk #4 Hooksett NH
www.motleymuttsrescue.org

Hearts and Tails Animal Alliance
 35 Daniels Rd., Weare, NH • heartsandtails.org

Sato Heart Rescue
satoheartadoptions@gmail.com
www.satoheartrescue.org

ROMY
 3 month old Female Hound mix. What a beautiful girl. Romy gets along great with other dogs. She is a little shy at first but when she comes around she is funny, playful and sweet.

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Cheshire Horse
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SERENITY
 This gorgeous, gentle girl loves to go for walks, and she's good on a leash. She has a shiny golden and black brindle coat - the glittering gold stripes interweave through the black. And that face - just LOVELY! She's happy to spend time with humans, playing, learning new tricks, and cuddling on the couch!

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Monadnock Food Co-op
 34 Cypress St., Keene 355-8008

IVONNE
 An athletic, happy, goofy girl who loves her people, she's nervous when meeting new people, needing an adult only home. She seeks out attention from her people, wants to please, and checks in frequently for approval. She loves to play and especially with other dogs her size/bigger as she likes to wrestle. She would love yard to get some of her zoomies out.

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TriStateRestoration.info
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WATTS
 3 year old Male hound mix. This handsome fellow is so excited to find his forever home. If you don't want a puppy he is your guy.

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Westside Animal Hospital
 670 Park Ave, Keene 357-0123

TEDDY
 His face is the epitome of happiness, and he brings joy to everyone he encounters. He loves to go for walks, and is very good on a leash. He longs for affection, and sits quietly, hoping for just a little bit of your time. He's just an all around sweetheart. He loves other dogs, and is happy to spend time with humans of all ages.

Sponsored by
Cheshire Animal Hospital
 505 Winchester St., Keene 352-8585

MANDIE
 This gentle 15 month old female lab longs for affection, and we can't even begin to describe her wonderful disposition. She is the sweetest of sweethearts - she gets along very well with other dogs, as well as cats. And most of all, Mandie loves to spend time cuddling with humans of all ages.

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ELLIS
 1 year old Male boxer mix. Ellis get along great with other dogs. And as you can tell he loves toys. He is sweet and friendly.

Sponsored by
Carl Little
 21 Main St., Ste. 1, Jaffrey 532-7991

KODY
 And hold on to your HEART! This gentle, 1 year old Male Husky mix has a gorgeous face and beautiful, SOFT fur. An all around sweetheart who is longing for love, He has a very calm, friendly, affectionate temperament - he loves people, and other dogs as well!

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BELLA
 Now in foster in New England, she's a wonderful girl who loves belly rubs, laying in the sunshine, and wants to find a new family to love. She'd be best with children over 12, or no children. She has ZERO aggression toward anyone, but small children sometimes make quick movements and it makes her nervous.

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14 W. Swanzev Rd. (Rt. 10), Swanzev, NH
355-1556 • helpinggreyhounds.org



DEXTER

Dexter is just the sweetest lurcher who loves to cuddle and get love. He is full of youthful energy and would be great for a family that likes to run and play in the yard.

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FIONN

Fionn is a happy-go-lucky, bouncy boy who is the perfect mix of playful and relaxed. He's a speedy guy who enjoys a good zoom around the yard, but will stay right by your side when it's time for a walk.

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GUDDU

Guddu is a Portuguese Podengo who was found abandoned as a puppy. He is still under a year old, friendly with people, and loves to play with other dogs.

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www.stonesseptic.com
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KARIM

Karim is a confident, outgoing boy who is the perfect size for a lap dog. He is friendly, curious, and an all-around happy guy. Karim is great with other dogs but also independent and has great manners.

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JARATO

Jarato is friendly and outgoing with people and other dogs. He has the best leash manners and is an all-around great dog. He is such a dream and will make someone very happy!

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LIZZY

Saluki mix Lizzy is the most gentle soul. She is so sweet and affectionate, and just lives to please her people. Lizzy is an all-around great dog and is more than ready for a home of her own.

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MISSIE

Irish lurcher Missie is a happy, wiggly girl who absolutely insists she is a lap dog. She is a social butterfly and the life of the party.

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ONYX

Onyx is a confident, goofy, and affectionate boy who loves everyone he meets. He plays very well with other dogs and has good leash manners. This big boy has an even bigger personality that is sure to keep a smile on your face.

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SARABI

This sweet face belongs to Sarabi. Sarabi is three years old, playful, active, and very smart. She loves walks and playtimes and knows lots of commands. She would be a great companion for someone active.

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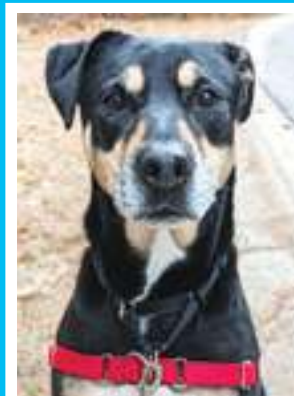
TEWCO

Almost 8 year old hound mix. Has had diverse life experiences - starting as a farm dog and then transitioning into the warmth of indoor living. He's lived harmoniously with children but hasn't had experience with cats, so he should find a home without felines. His focus is on being close to his people in a quiet environment.

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LILA

An 8 yr old mixed breed dog, sweet and sociable, with a heart as big as her love for bones. Has specific needs and preferences that adopters should be aware of. Enjoys the company of canines but has a strong dislike for cats. Overwhelmed by young children. A home with older children or adults would be preferable.

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357-4100



RIGGS

An 8 yr old, SF, lab/mix breed dog. A gentle soul with a heart of gold. Thrives on affection and understanding. Has specific needs and preferences. Riggs has lived with Lila and it is preferred that they go home together, although not required. Best in a cat-free household. Overwhelmed by young children.

