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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / April 17-23, 2024

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Blueberry Hill Sheds ~ High-Quality Sheds, Barns, And Specialty Buildings



It's all about selection, selection, selection at Blueberry Hill Sheds on Route 12 South in Swanzy. Pictured is Maria Cormier, whose husband, Ron, is owner of this locally owned and operated business.

By Lori Catozzi Cook

As homeowners, we need a lot of outside storage available to us. We have garden and lawn implements, bikes and lawnmowers, tractors, feed for livestock, and lots of other items that need to be tucked away. We also like it if the storage area isn't an eyesore on our property.

Blueberry Hill Sheds in Swanzy has the storage solution for whatever the need may be. Whether you require a small shed to store all your garden tools or a larger shed to store equipment, this locally owned and operated business is all about selection, selection, selection. Just looking at the lot you can see that Blueberry Hill Sheds has a large array of quality built and

customizable shed, barn, and specialty building options to meet whatever the customers' needs might be.

"Our sheds can be customized to meet your aesthetic needs, and we do not sacrifice durability," says owner Ron Cormier. "Our barns and sheds are sure to compliment your property long after it has been installed by one of our professional drivers."

He continues by saying that they are an authorized Old Hickory Buildings and Sheds dealer and committed to delivering exceptional customer service. Old Hickory Buildings and Sheds are known for the same traditional construction techniques and knowledge handed down through generations of many Amish and Mennonite communities.

SHEDS, page 5

Readers, Gardeners, Hikers And More Can Find What They Need At Library Sale

The Spring Book Sale, sponsored by The Friends of the Keene Public Library, will be held in Heberton Hall beginning Friday, April 19th, 10 a.m. to 6 p.m.; Saturday, April 20th, 10 a.m. to 5 p.m.; and Sunday, April 21st, 10 a.m. to 2 p.m. Sunday is \$5 Bag Day; attendees can fill a shopping bag full of books for five dollars.

A new feature to this event is a Higher Value Section which offers first edition, signed copy, or antiquarian volumes marked down 70 percent from online price.

This event does not feature only books, either. The Library of Things of-

fers gardening equipment and outdoor gear for loan, from a pitchfork or hoe to a sleeping bag or snowshoes.

The Friends of the Keene Public Library is a non-profit volunteer group that raises money for free programs for library patrons. The popular Museum Pass program offers discounted admission to 21 regional museums.

Volunteers of The Friends of the Keene Public Library have been working for months, transporting, sorting, and selecting books to present inexpensive, lightly used books of all genres.

The Keene Public Library is at 60 Winter Street.

Dinosaur World Live At The Colonial Theatre Roarsome Fun For The Family Friday, April 26th In Keene

Dinosaur World Live is an entertaining and mind-expanding Jurassic adventure that will take place live at The Colonial Theatre in Keene on Friday, April 26th at 6:30 p.m. The audience will experience the dangers and delights in this roarsome interactive show that is fun for the entire family – from three to 93!

Attendees can grab a compass and join an intrepid explorer across uncharted territories to discover a pre-historic world of astonishing (and remarkably life-like) dinosaurs. They'll meet a host of impressive creatures, including every child's favorite flesh-eating giant, the Tyrannosaurus Rex, a Triceratops, Girafatitan, Microraptor, and Segnosaurus.

A special meet and greet after the show offers the chance to make a new dinosaur friend.

The Colonial Theatre is located at 95 Main Street. For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.



Monadnock Region Community Health Fair Saturday, April 27th

In celebration of National Healthy Kids Day, a Monadnock Region Community Health Fair will be held on Saturday, April 27th from 10 a.m. to 4 p.m. at Keene Family YMCA at 200 Summit Road.

This free event will provide the community a free interactive forum for general information and education about good health and related health topics. There will be fun activities for the entire family, including a Teddy Bear Clinic; Touch-a-Truck; workshops on healthy behaviors, daycare safety, child

development, social media, and more; presentations by doctors and medical experts; vendor booths; live demonstrations; food trucks; and YMCA tours.

Free screenings will also be available for hearing and blood pressure with more preventative care services planned. Representatives of the American Cancer Society, the Red Cross, the New England Donor Services, and Breathe New Hampshire are among those offering information.

PFMS Presents Buskin & Batteau And Friends: April Fools!



David Buskin and Robin Batteau

The Peterborough Folk Music Society (PFMS) will present "Buskin & Batteau and Friends: April Fools!" on Saturday, April 27th at 7 p.m. at the Park Theatre in Jaffrey. Tickets are \$30 online and \$35 the day of the show. Doors open at 6:30 p.m.

This is part of the Second Annual Tour of the multiple award-winning singer/songwriters David Buskin, Christine Lavin, John Forster, and Robin Batteau performing funny songs in-the-round during the month of April.

According to the PFMS website, all four artists will be taking turns accompanying one another on piano, electric-acoustic violin, guitars, with harmonies, and the occasional uncalled-for counterpoints.

PFMS, page 7

Project Home Celebrates Five Years By Raffling Off Trip To Paris

Project Home, a local organization that helps asylum seekers awaiting their legal hearing move from detention centers into our communities and homes, will celebrate five years of service by raffling off a trip to Paris.

Formed in 2019, the group's name, Project Home, was chosen deliberately, with the assumption that home is not simply housing. Home includes a community where security, safety, and the basic needs of food, health care, and shelter are respected. In the five years of its existence, Project Home has seen hard-working families and individuals move from trauma to hope.

Inspired by the positive effects that Project Home continues to demonstrate, a generous donor has offered his family's apartment in Paris as a raffle fundraising prize. The winner will be eligible to spend a week in a three bedroom Paris apartment that sleeps six, plus receive \$1,500 in cash for travel expenses.

Located in the northwest part of Paris, between the fancy neighborhood of Monceau and the more lively working people's neighborhood of Batignolles, the location offers great public transportation. Many famous sights and attractions, cafes, restaurants, and a daily market are all within walking distance. Tickets for the raffle may be purchased online at this website: <http://projecthomeraffle.org/>

Project Home is an all-volunteer organization, so proceeds from the raffle go directly to meet the asylum seeker's needs. Participation in the raffle particularly honors the children in Project Home, sixteen in all. Their journey has included facing a new language, a new home, a new culture, all while adjusting to living in a safe home after fleeing trauma and chaos. Thanks to past participation in Project Home fund-raising events, a six-year-old that Project Home met as a toddler is thrilled to be in kindergarten.

PARIS, page 7

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Heart of the Arts Gala ... 11

Includes art (at right) by Maryann Mullett

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St. Jude's Novena
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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Thor

Hello, my name is Thor! I may seem a bit shy and nervous at first, but once you get to know me, you'll see what a special kitty I am. I've had some experiences in life that have made me a bit cautious. Loud noises and sudden movements startle me, so I prefer a calm environment where I feel safe. I'm not a fan of being picked up, but if you give me some time, I'll come out of hiding to explore my surroundings. I like to do things on my own terms. I would thrive in a home with older children, preferably over 15, who respect my boundaries. I could do well with another feline companion or a cat-savvy canine companion. I absolutely adore wet treats and food. If you offer them to me slowly, I'll gladly accept them. One of my favorite pastimes is watching the world outside, especially the birds. It's fascinating to see them flit about. If you're willing to give me the time and understanding I need to blossom into the confident and happy cat I know I can be, I would love to join your family.



