



The Monadnock

SHOPPER NEWS

The Original Keene Shopper - "The Weekly with a Heart" - 66th Year of Community Service / April 24-30, 2024

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Live Laser Pink Floyd Experience Comes To Peterborough



Echoes of Floyd will add a laser show to their concert performing Pink Floyd's music at the Peterborough Town House.

Echoes of Floyd will bring an unparalleled concert experience to Peterborough. For the first time, the renowned tribute band will infuse their performance with a laser light show, offering an immersive journey through the music of one of the most iconic rock bands of all time.

This special event will feature the seminal album, Wish You Were Here, played in its entirety, along with a selection of Pink Floyd hits that have captivated audiences worldwide. This exclusive performance will offer a memorable evening of nostalgia, innovation, and brilliant visuals, bringing the essence of Pink Floyd's legendary concerts to life.

FLOYD, page 10

Bicycling Means Business - Plus A Whole Lot More

By Jen Risley

Each year, the League of American Bicyclists, a national organization advocating for a more Bicycle Friendly America, declares May National Bike Month. The Local Crowd Monadnock puts its own spin on this celebration by also participating in the

American Independent Business Alliance's Bicycling Means Business campaign: amiba.net/bicycling.

Encouraging more people to get around by bicycle benefits our region's social, economic, and environmental well-being.

LOCAL, page 11

Keene Farmers Market Open Saturdays

The Keene Farmers' Market has returned on Saturdays from 9 a.m. to 1 p.m. on Gilbo Avenue in Keene.

All market vendors have grown, produced, or created what they sell. The market offers a wide selection of vegetables, fruits, dairy products, meat, eggs, honey, and maple products. Bakers are also selling breads, cookies, granola, and other treats. And don't forget to check out the local crafters selling furniture, soaps, jewelry, and more.

Each market features live music or entertainment by local performers. Credit and debit cards are accepted in exchange for tokens that can be redeemed with the vendors.

EBT cardholders are encouraged to attend the market and utilize the Granite State Market Match program to double their benefits. This is a dollar-for-dollar match program, so for every SNAP dollar cardholders spend at the market, they receive an additional dollar to purchase fresh fruits and vegetables from the farmers.

The complete list of vendors will be published at www.keenefarmersmarket.com. The market accepts guest vendor applications throughout the season at keenefarmersmarketmanager@gmail.com.

For updates, follow the market on Facebook at https://www.facebook.com/keenefarmers/

Kool Wheels Family Fun And Safety Day May 4th

The Kiwanis Club of Keene will host its Kool Wheels Family Fun and Safety Day on Saturday, May 4th, from 10 a.m. to noon (rain or shine) at the Keene Parks & Recreation Center at 312 Washington Street in Keene. There is no charge for this family event.

According to statistics, nearly half a million children are treated for bicycle-related injuries each year. Statistics also show that only about 30 percent of all child cyclists wear a helmet, and head trauma causes over 60 percent of the injuries and deaths that occur from bicycle accidents.

The Kiwanis Club provides the local Kool Wheels event to teach safety skills to children in a fun setting. It is a means to raise community and parental awareness of bicycle related injuries, test bike skills, provide an opportunity for children to learn safe bicycle techniques and build support for helmet use by children.

KOOL WHEELS, page 10



Mascots Ribby of the Keene SwampBats, Fergus of the Cheshire Children's Museum, and Deputy Dog of the Cheshire County Sheriff's Office will attend.

Monadnock Country Club - Challenging Greens, Breathtaking Scenery, Hub For Events And Celebrations



Owner Kate Taylor (L) with caterer Pam Levasseur in the pro shop at Monadnock Country Club.

By Lori Catozzi Cook

Monadnock Country Club is buzzing with excitement! This locally owned and operated hot spot for golf enthusiasts has recently gone through a metamorphosis of sorts. The outcome of this transformation is beautifully maintained grounds, a clubhouse with a selection of delicious homemade foods, a bar with incredible cocktails, and a large function hall with catering for whatever the occasion might be.

Located at 49 High Street in Peterborough, Monadnock Country Club

has been the bedrock of the community for not only exceptional golfing but for social gatherings for over 100 years. In 1901 Edward MacDowell of the MacDowell Colony purchased the property; the MacDowell Colony still owns the property, which the new owners of the golf club lease from.

"The golf course started over 100 years ago, but the last few years have been rocky," says golfer Bob Taylor, who, along with his wife, Kate, own the business.

COUNTRY CLUB, page 13

Bulldog 4 Fun Run/Walk Saturday, May 11th

The Bulldog 4 is a fun run that also serves as a fundraiser for the Westmoreland PTA; proceeds will benefit programming for students and teachers. This year the Bulldog 4, the 20th annual, will be held on Saturday, May 11th.

Both the walk and run part of the event start at 9:30 a.m. The cost for these is \$25, with the price increasing after May 1st at noon.

A kids' sprint event (ages 10 and

under) will start at 9 a.m. The cost is \$10.

Participants should meet at Westmoreland School at 40 Glebe Road, where the four-mile course will span across the rolling countryside. T-shirts are available for the first 50 paid entrants, 15 years old and up.

Register at www.runsignup.com/race/events/NH/Westmoreland/Bulldog4FunRun or scan the QR code in this paper. See the ad on page 18.

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Table with 4 columns: BIRTHDAYS (9), ENTERTAINMENT (17-19), GREEN (5), MYSTERY PHOTO (9); CLASSIFIEDS (22-23), FAMILY (4), HEALING (21), PETS (2); COOKING (20), GARDEN (6), MONEY (8), REAL ESTATE (23)

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Six Male Mice

Welcome to the Wheeling Wonders Sanctuary!

Hey there, potential adopter! We're the magnificent six – Timothy, Gus, Dot, Mickey, Stuart, and Jerry – ready to roll into your heart and home. We are one-year-old male Rex mice. We might be cautious at first, but trust us, once you get to know us, we're the friendliest bunch of mice you'll ever meet.

Timothy, the Tunnel Treader: I'm the master of tunnels! Give me a maze to explore, and I'll be in mouse heaven. Other male mice? Not really my cup of tea. But put me in a loving home with plenty of wheels and toys, and I'll be your loyal companion for life.

Gus, the Wheel Wizard: Whether it's spinning, sprinting, or just chilling on a wheel, count me in. I may be a tad shy initially, but once I warm up to you, I'm all about those hand-friendly cuddles. Let's roll together!

Dot, the Toy Tinkerer: I might be a bit skittish around new faces, but give me some time, and I'll be your best buddy. Other male mice? Not really my scene. But put me in a home filled with tunnels and toys, and I'll be the happiest mouse around.

Mickey, the Climbing Connoisseur: I love nothing more than scaling new heights and exploring every nook and cranny. Other male mice? Nah, not for me. But put me in a home with plenty of climbing opportunities, and I'll be in mouse paradise.