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TULLI

Sweet 3-year-old mixed breed. Her previous house was condemned, and she needs a new family to love. Has shown resilience and a lot of love. Prefers to be the only pet. Also best if there aren't young children around. Nervous around new situations and loud noises, but once out on a walk, a confident and happy pup.

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www.jaxpmu.com



MAIZE

A 4 yr old, SF, mixed breed dog. Came from another shelter. An ideal companion for someone who loves outdoor adventures and active playtime. Could benefit from some structured training. Enjoys the company of other dogs, but living with cats is not recommended.

Sponsored by

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LILAH

A pittie mix, sweet and spirited 7-year-old who came from another shelter; surrendered due to owner's inability to care for her. She's deaf, but that doesn't dampen her zest for life. With patience and love, ready to conquer the world alongside her new family. Adores spending time with her humans but should not go to a home with other dogs.

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SNOW WHITE

A 1 yr old, female rat with a shy disposition. Initially be timid, she warms up quickly with patience and gentle handling. She will show when she is uncomfortable by nipping or running away. Enjoys exploring her surroundings and is curious about new toys and enrichment activities.

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123 Main St., Jaffrey
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Adult, male mouse. From playful games of hide-and-seek to rollicking adventures through homemade obstacle courses, he's always up for a good time! Infectious enthusiasm and friendly nature make him the perfect playmate for humans of all ages.

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313-2785



OPAL

An adult charming parakeet seeking a loving forever home, would love another parakeet to cuddle up to. Recently lost her bird buddy and feeling lonely. Smart and sweet.

Sponsored by

Dube's Tire Center

300 Park Ave., Keene, NH
352-1445

ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

Kitty Rescue & Adoption

11 Pantation Drive, Jaffrey, NH
532-9444 • KittyRescueNH.org



RORY

Rory is a wonderful, extremely friendly 13 year old girl. Her favorite place at the rescue is in the clean laundry!

Sponsored by

Northend Subaru
Rte. 13, Lunenburg, MA
888-237-6656



CHARLES

Charles is a very handsome young cat. He's only around 3 but has a habit of swatting and /or biting when he gets overstimulated. He gets along great with other cats.

Sponsored by

Prime Roast
16 Main St., Keene
352-7874



DARLA

Darla, came in as a feral cat but has since decided that she loves attention from the volunteers. Look how cute she is!

Sponsored by

Bootleggers
West St. Shopping Center
Keene • 352-5201



BRADY

Brady is a very affectionate 8 year old who prefers to be an only pet. He is currently in foster care and looking for his new family.

Sponsored by

Franki & Dieti's
Bed & Biscuit
Greenville, NH • 291-0543



CUTSIE

Cutsie came to us after his owner went into memory care. He's very sad and looking for his new forever home. He definitely has some siamese markings, beautiful blue eyes!

Sponsored by

The Chimney Specialists, Inc.
Keene
357-4159



MARMALADE

Marmalade came in with her housemate Scooter. They are both 13 years old and not very bonded so they can be adopted separately.

Sponsored by

Frazier & Sons Furniture
233 Old Homestead Highway
Swanzy • 352-0337



BEN

Ben is a very sweet and handsome 10 year old. He is declawed and gets along great with other cats.

Sponsored by

Ed & Deb Madigan
Jaffrey



LUIGI

Luigi does not look happy in this photo.. LOL! He's a very playful 1 and 1/2 year old and was probably expecting a play session!

Sponsored by

Sophia and Simon



REBEL

Rebel is a very sweet big boy. He's only 7 years old and is quite overwhelmed being at the rescue

Sponsored by

Pinney Plumbing & Heating
Swanzy • Peterborough
357-0944 • 924-7588



PUMPKIN

Pumpkin is squinting because he scratched his eye. He's receiving eye drops and is okay to be adopted. He can be a bit shy at your first meeting.

Sponsored by

Marilyn Reardon



FRANCES

Frances was found recently in the same vicinity as Owen. She is very sweet and loves pets. Maybe they know each other and can go home together!

Sponsored by

Wireless Zone
Hannaford Plaza, Keene
357-7700



SCOOTER

Scooter is Marmalade's housemate they are not bonded so they can be adopted separately. Scooter tends to have your typical calico cat behavior!

Sponsored by

Anne Booth

Save Your Ass Long Ear Rescue

23 Saw Mill Road, S. Acworth, NH
835-2971 • saveyourassrescue.org



RUDY

Rudy is a gorgeous 7-8 year old gelded mule that arrived to SYA the end of July. He is with us due to no fault of his own or owners. The owners didn't feel they were giving him the time he deserved.

Sponsored by

Keene Eye Care
338 Main St., Keene
357-4090



BUCKLEY

Buckley is a large miniature gelded jack that came to us as an owner surrender. Buckley was treated very well in his previous home and it shows. He is a very sweet gelding who loves attention and kids.

Sponsored by

Horse & Buggy Feeds
24 Dunbar St., Keene
352-0328



PHAEDRA

Phaedra came to us in pretty rough shape, about 200 lbs underweight and in need of some serious love and groceries. She's so sweet and deserving of all the love and attention. She loves to lay down and rest in the sand bed, and run around the pasture to frolic and play.

Sponsored by

Keep 'Em Healthy Veterinary Clinic
120 N. Main St., Troy 242-6007

WAG Animal Rescue

15 Flanders Memorial Rd., Weare, NH
603-529-5443 • wearewag.org



PENNY

Penny is a 1-2 year old female. Very sweet and lovey. Loves pets an playing with her toys.

Sponsored by

Sharee's Critter
352-9078



MERRY

Merry is a Lab/Beagle mix. Very social, trained, gentle. Great to ride in car.