Thor is a male Domestic Shorthair, three years old. The Adoption Center is located at 101 West Swanzey Road on Route 10 South.

It is open Thursdays through Sundays 11 a.m. to 3 p.m. For more details, visit www.monadnockhumaneociety.org.

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Thursday
25
April

5:30 to 6:30 pm

To register:
 Scan the QR code, visit Cheshire Medical Center Community Education events | Dartmouth Health Events, or call Maria Lussler at (603) 354-5454 ext. 2331. These are in-person classes at North Conference Rooms 1 and 2 at Cheshire Medical Center.

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Spring Rummage Sale Includes Pumpkin Whoopie Pies

The Federated Church of Marlborough will hold its Spring Rummage Sale and Flea Market at its handicap-accessible Community House on Friday, April 26th from 3 to 6 p.m. and Saturday, April 27th from 9 a.m. to 1 p.m. Everything will be half price on Saturday with a bag sale at noon.

Through this event folks can clean out unwanted, good products, and others can stock up on merchandise at low prices. The Hundred Nights Shelter, Monadnock Area Foster Families, and Marlborough School also benefit.

The Community House will be open on Tuesday, April 23rd from 9 a.m. to 3

p.m. and Wednesday, the 24th from 9 a.m. to 5 p.m. for donations of good, clean clothes, toys, books, and household items, including small furniture. The Community House is located at 160 Main Street in Marlborough. Televisions and computer components cannot be accepted. To have something picked up, call JoAnn at 603-876-4068.

Hand Bell Ringers Concert Next Monday

Cheshire Village at Home is hosting a social on Monday, April 22nd at 4:30 p.m. It features a concert by the Hand Bell Ringers at the United Church of Christ in Keene. Refreshments will be

served. Attendees should enter from the back door and take the elevator or stairs to the second floor.

For more details, call 603-903-9680.

Breathwork Journey At Aloha Sunday

Rachael Walter of Breathe-Here-Now will offer a workshop at Aloha for everyone Sunday, April 21st from 2 to 4:30 p.m. Called "Let Go - Let Be - Let In," this will be a group Somatic Breathwork Experience to deepen connection to self, others, and spirit. Attendees will

learn to use the power of the breath for healing and transformation, relaxation, and rejuvenation. Walter will teach and guide attendees in a conscious connected breathwork journey. The cost is \$40. Register at vagaro.com/alohakeene or call 603-762-3129.

Electric Vehicle Expo At Earth Festival

The Monadnock Food Co-op's Earth Festival takes place on Saturday, April 20th from noon to 4 p.m. One highlight will be an Electric Vehicle (EV) Expo where attendees can view a variety of EVs and talk with owners about their experiences driving gas-free. "Mini-talks" will help folks learn about charging EVs at home or when traveling. EV dealers will be on hand with several vehicles. The Monadnock Food Co-

op's four brand-new EV charging units are up and working, and experienced "chargers" will be on-site to show how those work.

The EV Expo will take place from noon to 4 p.m. in the Whitney Brothers parking lot, just a few steps out the bike path from the Co-op's parking lot.

For more details, visit info@monadnocksustainabilityhub.org.

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Grandmother's Garden

Squinting into the camera on my father's knee in Grandmother's fragrant garden of roses and peony.

My fondest memories are of my grandmother's garden when I was a young child. I found an old photo of me with my father and wrote the above poem. Every Sunday after dinner, my grandmother would take my hand and show me the newest blooms in her garden. We would pick a bouquet of roses and peonies to bring into her house and she always gave me some to bring home. These memories I hold dear in my heart after all these years, and I believe this is where my love of gardening began.

There were rows of bleeding hearts, roses in every hue, as well as peonies in her garden and lily of the valley along the east side of her house. Of course, I planted these and more in my garden which remind me so much of her.

Peony (*Paeonia*) grow and bloom for a century or more in the same location with a sweet, spicy fragrance and have hundreds of petals. They were very popular in American gardens around 1900, and the perennial is easy to divide and share. The dark green foliage is a great backdrop for other perennials after the blooms are gone, usually in June. Peonies thrive in full sun and moist, fertile soil.

Another favorite flower in my grandmother's garden, and mine, are bleeding hearts (*Dicentra spectabilis*) which are often the first plants to emerge from the soil in spring. They also thrive in shade and moist, fertile soil, and were popular in gardens around 1900. Bleeding hearts come back year after year with little special care and become gorgeous, full bushes of blooms.

As for roses (*Rosa rubiginosa*), there are roughly 360 species of roses in the genus (*Rosa* and *Rosaceae*). They are some of the most beautiful flowers in the world, known to symbolize love and romance. They are the perfect addition to a flower arrangement and a stunning addition in your garden. With the right preparation and care, you can grow roses in your garden, whether you're new to gardening or an expert. Choosing a sunny spot in your garden is best, but avoid planting them under trees as this can cause root dryness. Water newly planted roses every other day and established rose bushes once a week.

Woods and Gardens

with Rose Kowaliw



You can choose liquid feed that you spray onto the leaves of the rose, which strengthens the leaves and offers disease resistance, or granule feed. Sprinkle, then mix the granules into the soil around the base of the rose for the nutrients to be taken down into the roots. Feed your roses at the beginning of the season, then again every few weeks to ensure they flower well into the fall. Avoid feeding your roses in late summer or in fall, as this will encourage new softer growth, which will be killed by frost.

Lilac (*Syringa vulgaris*) was once a common farmstead hedge plant known for its sweet perfume of intense fragrance. Plant lilacs in full sun and average, well-drained soil and remove one-quarter to one-third of the oldest woody stems down to the ground in late spring the first year. It takes the stage for a couple weeks in May. These are one of my favorite blooms. I just wish the blooms lasted longer. They are also the New Hampshire state flower.

Lily of the valley (*Convallaria majalis*) is a popular choice for the early spring landscape, and is one of the most fragrant blooming plants in the spring and early summer. Grown most successfully as a ground cover, this plant spreads quickly to create large blankets of petite white flowers. This moisture-loving plant forms a spreading mass with red seed pods remaining after flowering, which makes lily of the valley attractive after blooming. Growing lily of the valley is easy, as they will remain perennial in USDA Zones 2 to 9. They are most commonly planted in the fall. At this time, prolonged periods of cool weather allow for the development of a robust root system. A proper period of dormancy throughout winter will also be necessary in helping to ensure that new plantings are able to get a quick start the following spring. Plant them with care as they multiply and can become invasive.

Perhaps you have some of these beautiful flowers in your garden to enjoy as much as I do.