Stuart, the Wheeling Wanderer: I may be a bit wary of new surroundings, but show me some love and patience, and I'll be your devoted friend. Other male mice? Let's just say I prefer solo

life. But give me some wheels to spin on, and I'll be one happy mouse.



Jerry (shown), the Toy Enthusiast: I may start off a bit timid, but with some gentle coaxing, I'll be your loyal sidekick. Other male mice? Not really my thing. But give me a home with lots of toys to explore, and I'll be the happiest mouse in town.

So, what do you say? Are you ready to welcome one (or all!) of us into your home? We promise to fill your days with laughter, love, and plenty of mouse-sized adventures!

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

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Northfield Trinitarian Church

Tag, Bake, and Plant Sale

On Saturday, May 4th, from 9 a.m. to 1 p.m., the Trinitarian Church in Northfield will host its annual Tag, Bake, and Plant Sale. This year's event will feature a huge assortment of home goods, including: glasses, dishes, pots and pans, bakeware, kitchen utensils, small appliances, silverware, pictures, mirrors, linens, towels, curtains, baskets, bedspreads and blankets; small furniture, such as tables, chairs, bureaus, headboards, bookshelves; plants and gardening items; toys, books, DVDs, games and puzzles; sports equipment and collectibles, and tools.

"This is a good opportunity to set up that camper, cabin, or apartment for less," says Christine Harris, one of the event coordinators. Throughout the day, customers can enjoy large, hot-out-of-the-oven, homemade cinnamon rolls and other baked goods, including baked beans.

The Northfield Trinitarian Church is located at 147 Main Street in Northfield, MA. The event is handicapped accessible with lots of free parking. For more details, call Chris Harris at 413-834-2469.

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Chair Yoga

Chair Yoga is a gentle form of yoga practiced sitting in a chair or standing and using a chair for support. As with other forms of yoga, this exercise helps to reduce stress and improve balance, strength, and flexibility.

Who should take this class?

- Someone who may be uncomfortable getting onto the floor or doing traditional methods of movement
- If you have zero experience with yoga OR if you have attended chair yoga before
- If you are looking for an evening of relaxing movement and connection with your peers

Thursday

2 & 9

May

4:00 to 5:00 pm

To register:

Scan the QR code, visit Cheshire Medical Center Community Education events | Dartmouth Health Events, or call Maria Lussier 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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A Family Focus To Child Sexual Abuse Prevention

Unfortunately, child abuse is far more prevalent than we would like to believe, and April – Child Abuse Prevention Month – marks a time to bring awareness to this concerning issue.

I recently read an article that discussed prevention efforts for childhood sexual abuse. This was a study that involved interviews with adult survivors of childhood sexual abuse to explore more effective prevention efforts.

According to the National Child Traumatic Stress Network, as many as one in every four girls and one in every six boys will experience some form of sexual abuse before the age of 18. Many of these incidents are never reported due to the secretive nature of this form of abuse.

Many current prevention efforts are provided in settings such as school and focus on helping children to recognize and tell a trusted adult if they are experiencing some form of sexual abuse. But according to the study, there is some concern that this may also undermine a child's trust in adults and make it hard for them to differentiate between appropriate displays of affection and inappropriate touching behavior.

Additionally, the article indicated that most sexual abuse occurs within the context of family by someone in their home. Often, the abuser is someone who has a position of trust and/or authority within the family. This is likely to be the most prevalent and long-lasting type of abuse and the least likely to be disclosed by the child. It also has the greatest potential to disrupt the child's primary support system. This makes the message of "always telling a trusted adult" difficult and confusing, because the trusted adult may be the one harming the child. Telling may impact the child's world in ways that make the child less likely to tell.

The article suggested prevention efforts may be more effective if focused on increasing parental guardianship and promoting self-efficacy and confidence in children. The article identified six essential elements of prevention: knowledge of definitions and myths, communication, safety education, sexual development, internet safety, and facilitating disclosure.

Knowledge of definitions and myths includes teaching children the correct names for body parts and helping them understand what is and is not appropriate touching. Children who have a good concept of the names of body parts can provide clearer messaging about their experiences. This can also deter some potential perpetrators of sexual abuse because when children are able to identify body part names correctly, it suggests that caregivers are open with their children, and these children are more likely to tell about their experience. It can be confusing for

children to recognize abuse because it frequently happens gradually, and until a child knows that what they are experiencing is unusual, they may not understand that what is happening is abusive.

Communication can normalize talking about sensitive issues. If children become accustomed to talking about topics like body parts and "okay" versus "not okay" touches, they will feel more comfortable bringing up these topics if they have something to tell. They will know that parents are comfortable having these types of conversations. Sometimes kids don't tell because they are too embarrassed, or they don't want to upset a caregiver. Listening to what children have to say without judgement will help facilitate disclosure.

Monadnock Family

with Sheri Lapointe



Safety education helps parents understand the value of supervision, vetting new people, monitoring, and recognizing social cues. Potential abusers engage in grooming behaviors that make a child want to spend time with them because they get special favors and attention. The parent can also experience a sense of relief at having someone who seems so good with the kids willing to step up and help. When starting to allow someone to take over some of the caretaking duties, especially ones that provide easy access like bath time, do spot checks to ensure safety.

Understand age-appropriate sexual development and behaviors and being vigilant with internet safety. It is far too easy for children to get exposed to things via the internet and to get into unsafe situations through internet connections. Parents need to be vigilant with ensuring internet safety.

Innes, S. L. & Rayment-McHugh, S. (2023). Prevention Strategies for Child Sexual Abuse It's More Than a Matter of Trust: What Parents and Young Children Need to Know to Prevent Intrafamilial Child Sexual Abuse. Journal of Child Sexual Abuse, 33(1), 43-64.

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.

Celebrating HCS Volunteers

During National Volunteer Week, Home Healthcare, Hospice & Community Services recognizes all of our volunteers. We are so grateful for all that they do every day to help us provide care throughout southwestern New Hampshire. Thank you!



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OBITUARIES

Bonnie G. Smith



Bonnie G (Wetherby) Smith, 75 of Walpole died in the comfort of her home after a short battle with cancer, surrounded by her family and friends on April 1, 2024, while listening to her beloved country music. She was born May 10, 1948 in Richford, VT to Orville and Shirley (Martin) Wetherby. Bonnie attended school in Bellows Falls, and lived most of her life in the Bellows Falls/Walpole area. Bonnie worked at a variety of jobs including her parent's taxi business in Bellows Falls, James Plumbing and heating, Silver Forest and Whelen. The last 15+ years were spent providing child care for her grandchildren and her "adopted" grandson Matty Brough.

Bonnie enjoyed gardening in her yard and spent much time on her front porch, which became the "social hub" of her neighborhood. Bonnie was an avid cribbage player and passed this passion onto her children and grandchildren. She enjoyed frequent family dinners to celebrate birthdays and holidays in the home she shared with her daughter Traci. Bonnie was a great support for her family in their times of need and encouraged them in their endeavors. Community service was a priority for her as evidenced by her support of the Walpole Fire Dept of which her son, daughter and 2 grandsons are members. Country music was her favorite. She and her friend Kevin were able to take a long road trip to Nashville last summer, stopping at all the sights along the way.