Sponsored by

Stoneman Custom Jewelers
82 Washington St., Keene
352-0811



ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

Ahimsa Haven Animal Rescue by appointment only 202 Central Street, Winchendon, MA
978-939-8464 • ahimsahaven.org



ISABELLA
This beauty is 1 years old. Isabella came in very shy and scared. She has learned to truat and enjoys being loved and spoiled now. Isabelle would like a cat friend to chum around with. Probably best not to have small children and a dog living at home.
Sponsored by
Mia Capelli Salon
382 West St. #104, Keene
358-0030



HERSHEY
He is avery sweet 2 year old, and the most beautiful dark chocolate coat on this handsome boy (hard to tell by his picture). He is shy and a very gentle soul. The Purrfect home for him would be a nice quiet home without other pets or small children. He would make a wonderful companion for someone special.
Sponsored by
Deschenes Auto & RV
Rt. 202, Jaffrey
532-4451



PISTACHIO
Pistachio is such a sweet boy. He is 8 months old, playful, curious and laid back. He can be a little shy at first but quickly warms up. He will need a feline friend to chum around with. He is great with other cats always trying to make friends.
Sponsored by
Altium Packaging
Turners Falls, MA
413-475-1140



TEDDY
Teddy lives up to his name he is like a Teddy Bear. Sweet, affectionate, playful and a lover of catnip. He is 4 years old and would be fine in a home with a cat friendly dog.
Sponsored by
Dana's Container Service
danasrolloffdumpsters.com
352-5981



BABY GIRL
Baby Girl is 11 years old friendly girl. She is a lap cat, outgoing and likes to sleep with her purrson. Her favorite thing to do is bird watch out the window and bat around crinkle toys. She has always lived in a quiet home and it will need to continue in her new home. She is independent, and can have a sassy cattitude at times. No other pets or children in the home is best.
Sponsored by
Bellows-Nichols Insurance
10 Main St. • Peterborough
924-7155 • bellownichols.com



LUCY
Lucy came in to us as a scared stray. She is 1 years old and needs a lot of love. Lucy has done very well and trusting us. She welcomes pets and love. She would probably be fine with another kitty, but probably no dogs or children.
Meet and greets are with an approved application by appointment only.
Sponsored by
Monadnock Appliance
497 US-202, #1, Rindge
603-899-9999



HANDSOME
Handsome is just that! He is a very handsome boy. He is fairly new at the shelter, came in as a stray. He is a bit grumpy but that is understandable in a new place. His new purrson would need to be patient, understanding and give him time to adjust.
Sponsored by
Cheshire Garden
277 Burt Hill Rd., Winchester
800-597-7822



PARKER
Parker iis fairly new to the shelter. He is about 4 years old and a little scared. He will need a patient owner to help him socialize. Once he feels comfortable in his new home with time and patience he will blossom. All he needs is love and a forever home.
Sponsored by
Little Stitches
21 Main St., Jaffrey
532-7991



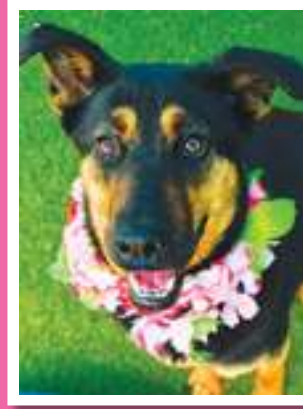
OSWALD
Oswald is such a sweet girl! She is 8 years old, loves attention And such a great girl. She would make a wonderful companion for someone.
Sponsored by
Cheshire Jewelers
149 Emerald St., Keene
358-6543

For the Love of Dog

P.O. Box 107, Hillsboro, NH
978-302-8171 • 4theloveofdog.org • fortheloveofdog@tds.net



BELLATRIX
She's a little bit rottiie, and a little bit retriever (maybe?). Our 3 year old Bellatrix acts nothing like her Harry Potter namesake, and is a sweet, unassuming girl. She's dog social, but has not been tested with cats. At 51 lbs, she's a nice size girl that won't challenge strict insurance companies or apartments.
Sponsored by
MJD & Company
149 Emerald St., Keene
358-3100



MARGARITA
Ready for a wiggly ball of love and energy to join your family? Margarita, a delightful 3-year-old mixed breed, is eagerly searching for her forever home! With her possibly Australian Shepherd and German Shepherd lineage, Margarita brings a unique blend of intelligence, loyalty, and charm. She's house/crate trained, a quick learner, and is great with other dogs.
Sponsored by
Paws to Groom
89 Main St., Marlborough
876-4733



SADIE
Our adorable rottiie mix Sadie joins us in April from GA. Sadie is a compact girl who loves a good walk with her canine (and human) friends. Sadie is looking forward to spring hikes, summer outings and fall leaf piles. She's a great apartment size girl with a much bigger personality!
Sponsored by
Mukota Kennels, LLC
119 Matthews Rd., W. Swanzey
352-8809 • www.mukotakennel.com



DIEGO
Diego is doing great! He's basically perfect. House and crate trained. Living with two other dogs and two cats. He's as sweet as can be and velcro'd to me everywhere his foster mom goes. Friends, approved adopters, and potential forever families... who can give Diego a home! Diego is a 4 yr old brindle & white pitbull mix.
Sponsored by
Korvin Appliance
65 Roxbury St., Keene
352-3547



GEORGIE
This adorable short stack bulldog mix is all love and kisses. Georgie porgie is great with his canine friends, and possibly cats (we're still making sure) and loves everyone he's meet. He is so stinking cute - you will melt when you meet him.
Sponsored by
Devine Flooring
438 Gibbons Highway, Wilton
654-5400



LOLA VIOLA
A smart, fun, wiggly little mixed breed girl with bundles of puppy energy! She is working on manners and leash training, as she is mastering the "sit". She's very friendly and a good playmate to her foster dog sister. She also enjoys the energy and company of young kids. Potty/crate trained, and looking for her forever family.
Sponsored by
G&R Autoworks
55 Victoria St., Keene
357-2484