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

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In-Person Reiki I & II Classes At John Harvey Gray Center



Lourdes Gray with Sasha

Lourdes Gray, director of the John Harvey Gray Center for Reiki Healing, is offering two in-person

Reiki classes in May: Reiki Level I takes place Saturday and Sunday, May 4th and 5th, and a Reiki Level II on Saturday and Sunday, May 18th and 19th. Both classes will be held in Rindge and run from 10:30 a.m. to 6:30 p.m. both days. Beginners are welcome and no experience is necessary. Participants will learn to treat themselves, others, and pets.

Gray says, "Reiki is a gentle form of energy healing that promotes relaxation, reduces pain, and supports the body's natural healing process. Many hospitals, nursing homes, and wellness centers offer Reiki to their patients." She adds, "Anyone can learn Reiki because it's a very simple system to learn."

For readers who are unfamiliar with (but always wondered about) Reiki, a 5,000 year old healing system, studies support the ability of Reiki to reduce anxiety and pain, and its usefulness to induce relaxation, improve fatigue and depressive symptoms, and strengthen overall wellbeing.

For more details or to register for one or both classes, contact Gray at learn.reiki.org or call 603-933-0943.

Blueberry Hill Sheds ~ High-Quality Sheds, Barns, And Specialty Buildings

SHEDS, Continued from page 1

These engineer-certified buildings are made with premium materials at an exceptional price, making Old Hickory Buildings and Sheds a leader in the industry.

Blueberry Hill Sheds received recognition by ranking in Old Hickory Buildings and Sheds' "Million Dollar Club" for its business performance as a top-tier dealer – selling over \$1,000,000 in 2022 and 2023.

People will find a wide variety of barns, utility sheds, animal shelters, playhouses, she sheds, and more to choose from. There is also a large selection of buildings that include the popular gambrel roofs for added storage space. Most recently, Blueberry Hill Sheds started carrying cabanas – the perfect structure to put a hot tub in or to provide shade or a relaxing place to lounge.

Add-on packages are also available to personalize a barn or shed to a customer's specific need – like adding on a front or side porch, a dormer, or a garage door for easy access to store small boats, RVs, snowmobiles, bikes, and more. Whatever option you choose, the outbuilding will be durable and strong and transform your property to look its best.

"We're not just going to order you a shed, we're going to build you a custom shed so you get just what you want," adds Maria, Ron's wife. "And whether you choose something from our inventory or we order it, you pay the same."

The Cormiers opened on Route 12 South at 387 Monadnock Highway (where Ground Up formerly was) in April of 2023. Before this, they opened a site in Winchendon, MA in 2016 after being in Fitzwilliam for many years.

The buildings at Blueberry Hill Sheds are all built in New England in shops located in Great Barrington, MA and Cornish, Maine. "This gives us the ability to service a large section of the markets in New England – doing business in New Hampshire, Vermont, Maine, Massachusetts, and occasionally Rhode Island," Ron adds.

The Cormiers take pride in their business and strive to continually help customers with solutions to their storage needs.

"When you call us, you are speaking with one person throughout the entire process. Our job is to ensure you are 100 percent satisfied with the quality of our buildings and the installation process," says Ron. "We have many repeat customers and referrals due to our high quality and consistency. Many of our customers come to our business looking for excellent service and competitive pricing. You just cannot beat that one-two combination in the shed industry."

Due to the circumstances in 2020, the Cormiers added an online ordering system that includes an interactive building tool, allowing the customer to create their structure. People can choose the style of building, materials, color, and all the add-ons needed to see their designed dream shed in 3D. This allows people to be more engaged, interactive, and connected to what they had in mind.

When it comes to the delivery process (free to most New England locations), it is handled by professionals dedicated to ensuring every customer is completely satisfied with the placement of their building. "We have an excellent driver who does all of our deliveries and set-up," adds Maria. "We get a lot of positive feedback from our customers on his experience and expertise."

And for those who have a summer home elsewhere in New England, the Cormiers can have the purchased shed sent from the closest shop to the customer's second home.

Blueberry Hill Sheds is accommodating to its customers with a rent-to-own program: 90 days same as cash. This is an affordable way for customers to enjoy their storage building instead of waiting.

This business also offers the "lowest price guarantee" on buildings of similar quality to its customers.

Blueberry Hill Sheds is open Wednesdays through Saturdays from 10 a.m. to 2 p.m. or by appointment.

To receive a complimentary quote on your future building, call or text Blueberry Hill Sheds at 603-903-2646 or 603-903-2645.

"We look forward to working with you!" Maria concludes.

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Discover Wild NH Day – April 20th

Save the date! The New Hampshire Fish and Game Department's popular outdoor festival, Discover Wild New Hampshire Day is set this year for April 20th. This free community event takes place from 10 a.m. to 3 p.m. on the grounds of the Fish and Game Department at 11 Hazen Drive in Concord. This event, now in its 34th year, is a fun way for the whole family to explore New Hampshire's wildlife resources and outdoor traditions. You'll have opportunities to see live animals, big fish, and trained falcons. Try a variety of activities, including archery, fly fishing and BB gun shooting. Watch retriever dogs work, get creative with hands-on crafts. Browse environmental and conservation organizations from across the state. And a food truck alley will offer something for every taste. Check out further details at www.wildnh.com.

1 scant teaspoon anchovy paste (adds flavor but not a noticeable anchovy taste)
about 1½ cups leftover cooked fish, (or fresh-caught cooked fish), broken into pieces
8 tablespoons grated cheddar or other cheese

Bake the potatoes "in their jackets" (skin) until crisp on the outside but soft inside. Cool slightly, then cut each one in half. Scoop out the flesh into a bowl and mix with the butter, anchovy paste, and cooked fish. Stuff the mixture into



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Cooking Corner

with Nancy Adams



This week, Cooking Corner shares some game recipes for cooking 'Wild NH.' Remember, beef and chicken can be used in most game recipes, and fish is simply wild caught.

the 8 potato jackets. Sprinkle each with a tablespoon of cheese and place under a hot broiler until browned on top and heated through.

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Pheasant Wraps with Tuscan Spread

These 'sandwiches' can be prepared the night before, ready for your return from a days' activities or taken along for a picnic. Makes four to six wraps.

Ingredients:
4 pheasant breasts, skinned and boned (or use 2 chicken breasts)
1 large egg + 1 tablespoon water
1/2 cup flour
1/2 cup fine bread crumbs
4 tablespoons olive oil
romaine lettuce, shredded and diced
cucumber for the wrap
8-inch tortillas, amount as needed

Grilled Striped Bass with Sauce

Many people enjoy boat-fishing or surf-casting for this Atlantic game fish. Or enjoy lake-caught bass from NH's local fresh waters. Either type of bass is good with this simple preparation that has its own dill sauce on top. Serves four.