She married Vance Smith in 1969. They later divorced but remained lifelong friends. When Vance remarried his new wife, Debbie also became a close friend with Bonnie. Both were present when she passed.

Bonnie was predeceased by her parents and her brother, Greg Martin. She is survived by her children, Bryan Wetherby (Jeanne), Tammi Wetherby Boles (Daniel), Crystal Trayhan, Traci Smith, and Matthew Smith (fiancee Tonya). She also leaves her grandchildren, Blaze Trayhan, Emma and John Wetherby, Matthew Wetherby, Krystal Schram, Vanessa McCalister, Colby and Jordan Smith, Hayden and Ryan Smith, and several great grandchildren. Bonnie requested no funeral or calling hours. Bonnie has requested to have a celebration of life ceremony at her home. This will be held on May 11, 2024 from 1 - 4 pm at 1015 Main St, North Walpole NH (with a rain date of May 18th, 2024).

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Community Solar Gardens

So what is a community solar garden, anyway? When we think of a garden, we think of solar energy from the sun shining onto green cells in plants which use photosynthesis to convert CO2 in the air to carbon and oxygen. The oxygen is rejected back to the air that we breathe. The carbon left behind combines with water and other nutrients from the soil to create the carbohydrates in the plant material which provides the food that we eat. Without these photons from the sun, life as we know it would not exist.

A similar process takes place in a community solar garden, except the plant is replaced by a solar array. When the sun shines on the silicon cells in the array, in a process called photovoltaics, those photons free up electrons that flow into the electrical grid. The electricity generated then goes to power transportation, heating and cooling, manufacturing, and all the other uses that make up our daily lives. In other words, rays from the sun provide not only the food we eat and air we breathe but all the other necessities we need to survive and thrive.

That is all well and good, but where does the community fit in? With recent changes in New Hampshire regulations, a solar array built on one property can now serve multiple users on properties near or far. Think of the electric grid as a large reservoir. People drawing water out of that reservoir can be anywhere that the water district serves. A community solar garden works the same way.



A solar array is being built in Jaffrey on top of an old landfill that will supply 1,000 kW AC of power to the Eversource electrical grid. That is about 1.75 MWh/yr. If you are a customer within that grid, you may be eligible to receive a share of that power generated and receive all the benefits and tax incentives as if you had an array on your own roof. You can be a private resident, a business, or a church or other non-profit. Jaffrey customers are being given the first dibs on shares to the array, but there should be excess that can be offered on a first-come basis to others in the region. This is the first community solar garden in our region and we hope there will be many more.

Here's how it works: Let's say your home or small business needs 10 kW of power to supply its needs. You can sign up with the community solar garden in Jaffrey (subject to availability) for a refundable deposit of \$1000. If you are accepted, there is a share price of \$3.55/watt or \$35,500 for a 10kW share plus a one-time fee of \$2500. There is also an annual operating and maintenance cost of \$25/kW. When you apply the IRA federal tax credit of 30 percent (or the 30 to 50 percent direct pay for non-profits), that initial investment for the 10 kW share drops to under \$25,000.

We all know that the sun doesn't shine brightly every day. We also know that there are some days

when we don't use much energy (away on vacation?). So, how does a community solar garden account for these differences? If the solar array generates more power than its users need, that excess power goes back into the grid and is sold to the utility company (Eversource in this case). Eversource credits that sale against the purchases of power by each of the users on their electric bill each month. Conversely, if the solar array produces less energy than its users need, the deficit is made up by the utility from other suppliers to the grid. On your invoice, you will see "Purchases" and "Sales" so you can see how well that array is performing each month.

The solar array will also generate Renewable Energy Credits (RECs), which are sold to companies (like energy suppliers) who want to increase their renewable energy portfolio. The money from the sale of these RECs goes back to the owners of the solar array.

With community solar gardens, you can let the sun work for you even if you don't have a suitable site for your own array.

Peter Hansel is the retired president of Filtrine Manufacturing Company which manufactures water chilling equipment for process and drinking water applications. He also served as chair of the City of Keene's Energy and Climate Committee and is on the boards of Hannah Grimes Center for Entrepreneurship, the Monadnock Conservancy, and the Monadnock Sustainability Hub, a 501c3 organization whose mission is to encourage sustainable living practices and resource conservation in the region.

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All collections run 8 am to 1 pm **KEENE RECYCLING CENTER**

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.

Collection takes approximately 10 minutes from the time of arrival.
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. 4/27/24	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
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale
Keene	Keene	Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry	Surry	Surry
Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey	Swanzey
Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole
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

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable, danger. If you think it's hazardous, bring it up.

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

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

ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

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This project was supported by the Administration for Community Living, Department of Health and Human Services, as a part of financial assistance awards totaling \$302,633 and \$354,408, with 100% funding by ACL/HHS, grant numbers 95AP00082, and 95MP00057. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS, or the U.S. Government.

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Fun Ways To Grow Food At Home

It's spring and a terrific time to consider your focus for this year's gardening and nature experiences. May I suggest that you consider using your gardening skills to grow a bit of food? No, not the huge vegetable garden in your backyard. I and many people have had the unpleasant experience of that experiment starting out great after a whole lot of effort in the spring, and going very wrong by July. Why? Because we are busy. Period. The best of intentions does not overrule the reality of not getting around to regular weeding and feeding of a large, food garden.

So, I, Grand Poobah of Reasonable and Joyful Gardening, now grant you permission to grow vegetables and fruits in small, less intense, less expensive, and easier ways. There is great fun and playfulness to be had with growing bits of food in window boxes, in five-gallon buckets, up lattices, and along sunny fences. These options are small, already existing or easily relocated to convenient places that you see every day anyway! There are many terrific how-to guides in your library and heartfelt personal experiences on YouTube videos. Here are some of my favorites. I love these folks, they're real, and they're creative and persistent. Their YouTube and Instagram addresses are: @jamesprigioni, @Selfsufficientme, @lizzorab, @TheMillennialGardener, @raisedbedrebels, and @avellinofarms.

For beginner gardeners, I also grant you full permission to benefit from an important initial decision to grow just one or two kinds of plants in just a few or even one container. Our goal is the joy of small successes over

Woods and Gardens
with Michele Chalice



the despair of a huge, less than stellar, food-growing experience. How about the easiest idea ever? Go to tinyurl.com/y78a3r9t to see the *Easy-Peasy Vining Vegetables Family Gardening!* series of three-minute videos. This is a light-hearted, visual illustration of 10 steps to grow pea pods from a pea, as told by children in our neighborhood.

Not feeling it for growing vegetables? I get it. How about three ideas for Edible Landscaping?

First Option: Chain Link Grapes – Grapes growing along a chain link fence in the open sun offers multiple rewards. You and the birds get to eat lovely grapes. The grape plant's dense leaves give you privacy from whatever land use is next door.