NILES
He loves car rides, hikes, swimming, playing and zoomies! He's very active, then quiets down nicely. He's a cuddle bug. Easily trainable and eager to please, he has mastered some commands: sit, paw, touch, down, stay, and is AWESOME on recall. He would enjoy an older or calm and laid-back female dog companion, but would also be happy as an only pet. School aged kids are fine.
Sponsored by
The Vacuum Store
451 West Street, Keene
352-5085



MISSY
Missy is a 3 yr old incredibly sweet Rottweiler found out and about on her own. She is an absolute sweetheart! Missy walks great on a leash, is house trained, crate trained, knows some commands, and prefers her friends to have manners. Missy is a great size with a calm personality - all she needs is a home!
Sponsored by
Gary Jackson Heating Services
32 Roxbury Rd., Marlborough
352-6900



MAMBA
Four year old Mamba was rescued from a basement breeder in the Bronx. She's had an unknown number of litters and is ready to retire into a home of her own. She loves playing with balls, other dogs, car rides and snuggling. She has a gentle disposition and is very smart. She'd be good in a home with dog savvy kids or older. No cats.
Sponsored by
Justin Time
justintimeplumbingnh@gmail.com
831-2674

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ENTERTAINMENT

and DINING

Dublin Art Show, Opening Reception



Thoughtful Donkey
by Andrews



Heal Thyself by Loy

This month, the Dublin Community Center will feature the works of artists Eva-Lynn Loy and Daniel Andrews, both of whom reside in Keene.

The art will be on display and available for purchase throughout April dur-

ing open hours or by appointment. All are welcome to a reception on Friday, April 12th from 5 to 7 p.m.

For more details or to schedule an appointment, contact info@dublincommunitycenter.org.

10" Cheese Pizza
\$5.00 With this coupon
Excludes Gluten Free
Excludes Delivery
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CHESHIRE VILLAGE PIZZA

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44 Main St. • Keene • **603-903-0037**
www.musekeene.com
*One coupon per table. Excludes Alcohol.

HAM & BEAN DINNER
for Stoddard Congregational Church's Building Fund

Saturday, April 20, 5 pm
at Faulkner School, Stoddard

The cost is \$10 for adults, \$5 for children under 12, and free for under age 3.
Reserve: Linda 603-446-7821 or Carol 603-446-7562.

2024 SEASON BEGINS APRIL 12TH!

Milford DRIVE-IN THEATER

www.milforddrivein.com • 670 Elm St., Milford, NH • (866) 436-9214

Rummage Sale
April 13th • 9 am-1 pm
Fill a bag, leave a donation • Noon-1pm
Huge selection of spring/summer clothes
Fitzwilliam Community Church
Drop off donations of lightly used clothing through 4/12, 7am-6pm

A Taste of Italy!
Buonissimo!
Friday, April 19 • 5 to 6:30

Enjoy a delicious Italian menu of lasagna, chicken parmigiana, sausage, meatballs, crisp green salad, and a variety of Italian desserts, buffet style.

TAKE OUT AVAILABLE.
Handicap accessible venue.

Your host:
Federated Church of Marlborough

\$15 • \$6 for children 12 & under
Community House, 160 Main St., Marlborough

Marlborough Historical Society presents
MONADNOCK: The Mountain That Stands Alone
WEDNESDAY, APRIL 17 • 7 PM
FREE • Reservations Recommended
Community House • 160 Main St.
Reserve by calling 603.876.4068 and leave message or email robinsonjoann07@gmail.com

Carrot Cake Smoothie!
A sweet mix of:
Carrots
Oat Milk
Pineapple
Cinnamon
Woodard's Maple Syrup

The Farm Cafe
Vegan Street Food

Tues.-Wed. 11-5; Fri. 9-7; Thurs & Sat. 9-5
12 Emerald St., Keene • 354-3521
See our menu online at farmcafe603.com

The Small Pond Productions Presents ...
HALLELUJAH GIRLS

APRIL 5-6 & 12-13, 2024 Show at 7:30PM
APRIL 7 & 14 Matinee at 2:00PM

A Jones Hope Wooten Comedy
Co-Directed by Rich Booth & Tara Gillard

Comm. House of Marlboro • 160 Main St./Rt. 101
603-242-2314 • smallpondpresents.org

\$17 General Admission
\$14 Seniors & Students

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

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13 Main St. (Rt. 101) • Dublin, NH
603-876-3320 • www.smokehousebbq.com
Fri/Sat 11-7; Sun, Tues-Thurs 11-6:30; Closed Mon
LARGE ORDERS: EMAIL SMOKEHAUSDUBLINN@gmail.com
*Tacos available all week. Fillings include pulled pork, brisket, or chicken and will vary weekly. \$2.00 pricing effective on Tuesdays only.

PETERBOROUGH TOWN HOUSE

LASER LIGHT SHOW

Echoes of Floyd:
A Live Pink Floyd Experience
Sat., April 27 • Doors Open at 7 pm • Show at 8 pm
Tickets available at Harlow's Pub or www.peterboroughconcertseries.com

HEALTHY KIDS DAY
April 27 | 10:00 am-4:00 pm
Program Demos | Climbing
Gymnastics | Gym Games | Zumba
Free to the Public

FIND YOUR JOY. FIND YOUR Y.
keeneymca.org/hkd

SENIOR RESOURCE FAIR
Wednesday, April 17th, 10 a.m.-2 p.m.

VENDORS INCLUDE: home healthcare, hospice, estate and financial planning, senior fitness options, rehabilitation services, end-of-life and funeral planning, mobile meals, eye care, primary care, therapy animals, and more!