Ingredients:
2 lb. striped bass filet, or fresh-water bass
1/4 cup mayonnaise
2 tablespoons Dijon mustard
1 tablespoon finely chopped dill
1½ teaspoons lime or lemon juice
1½ teaspoons brown sugar
salt and pepper to taste
vegetable oil for rubbing on fish

Cut pheasant breasts into stir-fry strips, about one half inch wide by four inches long. In a shallow dish, beat one egg with water and coat pheasant strips in egg mix. Combine flour and bread crumbs in a Ziploc bag, then shake and coat pheasant strips in the mixture. In a skillet, heat olive oil and let it get hot but not smoking. Add pheasant strips and sauté until golden brown, about four to five minutes; drain on paper towels and set aside while you prepare the spread:

In a small bowl, combine all ingredients except the fish to make a sauce; set aside. Rub the skin of the bass filet with a little vegetable oil and sprinkle on a bit of salt and pepper. Place fish on a grill, skin-side down. Spread the mayonnaise sauce on top of the fish. Close the grill and cook fish over moderate heat until it is flaky, about 20 to 25 minutes. Serve hot or at room temperature.

Spread for wraps:
6 canned artichoke hearts, rinsed and finely chopped
1/2 small jar sun-dried tomatoes in oil, finely chopped
1 small clove garlic, minced
1/4 cup oil-cured black olives, pitted and finely chopped

Note: remember, if you have leftover bass or other kind of fish, it makes a terrific hash fried up in plenty of oil with a bit of onion and mashed or diced potatoes until nicely browned and crisp.

Wild Duck and Apples

Complement this dish with some applesauce, sauerkraut and potatoes. This recipe may be made with four chicken thighs, if preferred. Serves four.

Ingredients:
2 whole wild ducks
salt and pepper
3 tablespoons butter
1 tablespoon oil
1/4 cup apple cider
1/2 cup chicken stock
juice of 1 medium orange

Combine all chopped ingredients in a small bowl until well mixed; set aside. To make wraps: Take one wrap and spread on some of the prepared spread. Place pieces of pheasant in the middle. Cover the pheasant with some shredded romaine lettuce and diced cucumber. Roll it up as tightly as you can; wrap each in waxed paper or plastic wrap and refrigerate until ready to use. When ready to serve, pass the potato chips and beverages.

Preheat oven to 325 degrees. Wipe ducks inside and out with a paper towel; rub skin with a bit of salt and pepper. Heat butter and oil in a flame-proof casserole dish; brown the ducks all over. Pour over the apple cider and chicken stock; bring to a boil, cover and cook in the oven for 40 to 60 minutes. When cooked, transfer ducks to serving platter and keep warm. Add the orange juice to any pan drippings; bring to a boil and reduce to about half. Pour pan juice over ducks and serve with complementary sides.

Fish 'N Jackets

The Scottish call this "Tatties" – I call it a simple, tasty way to use up leftover fish by stuffing it into baked potatoes. Makes four to eight servings, depending on appetites and sides.

Ingredients:
4 baking potatoes
2 tablespoons butter

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SwampBats' Players In Need Of Host Families

The Keene SwampBats are in need of host families for their players this summer. Hosting a player is not a lifetime commitment – just the summer. Players have their own transportation, and if the host family goes on vacation, there is a back-up plan.

"We were proud first time host parents to Eric Chalus Jr. from Kent State University," says Tiffany Mills about her experience being a host. "We love the SwampBats, but to actually have a bond with one of the players brought a whole new experience to us. We made signs, we cheered extra loud for Eric, and we got to meet lots of other players and fans because of it. Everyone at that field knew who my kids were and knew how proud of Eric we were each time he

played. We still talk to Eric. We send packages to him, kids make funny videos to send to him, and we try to watch any games he's pitching in for the Golden Flashes. It not only was an amazing summer, but it brought a wonderful person in to our lives forever."

The players will arrive on Saturday, June 1st and leave around the first week of August. The SwampBats feed the players at the park every night; host families only need to direct them to the refrigerator and the microwave.

Many host families have chosen to take two players rather than one, as they can entertain each other

in an easier fashion. They also need to live 15 to 20 minutes from Alumni Field.

Host families receive: a lifetime pass to home games, a free week at SwampBats' camp for their kids, and a fun experience housing a SwampBats' player.

For more details, call Pauline at 603-357-1761 or email pdionne@ne.rr.com.

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PFMS Presents Buskin & Batteau And Friends: April Fools!

PFMS, Continued from page 1



Christine Lavin



John Forster

They'll perform songs sung by everyone from Astrud Gilberto and Aretha Franklin, Tom Rush and Tom Paxton, Dr. Ruth Westheimer, and Gwyneth Paltrow to Paul Newman.

The *New York Times* described Buskin & Batteau as "the most sophisticated act in folk."

Christine Lavin, no stranger to this area, has been described as "a fearless folkZinger" by the *Orlando Sentinel* and "wildly entertaining" by *The New Yorker*.

Tom Lehrer once said, "You don't need me to kick around anymore, now you have John Forster!" and *The Washington Post* called his work "an irresistible amalgam of melodic, sensual pop, folkie grit and killer wit."

Tickets for the show can be purchased at pfmsconcerts.org or by calling 603-318-9196.

Project Home Celebrates Five Years By Raffling Off Trip To Paris

PARIS, Continued from page 1

A talented teenager was able to attend a special arts camp where he could see the strength of his creative ideas. A nine-year-old was able to get a uniform and join a Little League Team where he made friends – got a hit and added a run while the stands cheered him on.

Project Home is always open to new volunteers who would like to help provide local transportation, translation, tutoring, and friendship. To learn more about volunteering or about possibly hosting an asylum seeking individual or family, contact: info@ProjectHomeNH.

The trip must be taken within one year of the raffle drawing, at a time mutually agreed upon by winner and apartment owner. The drawing will take place on Wednesday, May 15th.

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Becton Dickinson (C.R. Bard)	235.17	-11.00	Merck (Hubbard Farms)	125.74	-2.25
Toronto Dominion Bank (TD Bank)	56.83	-2.49	Deluxe (NEBS)	19.30	-0.47
PC Connection	63.56	-2.02	Teleflex (Jaffrey)	214.44	-2.33
Bank Of America (Fleet)	35.79	-1.32	Timken (MPB Corp.)	84.80	-3.03
Corning Inc.	31.49	-1.05	M&T Bank Corp. (People's United)	134.56	-4.15
Ametek, Inc. (Precitech)	179.71	-2.51	Dover Corp. (Markem)	172.06	-3.78

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Gold (\$ per ounce)	2361.20	17.30	Corn (cents per bushel)	446.50	12.75
Platinum (\$ per ounce)	990.80	52.20	Soybeans (cents per bushel)	1,172.00	-15.00
			Cattle (cents per pound)	172.00	0.00
			Crude (\$ per barrel)	85.51	-1.17

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NH House Increases Education Aid, Backs Legalizing Pot, More

By Garry Rayno

The NH House approved more than \$100 million to boost education funding while increasing aid to districts for special education and approved a proposal to legalize cannabis recently.

Education

House Bill 1583 would increase the per-pupil adequacy aid from \$4,100 to \$4,404 and boost the fiscal disparity aid to property poor communities.