Second Option: Berry Private Hedges – A wide variety of large, native shrubs can provide not only berries for us and our neighborhood wildlife, but also a few years after being planted six to eight feet from each other, privacy from unpleasant views. The best part of this option is that both sides of the resulting hedge benefit from the fruits of your efforts. A hedge of mixed Tall Bush Blueberries, Serviceberry, or Elderberry shrubs, for example, will create a great three-fer for years to come: berries, privacy, and ecological rewards for pollinators, birds, and other wildlife.

Third Option: A Strawberry Lawn – It was the delight of my day to pick and share strawberries from a narrow front yard in the full sun at a previous home.

This, maybe 10-foot deep strip of land, was located right alongside our public sidewalk. During harvest season, I was very happy to not be mowing grass, but instead weeding or laying more leaf/straw mulch when a child came by. They would, of course, ask if they could have a berry. The joy in their eyes while picking a red, ripe strawberry from my front yard highlighted my own joy of no lawn, and so many more ecological rewards for birds and wildlife.

So, why not try one or more of these ideas for more playful joy in your garden this season? They can be a great way to balance our difficult times with daily climate actions that aren't onerous, just fun.

Excerpted from my forthcoming eBook: *Five Choices for More Birds, Berries, and Butterflies; Eco-Activism from Your Garden*

Healthy Home Habitats is Michele Chalice's ecological landscape education, coaching and design company here in Keene. She creates native landscape and foodscaping designs with clients for vibrant, enjoyable, and ecologically diverse gardens/landscapes that are also wildlife and pollinator habitats! Schedule your consultation at: <https://healthyhomehabitats.as.me/MyLandscape> Just want to ask a question? She's offering a monthly "Ask an Eco Gardener" workshop at HHH's urban, eco-demonstration gardens in Keene: <https://bit.ly/42n5v0E> Find her DIY EcoGardening Tips on FB & IG @HealthyHomeHabitats or call 603-313-9153.

HERBICIDE USE NOTIFICATION

NEW HAMPSHIRE ELECTRIC CO-OP (NHE CO-OP) intends to apply herbicides along various power-line rights-of-way during 2024. The following herbicides: Escort XP (Metsulfuron Methyl), Garlon 4 Ultra (Triclopyr), Krenite S (Fosamine Ammonium), On Deck (Dicamba and 2,4-D) and Clash (Dicamba) may be used for treatment. Treatments are scheduled to commence on or about the **1st of July 2024**. The following lines, taps and their respective municipalities are scheduled for treatment:

TOWN	LINE	TOWN	LINE	TOWN	LINE	TOWN	LINE
Aeworth	8	Deerfield	D	Lempster	13	Nottingham	R2,R3,13
Alton	20,300,304,305, 309,325	Derry	15,28	Londonderry	15	Orford	9
Auburn	15	Dorchester	9	Loudon	8	Ossipee	3,4,5,6
Barnstead	1,2,7,20,311	Effingham	6,8	Lyme	9	Sandown	14,16
Belmont	8,9,19	Franklin	9	Marlow	3,13	Sandwich	1,2,7
Bridgewater	20	Fremont	14	Meredith	120,121,122, 123,124,145	Tamworth	2
Bristol	20	Gilmanton	8,300,309,310,	Moultonborough	1,144,145,146, 147,160,169	Thornton	51,54,55,56,500
Brookfield	6	Hanover	9	New Durham	304	Tuftsboro	3,4,5,180
Canterbury	8,9	Kingston	17,18	New Hampton	122	Wakefield	6
Chester	14	Laconia	124	Northfield	8,9,19	Washington	3
Danville	14,16,17	Langdon	8			Wolfeboro	6
		Lee	R3			Woodstock	56,60,500

NHE CO-OP lines can be identified by a metal tag attached to the pole with the following letter initials "NHE CO-OP" followed by a line identification number and a pole number usually immediately under the co-op label.

In accordance with the N.H. Division of Pesticide Control Regulations, individual landowners that receive individual notification, fill out the attached Notification Request Coupon and return to the address as indicated below no later than **JUNE 1st, 2024**. Requests received after this date will not be considered for this treatment cycle.

In addition to the written notification, individual landowners whose property abuts or over whose property the right-of-way passes, have the right to request and receive the approximate date, (within 5 days before or 5 days after the actual date of application) that herbicides will be or have been applied in your area.

Further information may be requested by contacting: VCS (Consultant to NHEC) Michael Couture, Project Manager - 2342 Main Street, Athol, MA 01331, Telephone 603-325-3227.

COUPON FOR PERSONAL NOTIFICATION REQUEST:

NAME: _____ TOWN OF AFFECTED PROPERTY: _____
 STREET: _____ TOWN: _____ STATE: _____ ZIP: _____
 TELEPHONE: DAY _____ NIGHT: _____
 UTILITY INITIALS ON POLE _____ NUMBERS _____

REQUESTING:
 30 DAY PRIOR WRITTEN NOTIFICATION
 15 DAY BEFORE OR 5 DAY POST APPLICATION NOTIFICATION

In accordance with State Regulations, it is the duty of each landowner or resident to make VCS aware of the location of potentially affected private water supplies and any other environmentally sensitive areas where herbicide application should be further restricted.

Spring or Well
 Crops or Pasture
 Other

Send Coupons to: VCS C/O Michael Couture, Project Manager, 2342 Main Street, Athol, MA 01331

Thirty Day written notification must be received by Michael Couture, Project Manager no later than **JUNE 1st, 2024**. Requests received after this date will not be granted until next treatment cycle.

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Colonial Performing Arts Center Announces Departure Of Executive Director

The Colonial Performing Arts Center (the Colonial) Board of Directors has announced the departure of Executive Director Alec Doyle, effective March 26, 2024. As the organization's longest serving executive director, with two decades of dedicated service, Doyle leaves behind a legacy of outstanding leadership and groundbreaking initiatives.

Colonial board of Director's chairperson, Tom Minkler stated "It is with bittersweet emotions that we announce that Alec Doyle has left his position as the executive director of the Colonial Performing Arts Center."

"I take great comfort in knowing that the Colonial has the advantage of a superb staff and dedicated community support that will collectively move toward a great future of their own imagining," said Doyle.

In his first full year (2004), Doyle deepened community support and engagement by bringing much needed stability to the organization, growing the board of directors from a low of five members, to sixteen, all while helping institute an expanded and engaged board committee structure.

He went on to initiate the Colonial's first fundraising gala, now an esteemed yearly event providing critical support for youth programming and accessibility to the arts, benefiting tens of thousands of students, educators and seniors from across the region.

The last several years have presented unique challenges and opportunities. Most recently, Doyle helped drive the fundraising, design and development of the Colonial Performing Arts Center. This \$12 million undertaking transformed the century old Colonial Theatre into a state-of-the art campus with upgraded spaces and technology, and the addition of Showroom, an award-winning flexible capacity venue (135 to 250 seats), complementing the renovated 900-seat historic theatre.