FREE event. Refreshments provided.
RSVP Sarah Foucher: 603-924-6238, dcr@springvillagesummerhill.com

Spring Village at Summerhill
Specializing in Senior Living

183 Old Dublin Rd., Peterborough
603-924-6238

ashuelot concerts

Dvořák Smetana Janáček Suk

Friday, Apr. 12 7:30pm - The Park Theatre, Jaffrey
Sunday, Apr. 14, 3:00pm - Alyson's Orchard, Walpole

Louisa Stonehill (violin) & Nicholas Burns (piano)

Book Tickets online:
ashuelotconcerts.org

COMMUNITY POTLUCK SUPPER
Sat., April 13th at 5 p.m.
 (The last one before summer)
Bring a salad, entree, or dessert to share!
 First Congregational Church of Walpole
 Washington Square, Walpole • (603) 756-3997

Wed., Apr. 10

MISCELLANEOUS

Local Work Group Meeting: Rescheduled 4:30-6pm. Walpole Town Hall, 34 Elm St. Farmers, foresters, NRCS program participants, representatives of conservation, agriculture, and forestry organizations are encouraged to participate. Registration is required. Benée Hershon: **802-518-0993**. benee@cheshireconservation.org.
Al-anon Zoom Meeting 6-7pm. Keene. Check out Al-Anon's free service to friends and families who suffer from the impact of a loved one's drinking. Meeting ID: 825 6820 3953. Passcode: Antrim. To join by phone use same ID and password 480560 and dial **646-876-9923**.

Thurs., Apr. 11

ARTS, MUSIC, THEATER

Dressed in Blue: The 50th Anniversary of Evening of Dance 7:30-9pm. Main Theatre, Redfern Arts Center, Keene State College. A multi-day celebration of dance at Keene State, with events for alumni, students, parents, and the community. \$12 public/\$7 seniors & youth. For more information call **603-358-2168**.

LECTURES/WORKSHOPS

Runners' Knee 101 5:30-6:30pm. Cheshire Medical Center, 580 Court St., Keene. Spring Community Health Education Classes. North Conference Rooms 1 and 2. In-person class. **603-354-5454**.

MISCELLANEOUS

April...Casinos & More Adventure Limousine & Transportation. MGM. \$49 per person. **603-357-2933**. www.advlimo.com.

Dressed in Blue: Evening of Dance Opening Night Reception 5-7pm. Thorne Sagendorph Art Gallery, Keene State College. Reception for Dressed in Blue on the opening night. \$25.
Zumba Gold 10:45-11:45am. Keene Rec. Center, 312 Washington St. Zumba Gold meets Tuesdays and Thursdays through May 23rd. Register on Rec Center website or call **603-357-9829**.

Friday, Apr. 12

ARTS, MUSIC, THEATER

Reception: Art by Eva-Lynn Loy & Daniel Andrews 5-7pm. Dublin Community Center Art Gallery, 1123 Main St. Continues through April by appointment or during open hours. info@dublincommunitycenter.org.
Sacred Circle Dance 6pm. Peterborough Unitarian Universalist Church, 25 Main St. All dances are taught. Beginners are welcome. No partner is necessary. Please wear comfortable shoes. The program is free. Donations are appreciated and will benefit "End 68 Hours of Hunger." lucy@poetryofthedance.com.

Nostalgia Variety Show: 49th Edition 7pm. Keene High School Auditorium, 43 Arch St., Keene. Featuring KHS Voices and KHS Jazz Ensemble. \$10 adults, \$5 children, KHS students free. mleese@sau29.org.
Dressed in Blue: The 50th Anniversary of Evening of Dance 7:30-9pm. Main Theatre, Redfern Arts Center, Keene State College. Dressed in Blue will be a multi-day celebration of dance at Keene State, with events for alumni, students, parents, and the community. \$12 public/\$7 seniors & youth. For more information call **603-358-2168**.

Reception: Ann Eldridge 2-4pm. Hancock Town Library, 25 Main St., Hancock. Eldridge, Bradford artist and printmaker, cares about and speaks for nature in her art. Exhibition can be viewed through May 7th. For more information or to learn about her work visit www.jaeldridge.com.
Dressed in Blue: The 50th Anniversary of Evening of Dance 2-3:30pm. Main Theatre, Redfern Arts Center, Keene State College. Dressed in Blue will be a multi-day celebration of dance at Keene State, with events for alumni, students, parents, and the community. \$12 public/\$7 seniors & youth. For more information call **603-358-2168**.

Peterborough Folk Music: Jay Ungar 7pm. Bass Hall, Peterborough. **603-318-9196**. www.pfmconcerts.org.
Nostalgia Variety Show: 49th Edition 7pm. Keene High School Auditorium, 43 Arch St., Keene. Featuring KHS Voices and KHS Jazz Ensemble. \$10 adults, \$5 children, KHS students free. mleese@sau29.org.
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Ashuelot Concerts Presents: Violin & Piano Bohemian Treasures 7:30pm. Park Theatre, 19 Main St., Jaffrey. Book tickets online at www.ashuelotconcerts.org.

MISCELLANEOUS

The Power Station Coffeehouse Ministry 6pm. Nelson Town Hall, 7 Nelson Common Road, Nelson. Open mic coffeehouse ministry, great friendships, wonderful setting. For more info call Tom Travers: **603-381-9077**. tom@powerstation-nh.com.
Free Film: "The Story Of Plastic" 7pm. Peterborough Community Theatre, 6 School St., Peterborough. Emmy award winning film uncovering the ugly truth behind plastic pollution and the false solution of plastic recycling. Zero waste event so bring your own sustainable water bottle and bowl for popcorn. Pbrotheatre@gmail.com.

Saturday, Apr. 13

ARTS, MUSIC & THEATER

Artist Talk: Craig Altobello 1pm. Peterborough Town Library, 2 Concord St., Peterborough. Altobello will have a demonstration and discussion of his art making process where he creates images using marquetry. Altobello's Exhibit, Astonishing Moments in Nearby Nature: Marquetry by Craig Altobello will be on view through Tuesday, April 30th. www.peterboroughtownlibrary.org.
Reception: Ann Eldridge 2-4pm. Hancock Town Library, 25 Main St., Hancock. Eldridge, Bradford artist and printmaker, cares about and speaks for nature in her art. Exhibition can be viewed through May 7th. For more information or to learn about her work visit www.jaeldridge.com.