The two increases come as the legislature faces two superior court decisions telling the state it is not covering the cost of an adequate education and is unconstitutionally administering the Statewide Education Property Tax.

The money for the additional aid to school districts would come from the Education Trust Fund which currently has about a \$200 million surplus.

The additional aid for public schools, charter schools and the Education Freedom Accounts would begin in the next school year.

House Bill 1656 originally would have provided more than \$7,000 per pupil for special education services, but was changed to tie the amount to the number of hours the student needs special services.

The House Finance Committee reduced the new funding for special education to about \$17 million a year.

An attempt was made to return the funding to \$35 million annually but failed to pass on a tie vote before the House voted 349-26 to pass the bill that now goes to the Senate.

PFA's

By a large majority, 233-140, the House voted to ban products that have PFAs intentionally added to them in three years to go along with other states.

According to the bill's prime sponsor, Rep. Karen Ebel, D-New London, the items range from food packaging, children's products, cosmetics, and more and they expose everyone to PFAs. She said New Hampshire is one of the states most burdened by PFA contamination, and the state and municipalities have spent more than \$119 million to remediate the contamination.

"These forever chemicals should not be in the air we breathe, the water we drink and the soil we walk on," she said. She defended the bill's broad reach saying it is tailored to cover new chemicals that industries might concoct that are just as deadly as the current crop.

But Rep. Dan McGuire, R-Epsom, tried to narrow the scope of the bill by changing the definitions of PFAs and also packaging through two amendments. His proposed amendments were defeated by about 40 votes before the bill passed by a large margin.

The bill now goes to the Senate.

Cannabis

The House once again approved a bill legalizing the recreational use of cannabis that faces an uncertain future in the Senate. House Bill 1633 uses the agency store model for the sale and distribution of cannabis for recreational use.

Regulations would be under the Liquor Commission and initially the number of stores would be limited to 15 with expansion possible in the future.

Rep. Erica Layon, R-Derry, said a large number of people in the state use cannabis even if it is illegal and are the same ones who will use it when it is legal.

Under a regulated program the cannabis would be free of other drugs and the concentration will be known, Layon noted.

"This is an excellent bill and it is time for us to vote on it and let the other body deal with it," Layon said. "It is high time we pass this cannabis legislation."

But Rep. Ken Weyler, R-Kingston, opposed the bill noting none of the states that have legalized its use are bragging about how much money they made, or any reduction in violent crime.

The bill passed on a 239-136 vote and goes to the Senate.

Bail Reform

The House approved Senate Bill 318 which would reform the state's bail system and would more reflect what the House has already passed for bail reform.

Under the House changes to the Senate passed in its reform package, the number of new magistrates to handle serious crimes now handled by bail commissioners would be reduced from 15 to 10 at a cost of \$1.56 million. A new bail information system would be funded at \$1.7 million, and the bail commissioner fee would increase from \$40 to \$60.

And under the amended bill, the Department of Safety would receive \$750,000 to develop an electronic system to share an individual's bail condition status with law enforcement, while the Judicial Branch would receive \$986,000 to develop a data platform.

Manchester Mayor Jay Ruais, who has been critical of the state's current bail system, praised the House's action calling it an important step forward.

Higher Ed Due Process

On a 196-184 vote, the House passed House Bill 1288 which establishes a new process for higher education disciplinary hearings for students, faculty, and organizations that supporters say will protect their due process rights. Opponents say the changes will lead to litigation and upend union contracts while efficient and effective systems are already in place.

The University System of New Hampshire has said the new system would cost between \$1 million and \$2 million to implement.

Rep. Mary Hakken-Phillips, D-Hanover, called the bill an attorneys' employment act. "It is irresponsible because we already have an excellent disciplinary process that is appropriate and fair," she said, "and New Hampshire already has a capable court system when the process fails."

The bill's prime sponsor, Rep. Bob Lynn, R-Windham, said if the university already has a process that protects due process rights, then it should not be concerned. Lynn wanted to know what right was not protected under the bill and said no one is going to litigate because there is too much fairness.

The bill now goes to the Senate.

Retirement

The House approved appropriating \$53 million to "fix" the last overhaul of the state retirement system a decade ago, which affected members who were currently public employees but not vested as yet, at 10 years of service. The effect of the change was to reduce future benefits from what they would have received if the system had not changed benefit calculations from the time they first joined the system.

The money appropriated is for Group 2, which includes law enforcement, firefighters and emergency responders.

Supporters argued the additional money to increase benefits will make it easier to retain and attract employees.

The change will require an annual \$1 million increase in state spending after the initial \$53 million, and cities, towns and counties will have to increase their contributions to the retirement system by about \$4 million annually as well.

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To Continue Gardening

Now that the seasons have gotten the snow out of their systems (we hope), it is time to plant the garden in earnest. There are many crops that don't mind cold weather or a bit of frost. I always begin with these and they generally take me right into the time when I can plant the sensitive ones.

and kale can also be planted in rows. Onion plants and leek plants can be planted now; don't plant them too deep as they really like to grow above the ground. If you want onions that are good keepers, ask the nursery if they are. Pattersons and Copras are generally good keepers. Sweet onions like Walla Walla and Ailsa Craig can get really big, but they go by quite quickly once harvested.

Potatoes can be planted now, but I like to green them first. I plant them whole to avoid disease. Look at the potato and you will see a dimple where the potato was attached to its vine. Place the potatoes with this dimpled side down in a tray in a northern light window. You don't want them in the sun, but bright light. They will grow short, small sprouts which will increase the yield. Even though they can be planted now, once the greens come up, they will need to be protected if a frost threatens. This is easy to do by pushing some adjoining soil up over them.

You can plant potatoes in rows, but mine were getting eaten by rodents quite a bit. So now I create cages with hardware cloth. This is not really a "cloth" but a tight metal fence. I make the cages two feet by two feet and two feet high. I put the four corners on stakes and make a bottom for them as well. I wire them to the bottom so that the rodents can't get in. Place four or five potatoes with the dimpled side down and cover with soil.

Nurseries are full of pansies. These can be planted and will grow and continue to flower if you keep the flowers picked. Pansies are also edible and can dress up a salad, be placed in water to make ice cubes, or float in punch.

Enjoy the garden!

Green Monadnock
with Celeste Longacre



Peas and lettuce come first. I get the beds cleaned up and ready – adding a bit of boron, alfalfa meal, kelp meal, azomite powder, and compost or aged manure. With both of these crops I broadcast – throwing the seeds all over the ground. With the lettuce, I cover them with a bit more compost or aged manure; with the peas, I push them into the ground. I tend to plant these heavily as James Crockett says, "If you are stingy with your peas, they will be stingy with you," and the chickens love the baby lettuce plants.

Next, I might do some of the brassicas, like broccoli, cabbage, Napa cabbage, or Brussels sprouts. Because these are going to get quite large individually, I create little dips like the top of a volcano about 15 inches apart. This gives them a "water catch." I might put three or four seeds into each dip, but I will eventually choose the one that looks the healthiest to let grow to maturity. After the frost is done, I will plant some marigolds between them to deter the cabbage moths.