Doyle was also instrumental in the early development and launch of the region's first arts consortium, Arts Alive!, serving as a founding board member. Other community engagement includes his two terms on the board of the Greater Keene Chamber of Commerce (now The Greater Monadnock Collaborative – Regional Chamber of Commerce).

Under his leadership, the Colonial was the first recipient of the Greater Monadnock Collaborative's Ken Jue Nonprofit Business of the Year Award.

Prior to his tenure at the Colonial, Doyle worked for 20 years in Los Angeles, producing and directing more than 70 theatre, film and media projects. He also taught film and theater courses at UCLA and Loyola Marymount – Los Angeles.

Minkler added, "After several eventful recent years, it is an ideal time for Alec to move on to new pursuits and accomplishments and we wish him the very best."

Reflecting on his tenure, Doyle commented, "The transformation of the historic theatre into a state-of-the art facility and the creation of Showroom, both completed despite a multitude of pandemic related challenges, will most certainly stand as a high-water mark. In this, The Colonial's 100th year, setting the organization on a course for success for the next 100 years will forever be a source of pride for me."

Minkler stated, "We are very thankful to Alec for building a superior and caring team of professionals

within the Colonial that can continue to guide the Theatre, supported by the board, during the transition period as we conduct a national search to identify a new executive director for the Colonial. In the short term, the board will look to bring on an interim leader as the national search for a permanent replacement takes place." Minkler continued, "We look forward to continuing the tradition of bringing a broad range of premier performing artists to our historic theater for many years to come."

For 100 years – 30 as a 501(c) 3 nonprofit – the Colonial has been at the forefront of the region's leading historic art institutions, setting the standard for excellence in performing arts and continuing the cultural legacy of performing arts in America.

For more details, to purchase tickets, or to get involved with The Colonial's 100th year, call 603-352-2033 or visit thecolonial.org.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	194.26	-1.90	Danaher Corp. (Kollmorgen)	235.51	-4.44
Becton Dickinson (C.R. Bard)	234.12	-1.05	Merck (Hubbard Farms)	125.78	0.04
Toronto Dominion Bank (TD Bank)	58.09	1.26	Deluxe (NEBS)	19.71	0.31
PC Connection	62.82	-0.74	Teleflex (Jaffrey)	206.56	-7.88
Bank Of America (Fleet)	36.97	1.18	Timken (MPB Corp.)	85.50	0.70
Corning Inc.	31.27	-0.22	M&T Bank Corp. (People's United)	143.38	8.82
Ametek, Inc. (Precitech)	177.70	-2.01	Dover Corp. (Markem)	169.84	-2.22

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	28.75	0.67	Wheat (cents per bushel)	555.00	0.00
Gold (\$ per ounce)	2406.70	45.50	Corn (cents per bushel)	443.00	-3.50
Platinum (\$ per ounce)	943.50	-47.30	Soybeans (cents per bushel)	1,165.00	-7.00
			Cattle (cents per pound)	176.00	4.00
			Crude (\$ per barrel)	82.11	-3.40

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Better Homes And Gardens Real Estate The Masiello Group Expands With Four New Agents

Better Homes and Gardens Real Estate The Masiello Group recently announced the addition of four agents to its Keene office, reinforcing its commitment to providing exceptional real estate services in Cheshire County and beyond.

With 25 years of experience as a seasoned Broker Associate, Robin Smith joins the Keene office bringing unparalleled expertise and a track record of excellence. Her dedication to clients and community has earned her numerous accolades, including the prestigious title of Best Local Realtor for 13 consecutive years. Visit www.robinsmith.masiello.com

Norma Couture's 26-year career rooted in real estate has established her as a trusted advisor, consistently delivering top-notch service to clients. Her collaboration skills are second to none, allowing her to navigate complex transactions with ease and efficiency. Beyond her professional endeavors, she is deeply passionate about community and people. In all aspects of her life, Norma exemplifies integrity, professionalism, and a genuine concern for others, making her a valued leader in both her professional and personal communities. Visit www.normacouture.masiello.com.

Kirsten Perkins brings nine years of real estate expertise and a deep connection to Cheshire County.

Perkins is a dedicated Realtor committed to guiding buyers and sellers through every step of the real estate journey. Her passion for her community and her profession shines through in her personalized approach to client service. Visit www.kirstenperkins.masiello.com.

Laurie Mack's journey in real estate highlights her mastery of representing buyers and sellers in property transactions. Since entering the industry in 2019, she has shown responsiveness, resourcefulness, and a dedication to ensuring smooth transactions for her clients. Hailing from the Monadnock Region, Mack's local roots provide her with a deep understanding of market dynamics. With 15 years of experience in website design and digital marketing, she brings innovative solutions to meet her clients' real estate needs. Visit www.lauriemack.masiello.com.

"We are thrilled to welcome Robin, Norma, Kirsten, and Laurie to our Keene office at Better Homes and Gardens Real Estate The Masiello Group," says Chris Masiello, CEO and President of The Masiello Group. "Each of them brings a wealth of experience, dedication, and a deep commitment to serving our clients and community. We are confident that their expertise will further strengthen our team and our ability to provide exceptional real estate services."

Kiwanis Of Peterborough Holding Major Yard Sale

Kiwanis of Peterborough will hold their first major yard sale of the year at the Union Congregational Church in Peterborough. The yard sale is a fundraiser to benefit programs for local children and families.

The Kiwanis group has been collecting many items through the winter. Shoppers will find bargains on tools, furniture, home décor items, lamps, outdoor/sports equipment, LPs, CDs, DVDs, books, artwork and much more.

This sale will be held rain or shine on Saturday, April 27th, from 8 a.m. to 1 p.m. with free admission. There will be an early bird sale with a \$5 entrance fee on Friday, April 26th, from 5 to 6 p.m. On Saturday, "all you can carry" for \$10 will be offered from noon until 1 p.m. Union Congregational Church is located at 33 Concord Street in Peterborough.



Liz Hanson and Nate Labelle show off some of the many items that were on sale at a previous Kiwanis yard sale.

Annual 30/30 Pistol Raffle Underway At CCSSEF

The annual 30/30 Pistol Raffle is underway at Cheshire County Shooting Sports Education Foundation (CCSSEF) in Keene. This raffle is 30 drawings for 30 guns over 30 days.

Tickets will be drawn and posted daily from June 1st through the 30th on the foundation's website: www.ccssef.org. All ticket stubs, including previous

winning tickets, will be included in each day's drawing, giving all tickets 30 chances to win. A maximum of 1000 tickets will be sold.

Tickets are \$30 each and can be purchased from CCSSEF members or at the range office at 19 Ferry Brook Road during business hours or in the clubhouse on Saturdays from 10 a.m. to 1 p.m.



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(Anti) Tick-Talk In Keene This Friday

An (Anti) Tick-Talk is set for Friday, April 26th at 5 p.m. at the Monadnock Food Coop. The event will include strategies to reduce the tick population in yards and effective bite prevention tips. There will be a raffle giveaway of six ThermoCell Tick Tubes.