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Film Series: "Moving Towards Healing: Exploring Social Concerns through Film" 10:30am. James A. Tuttle Library, Antrim. The library is sponsoring a monthly in-person film series to be shown on the second Saturday of the month and each will be followed by a community conversation. Linda Bundy: **603-588-2254**. n_bundy@mct-telecom.com.

DINING PLEASURES
Ham Dinner: Takeout Only 4-6pm. Samuel E. Paul Community Center, 61 South Street, Troy. Ham, potato, green beans and a roll. \$5. Takeout only. Troy Recreation Department: **603-313-2243**. troytownrec@gmail.com.
Ham and Bean Supper 5-6:30pm. Westmoreland Town Hall, 780 Rte. 63, Westmoreland. Ham, beans, coleslaw, applesauce, ice cream, cookies, coffee, tea and milk. Adults/\$13, children under 12/\$5. Take out available. Westmoreland United Church: **603-399-4880**.

Second Saturday Roast Beef Supper: Last of the Season 5pm. United Church of Bernardston, MA, 58 Church St. Second seating at 6:15. Roast beef with gravy, mashed potatoes, vegetable, rolls, baked dessert. \$15. Call for reservations or to reserve take-out meals. **413-648-9306**.

Community Potluck Supper 5pm. First Congregational Church of Walpole, 15 Washington St., Walpole. Bring a dish to share-salad, main course, or dessert. **603-756-3997**.

Three Course English Style Afternoon Tea 12:30pm. The United Church of Winchester, 99 Main St., Winchester. Fundraiser. Assortment of teas, finger sandwiches, scones with jam, lemon curd and Devonshire cream and a variety of homemade desserts. Second seating at 2:30. \$20. Tickets **603-239-4465**. theunitedchurchofwinchester@myfairpoint.net.

FAIRS & SALES
Tri Town Coin and Sportscard Show 9am-3pm. Holiday Inn, Brattleboro, VT. Free. **802-379-2353**. Pepsijoseph@yahoo.com.

Spring Rummage Sale 9am-1pm. Fitzwilliam Community Church. Huge selection of spring and summer clothes. From 12 - 1, fill a bag and leave a donation. Donations of lightly used clothing can be dropped off at the church April 8th - 12th, 7am - 6pm.

FAMILY FUN
A Walk in the Woods: Yoga and Hiking at Barton Cove 1-4pm. The hiking will be mostly silent and gently paced. Beginners welcome. Ages 13+. Bring water, dress in layers, and feel free to use hiking poles. Pre-registration required: www.bookeo.com/northfield. **EVENTS, page 20**

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Join a league!



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VENUE RENTALS FOR EVENTS

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Tuesday – Sunday 131 Winchester St. Keene 352-3135
 7:00 AM 'til 2:00 PM ThePubRestaurant.com

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.

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 May 7, 2024.



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Cooking Is A Family Affair

Most of you who read this column realize that I've been cooking for a very long time, and sharing this column with you for many of those years as well. What you may not realize is that my husband and two of our sons also enjoy cooking. For my husband of nearly 67 years, it's breakfasts that he enjoys making, whether it's blueberry pancakes, oatmeal or a 'full English' with bacon or sausage, eggs, home fries, and tomato. Son Rick prefers making dinner or supper-type meals, and his specialty is tacos. Son Jon likes to make up big batches of soup or stew for the week, that he can take to work or share in the evening with his dog. So this week, Cooking Corner shares recipes from the favorite men in my life, all of whom seem to enjoy cooking by following their intuition more than recipes.



Rick's Stir and Taste Tacos

Tacos are not just for Tuesdays anymore, in fact James Rockford of the hit TV show *The Rockford Files* enjoyed them the most for breakfast, quips Rick. All the toppings can be put into separate serving bowls or on a large platter ahead of time, and even the burger mixture can be reheated before placing into the taco shells. He also likes to make his own versions of hot dog tacos and breakfast tacos, both with assorted toppings.

Ingredients:

- 1 lb. hamburger
- box of 'stand and stuff' taco shells (you can also use soft taco wraps if preferred).
- iceberg or romaine lettuce
- 1 onion
- sweet cherry tomatoes
- shredded cheese of choice
- taco sauce and/or salsa
- Spices – mix up the following spices, except chipotle, in a bowl; set aside: 1 tablespoon dark chili powder; 1 tablespoon smoked paprika; pinch ground red chipotle (optional for added heat); 1 teaspoon oregano; 1 teaspoon garlic powder; 1/2 teaspoon each salt and pepper (this is a taco seasoning mix for all those cumin-haters out there)

Slice lettuce into thin strips for how much you think you need for the amount of tacos you make.

Dice up one onion. Slice up tomatoes into four quarters (not dimes) for the amount you need. Pour shredded cheese into a serving bowl. Have the bowl of mixed spices handy. Preheat oven to 350 degrees and place the amount of taco shells you want on a cookie sheet but do not place in the oven yet.

Fry the burger in a skillet, breaking it up into small pieces until brown then add most of the spice mixture, reserving a pinch for the final tasting, and adding then, as desired. Important: add a little water to keep the mixture moist and slightly saucy. Reduce the heat and stir and taste; adjust the spices if needed. Now if you want, sprinkle in a little chipotle for heat and stir and taste; stir and taste some more to your desired amount of spicy heat. When satisfied, spoon some burger mixture into the taco shells, place into the oven and cook for seven minutes. When done, your family and/or friends can assemble the taco toppings to their liking and enjoy.