Beets can be sown in rows. I like to make zig-zaggy rows so that I can pick the ones that look like they will get the biggest to grow. Parsnips, Swiss chard,

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What Connects Us

We know that our families connect us, our DNA connects us, and our love connects us. We are connected through larger circles of work, school, and social groups as well. Our passion for projects and creativity, beliefs, and children connect us. However, I find there are still deeper threads which significantly connect us.

We are connected to each other in soul groups. Groups of us that reincarnate together lifetime after lifetime and are not necessarily related to each other. We do manage to find our soul sisters and brothers as we live our lives though, and they are familiar. We are also connected by threads of what I call the divine web of connectivity. This great web connects all souls.

There is a resonance between souls when they are part of a soul group. It is these soul level connections that I find significant in healing, either emotional or physical. After 30 years of working in the energy healing field, I am blessed to now have an apprentice. He is a soul brother. Working together with him creates a highly resonant field around our clients which greatly promotes healing. Call it resonance or shared understanding or soul/heart connection, it is a power building experience.

greater the choices.

Our bodies are holographic structures which record information, regenerate, and communicate through biochemical and waveform signals. We are electromagnetic fields of energy, beings of light. The energy body that surrounds your denser physical body is often referred to as your light body. Waves, waveforms, frequency, oscillation, density, amplitude, vibratory patterns, and field all describe aspects of light, sound, matter, and healing.

I find most of us have blockages and areas of sluggishness that respond well to energy healing. The release people experience can be emotional or extremely relaxing physically. Organs as well as chakras develop areas of light density or shadow which dissipate with the introduction of new energy or light. Healing creates harmony within your body and communication with your own perfection, your divine plan for yourself.

Ultimately, we are all connected through the healing work we do, individually for ourselves and with others. Healing generates growth in awareness and consciousness. Healing is compassion for our bodies. Healing has a trickle-down effect touching everyone we are connected to. Healing is one way our souls connect, exchange energy, teach each other, and love each other.

Rose Carey is the founder of LifeLight Center at 206 Washington Street in Keene. She has 30 years of private practice in energy medicine and holistic body therapies. She can be reached at 603-852-8300.



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Healing Perspectives

with Rosie Carey



Energy healing is a laying-on-of-hands process. It clears blockages and re-establishes energy flow over meridians and through chakras. In many ways it is a re-patterning or rebooting of your system. Healing is part restoration and repair of your system and part infusion of new energy to help reeducate your system against disease. Healing offers your body choices for change through exchange of waveforms and interference patterns. The broader a healers bandwidth, the

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Preventing And Resolving Insomnia

Is Topic At Workshop In Keene

Cheshire Medical Center will host a discussion called "Getting Your Winks: How To Prevent and Resolve Insomnia" Thursday, April 25th from 5:30 to 6:30 p.m.

Attendees can discover the secrets of a restful nights sleep with Catherine Shuman, Ph.D, Director of Behavioral Science at Family Medicine at Cheshire Medical Center. In the presentation, attendees will learn about the developmental aspects of sleep and normal sleep parameters. They will discover how to recognize the symptoms of insomnia, how to consolidate sleep, and how to prevent insomnia and seek help if they are suffering from it.

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 page 2 in this paper.

Healing Clinics By Donation In Keene On Mondays

Two Healing Clinics will be held at LifeLight Center at 206 Washington Street in Keene on Mondays April 22nd and May 6th.

The 30 minute treatments by two expert healers will be held from 11 a.m. to 4 p.m. The treatments focuses on energy pathways and chakras as well as structural blockages.

These treatments are by donation. Call 603-852-8300 to schedule a time.

Trauma Tips

Trauma can create new procedural memories that will extend any painful aftermath of trauma. Part of the focus here is to look for any habit in any pattern, such as habits of posture. This is when Gestalt Somatic Process work can begin to thaw out the body. What may be a sacred, safe space for you to enter into your transformational journey.

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ENTERTAINMENT

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Heart Of The Arts Gala At Jaffrey Civic Center



A New Season by Phil Bean

The Jaffrey Civic Center (JCC) will be hosting its third annual Heart of the Arts Gala Art Auction on Saturday, April 27th at 6:30 p.m. This semiformal ticketed event is an opportunity for people to get dressed up and enjoy a night out while supporting local arts and culture.

The artist preview reception, free to the public, will be Saturday, April 20th from 5:30 to 7

p.m. Artists from the region generously contributed 76 pieces to the auction. Artists receive a portion of the proceeds from the sale of their art, with the rest going to support the Civic Center.

The highlight of the evening will be the live auction, during which a select portion of the works of art will be auctioned off by artist and auctioneer Harold French, who is joining the fes-

tivities for a second year. In addition to the juried live auction, there will also be a virtual silent auction, which will open at least a week prior to the big event. This year, the JCC is fortunate to have Evelien Bachrach as its juror.

Foray Event Catering will be returning with a collection of hors d'oeuvres and desserts, and guests will enjoy wine, tasty treats, and conversation while browsing the artwork and deciding which pieces to bid on.

This year, the event will help support operations while the JCC is undergoing a two-year facility improvement project. The JCC is located at 140 Main Street in Jaffrey.

To purchase tickets (\$40 for one, \$60 for two), sign up to be a sponsor or a volunteer, and find the silent auction slideshow, visit <https://bit.ly/3IZLEM1>.

For more details contact Laura Adams, executive director of the JCC, at 603-532-6527.

The Edge Ensemble Will Present *Inherit The Wind*



Damien Licata and Peter Eisenstadter in Edge Ensemble's production of *Inherit the Wind*.

In its second show of the 2024 season, The Edge Ensemble Theatre Company will present *Inherit the Wind* by Jerome Lawrence and Robert E. Lee at The Edge Theater at 310 Marlboro Street, Suite 112, in Keene. Performances will be at 7:30 p.m. on April 19th, 20th, 25th, 26th, 27th and at 2 p.m. on April 21 and 28th.

The Edge chooses to do this play at a time when our country is again at a crossroads, divided by passionate differences of opinion on religion, rights and intellectual freedom. The play is based on the famous "Monkey" trial of 1925, when a high school teacher in Dayton, Tennessee was convicted of teaching the theory of evolution in a science class, contrary to a Tennessee state law. The play premiered in Dallas in 1955 – a year when the country was roiled with McCarthyism and its devastating consequences for people simply exercising their rights of free speech. The play received rave reviews, which led to a Broadway production starring Paul Muni, Ed Begley and Tony Randall in the same year. A film was made in 1960 starring Spencer Tracy, Fredric March and Gene Kelly. In an interview in 1996, when the play was being revived on Broadway, Jerome Lawrence stressed that the play is not about science versus religion, but about the right to think.