For more details, contact Rachel Surprenant, ND at info@nhnaturopathic.com or 603-803-6553.



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UScellular Honors Keene's William Skahan President's Volunteer Service Award Recipient

Throughout National Volunteer Month this April, UScellular is recognizing its associates for giving back to causes, non-profits, and local communities in big and small ways. William Skahan was among 16 UScellular associates who were awarded the prestigious President's Volunteer Service Award by the Office of the President of the United States for volunteering more than 200 hours in 2023.

Twenty-year-old Skahan first started volunteering at the age of 13. He volunteers at Grace Community Evangelical Free Church where he helps run and maintain the audio and visual production for the livestreams. He also generously donates to the Brattleboro Pregnancy Resource Center.

"I have always been encouraged to share my faith and help others in any way I can," states Skahan. "I encourage people to make the time to help people in need, whether through an organization they are passionate for or just helping a neighbor who could use an extra hand. The feeling you get helping others is a wonderful feeling."

The President's Volunteer Service Award celebrates philanthropic contributions and impactful service, which has benefited communities across the nation and serves as an inspiration for others to volunteer.

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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)

In what town was this farm (at left) located?



The winner of last week's mystery photo contest was Ray Durand of Stoddard. The students combined to form a "human flag" at Keene's 150th anniversary (in 1903).



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The Keene Chorale Celebrates 45th Anniversary With Performance Of Mendelssohn's Symphony No. 2 On May 5th



The Keene Chorale

Celebrating its 45th Anniversary, The Keene Chorale will perform Felix Mendelssohn's magnificent Symphony No. 2 – *Lobgesang, Hymn of Praise* – under the direction of Maestro Cailin Marcel Manson and joined by the New England Repertory Orchestra and soloists. The concert will be held at the Redfern Arts Center at Keene State College on May 5th at 3 p.m.

Since The Keene Chorale's beginning in 1979, over 800 singers have been a part of its musical journey, bringing the best of choral music to the Monadnock

region. The May 5th performance not only celebrates the Keene Chorale's long history, it also celebrates Maestro Manson who, for eight years has expertly directed the Chorale, and will be stepping down at the end of this season.

Tickets to this concert celebration can be purchased at: <https://keenechorale.org/tickets/>, at the Toadstool Bookshop in Keene, and from Chorale members.

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Folded Book Art Workshop At Hancock Town Library

A Folded Book Art Workshop will be held on Saturday, April 27th from 1 to 3 p.m. at the Hancock Town Library.

Hancock's Kate Frame will teach attendees how to fold and tear paper to make a fun paper sculpture.

Materials will be provided for this free workshop. Class size is limited so register by calling 603-525-4411 or emailing hancocklibrary@comcast.net (put "paper" in the subject line).

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

April 24, 2024

Lucca Bentley, son of Jesse & Alisha Bentley, Swanzey, 2

April 25, 2024

Sebastian, son of Jacob R Gregory & Melody L Gregory, Spofford, 2

Emory Harte Dougherty, daughter of Joseph H. Dougherty, Surry, 8

April 27, 2024

Alexander Woiciechowski, son of Valerie & Peter Woiciechowski, Rindge, 6.

April 29, 2024

Logan Tommila, son of Matt & Kelsey Tommila, Swanzey, 3

April 30, 2024

Paisley Fiset, daughter of Amber Young-Hagar & Tim Fiset Jr, Winchester, 8

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HANNAFORD'S BIRTHDAY CAKE

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Emory Harte Dougherty, Surry, 8

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River Mill Flutes Concert At the Keene Synagogue

River Mill Flutes will present a one-hour concert of music for flute quartet on Sunday, April 28th at 3 p.m. at Congregation Ahavas Achim located at 84 Hastings Avenue in Keene. Admission is free and all are welcome.

The four flutists (Julie Armstrong, Lisa Bryan, Rebecca Sayles, and Beth Anne West) will perform works by Vivaldi, Boismortier, Back, MacDowell, McMichael, Beethoven, Schocker, and Berthomieu. For more details, please call 603-313-9921.



Pictured (L to R) are Beth Anne West, Rebecca Sayles, Julie Armstrong, and Lisa Bryan.

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Red Day Food Drive For Feeding Tiny Tummies

Every May, Keller Williams (KW) agents, leadership members, and associates step away from daily business duties, proudly donning red KW gear, and venturing into the communities they serve with three goals in mind: renew, energize, donate. This year, Keller Williams Metropolitan Keene is collecting food for Feeding Tiny Tummies in an effort to fight against childhood hunger. Donations may be dropped off on Saturday, May 4th between 9 a.m. and 3 p.m. at the Keller Williams Metropolitan Keene office at 60 Island Street, Suite 3.

Widely known as "Red Day," this annual day of service took shape in May, 2009 in celebration of Keller Williams board member Mo Anderson's birthday. Fourteen years later, it continues to grow in momentum as the Keller Williams family unites under a shared commitment to philanthropy.

At the heart of Keller Williams' culture is its shared commitment to community service. The generosity of each team enables it to care for its own as well as its neighbors – no matter the magnitude of what is needed.

Keller Williams has poured its resources, the energy of its management and agents, and compassion into its communities in several ways: initiating service projects like building new homes from the ground up, gathering and distributing food to those who need it, organizing relief efforts when a natural disaster hits, and even spreading joy and raising funds as only KW can when life takes an unexpected turn. These are just a few of the community activities KW has conducted.

For more details, call the KW office at 603-352-0514.

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Why A Gravel Bike?

While the types of bicycles available may appear to be ever-expanding, bicycles are, in fact, moving toward a greatly consolidated offering capable of satisfying a wider variety of riding styles.

Since the late 1800s and the advent of the Safety Bicycle, road-style bikes dominated the industry. However, most were ridden on anything but roads. Before modern asphalt and concrete, all bikes were ridden on dirt, brick, and cobblestone. In other words, they were gravel bikes from the very beginning!

Today, far fewer cyclists ride on the road due to the prospect of tangling with distracted motorists. Instead, cyclists have migrated to mountain biking and trail riding where gravel bikes are the ticket.

Today's gravel bikes sport geometries and components similar to road bikes. One primary difference is the frames allow wider tires that run at lower pressures. These larger and more supple tires comfortably

absorb the inconsistencies of gravel as well as road potholes. Additionally, all gravel bikes can still run the traditional road tire widths, should skinny and hard suit your needs.

Further, the world's top professional road racers now rely on tire widths approaching those of gravel bikes and are finding significantly reduced road resistance, better aerodynamics, and more comfort.

Certain gravel bikes are available with suspension forks that allow riding on singletrack mountain trails. Additionally, E-Gravel bikes are now available to extend the length of your rides while offering additional and more consistent levels of fitness.

So, for all surfaces, other than the rockiest of mountain singletrack, the gravel bike is rapidly becoming the All-Road Bike uniting us all.