Jon's White Stoup

This basically starts with a soup base and gradually thickens to become more stew-like in texture, hence the name 'stoup.' Jon says he 'cheats' a little by starting with an organic pre-made base of leek and potato soup. To that he adds various white ingredients and some herbs for flavor and a bit of color. This crockpot meal makes about eight to 10 servings.

Ingredients:

- 1 can or box organic leek and potato soup
- between 6-8 cups water (start with 6 and add more if needed)
- 2 tablespoons cornstarch, rice or potato flour for thickener
- 6 medium-large white potatoes, cut in chunks
- 2 cans (16 oz.) small white beans, drained
- 1 large leek, white and some of pale green part, washed and chopped
- 1 white onion, chopped
- 1 head cauliflower, chopped

approx. 8 oz. white mushrooms, coarsely chopped salt and white pepper to taste (or cayenne pepper for more kick)

1 log of goat cheese (chunks cut when serving) sprigs of rosemary and thyme for garnish (or 1/4 teaspoon dried atop each serving)

Add soup base and water to a large crockpot. Stir to combine and whisk in the cornstarch or flour, stirring until dissolved. Add remaining ingredients except goat cheese and herb garnishes; stir to combine. Cook on low heat for three to four hours. If it isn't as thick as desired, add a bit more cornstarch mixed with a bit of cold water to the mixture; if too thick, add a bit more water. Serve soup in bowls, each topped with a chunk of goat cheese (let it melt to creamy) and some herbs.

Jon's Coconut-Lime Rice

Jon says this is nice to serve with a stir-fry of sliced chicken, some sliced mango, red pepper and onion, all sautéed and finished with a bit of soy sauce.

Ingredients:

- 1/2 cup water
- 1/2 cup coconut milk
- juice and zest of 1 lime
- pinch salt and pepper
- 1/2 cup dry jasmine brown rice

Combine all ingredients except rice in a medium pan; bring to a boil. Add the rice and bring to a simmer. Stir and cover; cook 30 to 40 minutes until rice is tender. Makes one to two servings.

Husband's French Toast

While this may be made with any bread, husband 'Bud' likes to use cinnamon/raisin bread. This crispy version is made for two, but can easily be increased if desired.

Ingredients:

- 6 slices cinnamon/raisin bread
- 2 large eggs
- 2 tablespoons buttermilk or whole milk
- grated nutmeg
- 1/4 cup dry unseasoned bread crumbs
- 1/2 cup walnuts or pecans, chopped small but not too fine
- butter for frying bread

In a pie tin, whisk together eggs and milk. Add some grated whole nutmeg to taste (or 1/8 teaspoon powdered); set aside. In a second pie tin, combine the bread crumbs and the chopped nuts. Dip a slice of bread into the egg/milk mixture in dish #1, then dip it into the crumb/nut mixture in dish #2; repeat for each of the slices of bread. Onto a hot griddle or fry pan, melt a tablespoon or two of butter. Fry the prepared slices of bread over medium-high heat, adjusting so they don't burn, and turning once so both sides are golden brown. Serve with maple syrup.

Bud's Blueberry Pancakes

Light, fluffy and beyond compare, this recipe serves two.

Ingredients:

- 1/2 cup flour
- 1 teaspoon baking powder
- pinch salt
- 1/3 to 1/2 cup buttermilk (adjust batter as needed)
- 1/2 teaspoon vanilla
- 2 eggs, separated
- 1/2 cup blueberries, thawed and well-drained, if frozen
- butter for griddle

Combine flour, baking powder, and salt in a bowl; add buttermilk and vanilla. Stir to make a batter about the consistency of heavy cream. Separate two eggs into two bowls. Add the yolks to the batter and stir well to combine.

Whisk the whites with an egg beater until stiff peaks form; gently fold into the batter. Lightly fold in the blueberries. Drop batter from a spoon onto a buttered hot griddle or large frying pan, dropping batter for six pancakes. Adjust heat to medium-high, watching they don't burn. Brown, turning pancakes when you see bubbles on one side. Serve with maple syrup or a blueberry sauce, if desired.

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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Techniques For Increasing Positive Behaviors

In the last two columns, I talked a lot about how to set boundaries and consequences. Now, I'd like to shift focus from setting rules and expectations to actively increasing the positive in your kids.

Children want the attention of the adults in their world, and they generally want to please those adults. Children will engage in behaviors that get them the attention they crave. This isn't kids being manipulative or demanding, it's the natural tendency to engage in behaviors that meet their needs.

First and foremost, give your children your attention. Offer it freely before your children begin to try to get it through other means. Get to know your children as individuals and celebrate their uniqueness. Show interest in the things they enjoy and engage with them in child-friendly activities. The goal is for your children to get the attention they need so they don't resort to unwanted behaviors to get your attention.

As I mentioned earlier, children will be driven to get attention, and negative attention is better than no attention. This is why focusing on correcting children when they do things that you don't like can actually serve to reinforce the behaviors that you want to discourage. Therefore, it is far more effective to focus on the behaviors you want your children to keep doing. Catch your kids being good as often as possible.

The more you praise your children for engaging in positive behaviors, the more they will want to continue to do these behaviors to get your attention and approval. It is helpful to be specific in your praise so your kids know exactly what they did that you liked. Don't wait until they do something big to offer praise. Give attention to all the little things, like telling your nine-year-old how nice it was when he played with his younger brother or picked up his toys after playing. It doesn't have to be a great success to get attention either. If you know your child worked hard on a homework assignment but still got some problems wrong, acknowledge the effort.

Another way to keep more focus on the positive behaviors is to recognize when to ignore some unwanted behaviors. If the behavior is not unsafe, and your child has learned that positive behaviors get the attention, they will be less likely to repeat the action if that behavior didn't get a response. Allowing natural consequences to occur can be more effective than telling your child to stop behaviors that they know they shouldn't do. If they are playing too rough with a toy and it breaks, they won't have that toy to play with any more.