A talkback with the audience will be held after the Sunday matinee on April 21st and again on April 26th after the Friday evening performance. Audience

The Sixties Show: A High Energy Trip Back In Time

The Colonial Friday, April 19th

The Sixties Show – a cross generational crowd pleaser that has been selling out at every theater and performing arts center – is performing at The Colonial Theatre in Keene on Friday, April 19th at 8 p.m.

The members of The Sixties Show were hand-picked and have performed and recorded with Bob Dylan, James Brown, Paul McCartney, The Beach Boys, Brian Wilson, The Bee Gees, Mick Jagger, Bruce Springsteen, The Who, John Fogerty, Creedence Clearwater Revival, and other legends.

In addition to the concert experience, the show is a large scale and ambitious stage production, powerfully dramatized by a combination of time travel special effects, narration, 60's archival audio and newsreel footage, and a light show. All of the music is performed live, with no samples, backing tracks, or prerecorded music of any kind.

The Colonial Theatre is located at 95 Main Street. For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

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Chase's Mill Summer Schedule

Chase's Mill, a historic landmark in Alstead, has announced its summer schedule of events and activities. The Mill will come alive this summer with a variety of offerings.

"We're excited about the programs Chase's Mill is offering this summer," says Ann Acheson, co-chair of Chase's Mill Board of Trustees. "The Mill is such a wonderful space to be in – whether you're there for a tour or a class – it feels like you've stepped back in history the moment you walk in the door."

This year's theme is "Celebrating Stone." In addition to woodshop and craft classes, Chase's Mill is hosting talks and events relating to the geologic and mining history of Alstead and the history of how people have used stone in building homes and stone walls. There is even a stone jewelry class.

The calendar includes events for families, workshops on arts and handcrafts, lectures, and guided walking tours.

Starting in May, Chase's Mill will be open for tours on weekend mornings. Visiting hours and the calendar can be found at chasesmill.org.

Wednesday, Apr. 17 ARTS, MUSIC & THEATER

Cheshire Village at Home Social: Hand Bell Ringers Concert 4:30pm. United Church of Christ, 23 Central Square, Keene. Enter at back door and take stairs or elevator to second floor. Refreshments. **603-903-9680.**

The Instruments of Winchester 6:30pm. Conant Public Library, 111 Main St., Winchester. The history of Samuel Graves and his instrument factory that was in Winchester from 1830-1850. Conant Public Library: **603-239-4331.**

Film – Monadnock: The Mountain That Stands Alone 7pm. Community House, 160 Main St., Marlborough. Free. Reservations recommended. **603-876-4068.** robinsonjoann07@gmail.com.

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 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.**

LECTURES & WORKSHOPS

Training Day for BCS Tractor 4-7pm. Antioch's Community Garden Connections Site, Cheshire County Farm, River Rd., Westmoreland. For small scale gardeners and farmers interested in renting the tractor. Registration required www.cheshireconservation.org/events.

Thursday, Apr. 18 ARTS, MUSIC & THEATER

Ensemble Series: Concert Band 7:30-8:30pm. Main Theatre, Redfern Arts Center, Keene State College. Under the direction of Dr. John Hart, the KSC Concert Band is a performing ensemble comprising talented students from all majors and backgrounds, faculty, staff, and community musicians. \$12 general/\$7 seniors & youth. **603-358-2168.**

LECTURES & WORKSHOPS

How Trauma Impacts Your Health: Learn to Advocate for Yourself and Others 5:30-7pm. Cheshire Medical Center, 580 Court St., Keene. In person. **603-354-5454.**

Friday, Apr. 19 ARTS, MUSIC & THEATER

Inherit The Wind 7:30pm. The Edge Theatre, 310 Marlboro St., Suite 112, Keene. \$18 general admission/\$15 seniors & students. **603-352-5657.** www.edgeensemble.org.

Dublin Does Da Blues Concert 7:30-9:30pm. Dublin Community Center, 1123 Main St., Dublin. Featuring Jon Shain & Bill Newton. info@dublincommunitycenter.org.

Brass Ensemble 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. \$12 general/\$7 seniors & youth. **603-358-2168.**

The Sixties Show 8pm. The Colonial Theatre, 95 Main St., Keene. \$30 - \$50. **603-352-2033.** www.thecolonial.org.




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DINING PLEASURES

A Taste of Italy 5-6:30pm. Community House, 160 Main St., Marlborough. Lasagna, chicken parmigiana, sausage, meatballs, crisp green salad, and a variety of Italian desserts. Take out available. \$15/\$5 for children 12 & under.

FAIRS & SALES

Rummage Sale 3-5pm. Church on the Hill, Acworth. Small collectible items, furniture, clothing, etc. Alve Grant: **603-835-6848.**

Book Sale 10am-6pm. The Keene Public Library, Heberton Hall, 60 Winter St., Keene. Also has a Higher Value Section which offers first edition, signed copy, or antiquarian volumes marked down 70% from online price.

Saturday, Apr. 20 ARTS, MUSIC & THEATER

Monadnock Tri-State Dance Club 7pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "Rachel & Her Western Partners." Everyone welcome. \$12. Refreshments available, 50/50 Raffle. Rich: **603-398-8539.**

Inherit The Wind 7:30pm. The Edge Theatre, 310 Marlboro St., Suite 112, Keene. \$18 general admission/\$15 seniors & students. **603-352-5657.** www.edgeensemble.org.

High Brass Day Festival 8am-8:30pm. Alumni Recital Hall, Redfern Arts Center, KSC. Led by Dr. John Hart and other world-renowned musician-educators, the festival celebrates the French Horn and Trumpet through masterclasses, workshops, and performances. **603-358-2168.**

DINING PLEASURES

Ham Supper 5pm. First Congregational Church of Swanze, 679 Old Homestead Hwy. Ham, mashed potatoes, green beans, salad, roll, pineapple upside down cake. By donation. **603-352-6689.** office@swanzeyucc.org.

Ham & Bean Dinner 5pm. Community Room, Faulkner School, Stoddard. Ham, baked beans, mac 'n cheese, coleslaw, brown bread, rolls, corn bread, and dessert. For reservations call Linda: **603-446-7821.**

FAIRS & SALES

Rummage Sale 9am-2pm. Church on the Hill, Acworth. Small collectible items, furniture, clothing, etc. Alve Grant: **603-835-6848.**

Book Sale 10am-5pm. The Keene Public Library, Heberton Hall, 60 Winter St., Keene. Includes a Higher Value Section which offers first edition, signed copy, or antiquarian volumes marked down 70% from online price.

MISCELLANEOUS

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

DubHub Coffee House & Open Mic 7-10pm. Dublin Community Center, 1123 Main St., Dublin. Featuring NH Native Joey Clark. info@dublincommunitycenter.org.

Monadnock Writer's Group: Songwriter Cosy Sheridan 9:45am. Peterborough Town Library, 2 Concord St. Celebration of Poetry Month. monadnockwriters@gmail.com.

Sunday, Apr. 21 ARTS, MUSIC & THEATER

Inherit The Wind 2pm. The Edge Theatre, 310 Marlboro St., Suite 112, Keene. \$18 general admission/\$15 seniors & students. **603-352-5657.** www.edgeensemble.org.