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Kool Wheels Family Fun And Safety Day May 4th

KOOL WHEELS, Continued from page 1

At Kool Wheels, children of all ages may select a new bicycle helmet from a wide selection (while supplies last). Trained helmet fitters will properly fit and adjust the helmet. They will also be able to choose a bicycle accessory from an assortment purchased for the event, and the Kiwanis Club will distribute Complete Child ID kits.

Children will also have a chance to speak to representatives from community organizations offering resources for children's health and safety.

Children may bring their bikes to the event for a safety inspection and tune-up by representatives from an area organization. They can also learn bicycle skills while completing a bicycle safety course.

Local mascots will be there: Ribby from the SwampBats, Fergus from the Cheshire Children's Museum and Deputy Dog from the Cheshire County Sheriff's Department

Comparison Insurance will have free giveaways for parents and children. Miller Orthodontic Spe-

cialists will have dental information to share. Ready for Kindergarten will have information for parents. Sunscreen products donated by Badger & Company will be available to take.

The Keene Police Department and Cheshire County Sheriff's Department will bring cruisers, and the Keene Fire Department will provide a fire engine so children can learn about these emergency vehicles. Cheshire County EMS will bring some ambulances as well as staff to do car seat safety checks.

Kids may bring a favorite teddy bear or doll for casting by the Orthopedic staff of Cheshire Medical Center/Dartmouth-Hitchcock Keene. This activity helps decrease future anxiety children might experience from injuries.

Every child who comes to Kool Wheels will be entered into a drawing for a new boy's and girl's bike. Additional raffle prizes from the SwampBats and the Cheshire Children's Museum will be available. Raffle drawings will be done at the end of the event and winners will be notified.

Children will receive a bag of healthy snacks to take home.

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Live Laser Pink Floyd Experience Comes To Peterborough

FLOYD, Continued from page 1

Echoes of Floyd has established itself as one of the most authentic and innovative Pink Floyd tribute acts, pleasing audiences with their faithful renditions of the band's timeless classics. The addition of a laser light show to their performance repertoire marks a new milestone in their mission to deliver immersive and unforgettable concert experiences.

Echoes of Floyd will take place at the Peterborough Town House on Saturday, April 27th, at 8 p.m. Doors will open at 7 p.m. Tickets are available at www.peterboroughconcertseries.com.

The Peterborough Town House is located at 1 Grove Street in Peterborough. A limited number of tickets can be purchased at Harlow's Pub at 3 School Street on the corner of Grove Street, in Peterborough. Early purchase is highly recommended, as tickets are expected to sell quickly.

CELEBRATE LOCAL

Bicycling Means Business – Plus A Whole Lot More

LOCAL, Continued from page 1



For last year's National Bike Day, Jen Risley rode her bicycle to West LA Brewery in Swanzey – a great place to rest and enjoy a local brew. Don't miss their outdoor seating in the back and check out their fun murals!

"When local communities invest in making bicycling safer and a real transportation option for more people, the return on investment is clear for individuals and society at large, from cost-savings on public health to small businesses' growth and more," said the League of American Bicyclists Executive Director Bill Nesper.

Cycle Along in May

Whether you ride for fun, fitness, or take essential trips to work or shop, be part of the movement for safer streets, connected communities, a healthier planet, and happier people. Mark your calendar and cycle along! National Ride A Bike Day happens May 5, Bike to Work Week will take place May 13 to 19, and Bike to Work Day is on May 17: bikeleague.org/events/bike-month.

"Bike to Good Fortune Jewelry & Pawn in Keene during May, and we'll give you a free Pocket Angel," shared business owner and AMIBA member Roger Weinreich.

Attend the Kiwanis Kool Wheels event at the Keene Recreation Center on May 4 from 10 a.m. to noon. Kool Wheels is a free family event where kids of all ages can select a new bicycle helmet (while supplies last) and learn about bike safety. Learn more at keenekiwanis.org.

Schools nationwide will celebrate Bike & Roll to School Day on May 8. Over 1000 schools will participate, calling attention to making routes to schools safer and kids more active. Discover more about Bike & Roll to School Day: walkbiketotoschool.org.

Enjoy a series of free guided bicycle tours along our state's picturesque rail trails called Tour De New Hampshire. Whether you're a seasoned cyclist or new to biking, organizers designed these weekly tours to celebrate the joy of cycling and showcase the natural beauty of New Hampshire's incredible rail trail system. Stay tuned for details at bwanh.org/tour-de-new-hampshire-guided-rail-trail-rides.

On May 18, enjoy The Tour de France town, a beautiful 25- or 50-mile marked course through Francestown and neighboring towns presented by the Francestown Old Meeting House. Registration fees include on-course rest stops and food and drink at the finish line. Register today at <https://www.bikereg.com/the-tour-de-francestown>.

Make Every Ride Count

Make your bicycle rides count by logging your miles in the Love to Ride app. This new app will help communities make better bicycle infrastructure decisions using real-time, crowd-sourced information. Rate your comfort

level all along your route. You may even win a prize! Download the Love to Ride app at lovetoride.net.

Celebrate Bicycle Friendly Businesses, Colleges, and Municipalities

The Bike League's Bicycle Friendly America program celebrates places that are more welcoming to people who bike. There are currently 480 bicycle friendly communities, 1480 bicycle friendly businesses, and 220 bicycle friendly universities. Locally, the City of Keene, Keene State College, Monadnock Food Co-op, and Keene Family YMCA received BFA designation. Congrats! View the complete database at bikeleague.org/bfa/award-database.

Stay tuned for updates at tlmonadnock.com/bicycle, and let's get rolling!

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

Plant to Plate

with Skip Smith

Cashews

Quick! Name the best-selling salad dressing in the United States. If you answered Italian, sorry, it's actually ranch. Created in 1954 at Hidden Valley Ranch (a dude ranch near Santa Barbara California), the popularity of ranch dressing is such that it's been paired with everything from Doritos to Domino's pizzas. There's even an entire restaurant devoted to ranch dressing in St. Louis, Missouri, where every item on the menu contains one of their 31 house-made ranch dressings.

While we have no plans to go to that extreme any time soon, we did create our own vegan ranch dressing using cashews, vegan mayo, onion, cucumber and dill. Why cashews? When it comes to smart food choices, cashews are rich in fiber, protein, and healthy fats. They contain a number of vitamins, minerals, and beneficial plant compounds that may promote weight loss, blood sugar control, and heart health. They also contain copper, which helps in the formation of blood cells, brain development, and immune system protection, as well as phosphorus, which helps maintain bone and teeth health.

All of that said, the pleasingly nutty taste of cashews makes them a perfect partner in our ranch dressing, which we serve with our Buffalo Cauliflower Bites, Buff-a-Flower Power Salad, BBQ Tempeh Salad and All Buffed-Up Mac Bowl.

Skip Smith is the owner of The Farm Cafe, located in the Toadstool Bookshop at 12 Emerald Street in Keene. He can be contacted at 603-354-3521. View the Farm Cafe menu online at farmcafe603.com.