If you see kids starting to engage in unwanted behavior, offer them an alternative activity. Distrac-

tion and redirection are wonderful tools. If you can get a child away from a potential situation where they would need to be corrected, you will have avoided the situation altogether. Keep things you don't want your child getting into out of reach and out of sight if possible. The more things your child could easily get into, the more you will need to address concerns. If the majority of the items within a young child's reach are things the child is allowed to touch and explore, then you won't need to give repeated reminders that they shouldn't touch things.

Monadnock Family
with Sheri Lapointe



Take time to listen to your child. If you hear why your child behaved in a particular way, you can explain why the behavior was problematic while helping your child find a way to solve what was driving the behavior. Maybe your child hit his brother in a moment of jealousy. You can not only address the fact that it isn't okay to hit, you can help your child work through appropriate responses to that emotion.

For events where you know that there will be specific behavior expected, take time ahead of the event to explain what to expect and how you want your child to behave. You can even set a reward for engaging the expected behavior. For example, your child knows to sit quietly for a particular event and when it's over, you are going out for ice cream. You have the ability to whisper a quick reminder if your child begins to get antsy.

The more you can turn negatives into positives with parenting, the more in control you will feel as a parent. Don't worry if something doesn't go as well as you had hoped. If you find yourself getting frustrated, take a short time-out to calm down and decide your next steps. Parenting isn't a one size fits all situation. Even something that worked well yesterday may not be effective today.

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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- April 12, 2024**
Camden Almon Cady, son of the late Katherine Cady and Jeffrey & Lorri Castor, Marlborough, 6
- April 13, 2024**
Joseph Sullivan, son of Stephanie Florio & Shamus Sullivan, Spofford, 9
- April 14, 2024**
Bristol Eddings, daughter of Michael Eddings & Erica Connor, Rindge, 12
- Submit your Birthday Kids' entry online at: ShopperNews.com/Community

Upcoming Events In The Monadnock Region

EVENTS, Continued from page 18

FAMILY FUN

May Baskets: With Artist Deborah Bazer 10am-12pm. Northfield Mountain's yurt. Make different styles of baskets out of paper, bark, twigs and more. For ages 4-10. Registration required: www.bookeo.com/northfield.

MISCELLANEOUS

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

Blood Drive 9am-2pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Schedule a time at 800-733-2767. www.redcrossblood.org.

Friends of the Jaffrey Library: Annual Meeting 10:30am. Jaffrey Library. Meeting followed by Harris Center naturalist and author of The Animal Adventurer's Guide, Susie Spikol, talk about "Birds on the Mind and in the Air."

Sunday, Apr. 14

ARTS, MUSIC & THEATER

Mak'hela: The Jewish Chorus of Western Massachusetts 2pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene; free; open to public.

'Eloise & Co.' Concert 3pm. Nelson Town Hall, 7 Nelson Common Road, Nelson. Brattleboro-based band Eloise & Co. is a shape shifting ensemble, often a duo and, at other times, a trio with piano or guitar. \$20/\$15 (seniors, students, or in advance). concertinfo@monadnockfolk.org.

Monday, Apr. 15

MISCELLANEOUS

April...Casinos & More Adventure Limousine & Transportation. Encore. \$55 per person. 603-357-2933. www.advlimo.com.

Al-anon Zoom Meeting 12-1pm. Keene. Check out Al-Anon's free service to friends and families who suffer from the impact of a loved one's drinking. Meeting ID: 825 6820 3953. Passcode: Keene. To join by phone use same ID and password 480560 and dial 646-876-9923.

Wednesday, Apr. 17

ARTS, MUSIC & THEATER

Orchestra 7:30-8:30pm. Main Theatre, Redfern Arts Center, Keene State College. The KSC Orchestra performs on various musical instruments, including especially stringed instruments of the viol class, Woodwinds, Brass, and Percussion. \$12 general/\$7 seniors & youth. 603-358-2168.

FAIRS & SALES

Senior Resource Fair 10am-2pm. Spring Village, Summerhill, 183 Old Dublin Road, Peterborough. Learn more about senior living options and community resources, home healthcare, hospice, estate and financial planning, senior fitness options, rehabilitation services, end-of-life and funeral planning, mobile meals, eye care, primary care, therapy animals, and more. Sarah Foucher: 603-924-6238.



Kids Mixed Martial Arts Camp And Teen Boot Camp At Elements MMA



Lily Zadio and Violet Zadio practice a position sparring drill at Elements MMA.

Elements MMA in Keene will hold Kids Mixed Martial Arts Camp this summer as well as Teen Boot Camp. The three Kids Mixed Martial Arts Camp weeks will be held Mondays through Fridays, June 24th to 28th, July 15th to 19th, and August 12th to 16th from 9 a.m. to noon. These camps are for children ages four to 14; no prior

martial arts experience is necessary.

The Teen Boot Camps are for teens ages 15 to 19 and will be held Wednesdays through Fridays, June 19th to 21st, July 10th to 12th, and August 14th to 16th.

During this time, campers will explore various martial arts disciplines,

including Brazilian jiu-jitsu, boxing, wrestling, judo, and Muay Thai. Each day begins and ends with calming yoga and meditation sessions, setting the tone for a balanced and centered experience.

Beyond the physical training, campers will engage in meaningful discussions on topics such as how to handle bullying, using martial arts for self-defense, and learning about the rich history of martial arts.

Campers will need a gi (kimono/uniform), boxing gloves, and a mouthguard to participate fully. These items can be purchased during registration or participants may provide their own. Participants will also need a snack and water bottle each day.

Elements MMA is located at 310 Marlboro Street, Suite 264. For more details or to register, call 603-685-4209 or visit www.elements-mma.com/camp.

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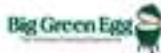
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