Vocal Consort 3-3:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. Keene Vocal Consort is a small, auditioned vocal ensemble dedicated to medieval, renaissance, and baroque repertoire. \$12 general/\$7 seniors & youth. **603-358-2168.**

FAIRS & SALES

Keene Public Library Spring Book Sale: \$5 Bag Day 10am-2pm. The Keene Public Library, Heberton Hall, 60 Winter St., Keene. Fill a shopping bag full of books for \$5.

LECTURES & WORKSHOPS

Eco-Friendly Gardening Class 1pm. Healthy Home Habitats Gardens, Keene. Register at www.bit.ly/42n5v0E.

Breathwork Journey 2-4:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Use the power of the breath for healing and transformation, relaxation, and rejuvenation. \$40. **603-762-3129.** www.vagaro.com/alohakeene.

MISCELLANEOUS

April...Casinos & More Adventure Limousine & Transportation. NY Resorts World Catskills. \$79 per person. **603-357-2933.** www.advlimo.com.

RELIGIOUS

Worship With Us 10am. First Congregational Church of Swanze, 679 Old Homestead Hwy. **603-352-6689.** office@swanzeyucc.org. www.swanzeyucc.org.

Monday, Apr. 22 MISCELLANEOUS

Healing Clinic 11am-4pm. Life Light Center, 206 Washington St., Keene. 30 minute treatments by expert healers. Donations. Schedule at **603-852-8300.**

TACO TUESDAY!
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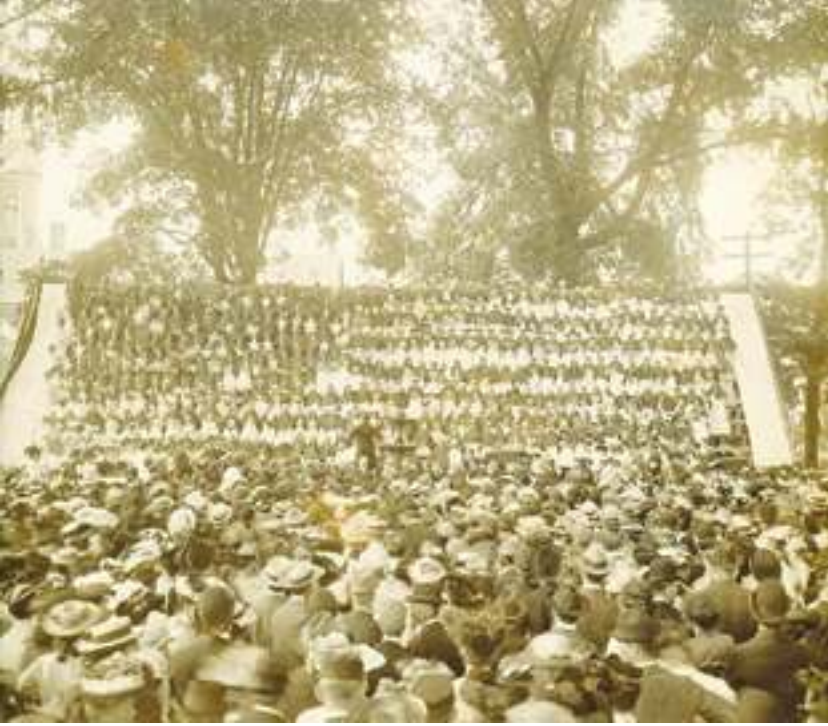
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MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

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

(Prepared by the Historical Society of Cheshire County)



About 350 students combined to form this "human flag" on Central Square during what important Keene celebration?



There was no winner of last week's mystery photo contest. The town in the early 1900s photo is Marlow.

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

- April 13, 2024
Aspen Kingsbury, daughter of Justin & Amanda Kingsbury, Walpole, 7
- April 18, 2024
Hunter Murphy, great-grandson of Barbara Sullivan of Keene, Gilsum, 8
- April 19, 2024
Leia Means, daughter of Kevin & Alicia Means, Keene, 9
- April 23, 2024
Julia Bohannon, daughter of Sharon & Dan Bohannon, Marlborough, 8

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Leia Means, Keene, 9
Hunter Murphy, Gilsum, 8

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APR 27 at 7:30 PM

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MAY 7 at 7:30 PM

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Signs Of Spring

Spring is all about change – change in smells, colors, and sounds. So, during this season, why not go outside to discover some of the signs of spring with the family? You could...

Go On An Insect Hunt

Insects are everywhere, so why not take the kids on an insect hunt? Take along a magnifying glass to see them up close. This is a good way to introduce your younger children to invertebrates: cold-blooded animals without a backbone, like insects, spiders, and worms.

Take A Nature Hike

Take the kids out in nature to look for signs of spring. Come up with a list of things for them to find, like worms, bees, mushrooms, tree buds, new leaves, bird nests, feathers, birds... the list goes on.

Go Bird Watching

Springtime is bustling with bird activity, so what better time to grab your binoculars and head out to do some bird watching? There are birding apps with various bird calls. Try standing in the yard or a wooded area and just listen to see if you can identify birds by their call.

Observe Pollinators

Most of the crop plants that we are familiar with mainly require pollination. Plants need pollinators to reproduce. Try planting bee-friendly plants in your yard this year, like echinacea, Russian sage, sedum, and lavender, to name a few.

Explore A Local Pond

There's a magical world beneath the pond's surface. Pond dipping is a wonderful way to find little creatures

– insect larvae, beetles, frogs – that live in pond water. You'll need a small net or container, a flat white tray, and a magnifying glass. Put a little water from the pond into the tray to act as a temporary pond. Using the net or container, scoop through the water – make sure to not dig into the pond floor. Empty the net into your temporary pond and search through to find any signs of life. The kids can sketch what they see onto paper or take a photo. You can identify everything later. Don't forget when you are done viewing the creatures they need to be gently poured back into the pond.

Adopt A Tree

Why not adopt a special tree? Have your child pick out a tree. From there, he can make regular visits throughout the season to check out

the changes and how it's growing. And if you don't have a special tree, perhaps it's time to plant one!

Flower Stamping

This is best to do outside. Gather up flowers, leaves, and other items to dip into paint or onto an ink pad and then onto white paper. Once the paper is dry, the art creation can be made into pretty cards or bookmarks for grandparents or friends.

Visit A Farmers' Market

Visiting a farmers' market with kids can be a lot of fun. You can meet local farmers, find out what grows in the spring, and ask questions. Your child can pick out produce to

purchase and perhaps even try something new.

Monadnock Family

with Lori Catozzi Cook



Celebrate Earth Day

Next Monday, April 22nd is Earth Day – an international celebration that first started in 1970. Celebrate this special day for our planet by planting flowers or a tree, making a bird feeder to feed the birds, or by visiting www.happytoddlerplaytime.com/things-to-do-this-earth-day-with-kids to find Earth Day crafts to make.





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