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To enter, solve the word search. Hidden in the puzzle are 10 words from the ads on these pages that offer suggestions for Mother's Day gifts!

Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351. Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate! Deadline is Friday, May 17th.

Name _____

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Last month's winner was Garnet Guillow, who chose a \$50 gift certificate to New England Fabrics

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Creative Chesterfield Artisan Fair This Saturday

On Saturday, April 27th a free Creative Chesterfield Artisan Fair will be held at the Chesterfield Town Hall on Route 63 in Chesterfield from 10 a.m. to 2 p.m.

The event includes local artisans, crafters, bakers, and others with a selection of jewelry, baked goods, quilts, furniture, paintings, ornaments, cards, and unique gifts and decor.

Community Activities Fair At Fall Mountain

A Community Activities Fair will be held at Fall Mountain Regional High School on Tuesday, April 30th from 4 to 7 p.m.

sports, arts, and volunteer opportunities in the Fall Mountain district.

This event is free to attend and free to exhibit. Participants will learn about classes, social groups,

To register for a table (free), call Alice at 603-835-0006, Ext. 664 or visit bit.ly/sau60activities24.

Spring Trails Day In Goose Pond Forest April 27th

Volunteers are needed to assist with spring maintenance of the hiking trails within the Greater Goose Pond Forest (GGPF) on Saturday, April 27th at 8:30 a.m. Volunteers are encouraged to meet trail crew leaders at one of the GGPF's trailheads: South Trailhead on East Surry Road or the Old Gilsum Road Trailhead on Timberlane Drive. Leaders will instruct volunteers on basic trail maintenance and safety

while getting the hiking trails ready for summer use. Basic hand tools will be provided, but volunteers are encouraged to bring their own loppers, along with gloves, appropriate shoes and clothing, and water and snacks for roughly a couple hours. Registration is not required, but it is encouraged to guide volunteers to a specific trailhead to balance out the number of people in each crew.

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Monadnock Country Club – Challenging Greens, Breathtaking Scenery, Hub For Events And Celebrations

COUNTRY CLUB, Continued from page 1



Groundsman Steve Lennon (L) with Oscar Taylor out on the golf course at Monadnock Country Club.

"It was on the brink of closing down and the course was overgrown. The Colony reached out in April of 2022 to say that the course was going to close and asked if we would be interested in taking it over. We only had a few days to decide because it was already a late start to the season."

The first year of ownership for the Taylors was basically crossing off a to-do list of items that needed to be brought up to code at the club.

"I am glad that we dove in," adds Kate. "Because the people and members that we surround ourselves with make our lives much richer. Also, our kids get to come to work and now are learning the ins and outs of how to run multiple businesses. We are all learning together."

Golf

Whether immersing yourself in a friendly competition or connecting with other golf aficionados, Monadnock Country Club has the perfect manicured grounds to "get your golf on."

"My uncle Steve (Lennon) worked at an area golf course for almost 20 years, but when we took this place over he graciously came to work for us to make sure the course was getting all the proper attention it needed," says Kate, who feels blessed to have family and friends helping out at the club.

"The Monadnock Country Club is a hidden gem in historic Peterborough," says golfer Anne Morris. "The friendly atmosphere and well-maintained grounds make it a great place to enjoy the game of golf. I like to sit on the deck with friends and have lunch, or get a cold drink."

Golfer Craig Hoyt has this to say about his experience at the local club: "This is a short course of seven par threes and two short par fours, but don't be thinking it's easy. The new management has been making many changes that are improving playability. Enjoy the views and the wildlife while experiencing a friendly, low-pressure atmosphere."

"Monadnock Country Club is great for a quick nine holes," says golfer Sheena Baldwin. "The full bar and food options were a pleasant feature. They offer a variety of leagues for men and women and the rates are reasonable."

Leagues at Monadnock Country Club include a Women's Monday Night, Men's Tuesday Morning, Men's Tuesday Night, and Women's Thursday Morning. They also have a Spark League – the largest network of nine-hole social golf leagues played at more than 2000 courses across the US and Canada. Joining a Spark League is free. League rounds are available for purchase each week at any participating Spark League clubs.

Monadnock Country Club also offers Walking Wednesdays from 9 a.m. to 3 p.m. for a discounted rate of \$10 for greens fees, and a cart fee of \$12.

Local golf pro Dana Hennessey provides golf lessons, kids clinics, and more at this club. Golfers can set up memberships, rent a set of clubs or a golf cart, and pay for course rentals in the Club House. That's also where you'll find a variety of fresh homemade food and baked goods as well as drinks.

"My mother (Pam Levasseur) is an amazing cook and baker and we plan on utilizing her skill set more this year," says Kate. "We are going to have a bread and donut day every week where people can come in and grab the goodies of the day."

Event Hall

The function hall at Monadnock Country Club is perfect for whatever the occasion might be: weddings, anniversaries, birthdays, community events, celebrations of life, and more. This large space with a wood-planked ceiling, walls, and floor offers a warm, modern lodge ambiance complete with a fireplace (with fireplace seating), a bar, and a stage.

"We work with people to plan the perfect event so they don't have the stress of doing it all on their own – especially with weddings and celebrations of life; we make sure every detail is covered and you can walk into the event with no stress on your mind," says Kate.

"My mother left her job as a local chef to come here," she continues. "All of our catering is done in-house, and things are made from scratch, so when you have an event here you are getting a home-cooked meal where the rolls were made that morning."

Kate adds that she hears people rave about the food and the laid-back nature of how the staff helps them plan their events. "I want our food and hospitality to be the reason people keep coming back."

"I had my 40th birthday party at the function hall and everything was amazing," says Meredith Lyons. "Kate helped me plan ahead of time, was a really generous and kind planner throughout the event, the food was delicious, and the ability to make my playlist to share on the system was so convenient. Also, the price was super reasonable for what we got."

Lisa Stone says this about her experience working with Monadnock Country Club: "Over the past few years, we have had a great time here at special events – bands, St. Paddy's Day dinners, fundraisers, and more. The food is wonderful and fairly priced, the drinks are yummy, the staff is attentive, and the facility is clean and well-decorated. Kate and Bob are great hosts."

Kate says that since its inception Monadnock Country Club has been a place for the community, which she would like to continue by seeing the facility used for more community events. She enjoys working with people to plan charity functions as well and tries to do a few pro bono events every year.

"With customizable options and impeccable service, we ensure that your event will be a hole-in-one," Kate adds.

For more details, call 603-924-7769, email mccevents@gmail.com, or visit www.monadnockcountryclub.com.

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May 12th that special Sunday when we all gather 'round to celebrate the incredible women who brought us into this world – our moms! But where did this tradition come from, and why is it so important?

Well, let's wind the clock back to the early 20th century. Anna Jarvis was deeply devoted to her own mom, Ann Jarvis. After Ann's passing in 1905, Anna wanted to find a way to honor her mother's memory and all the sacrifices she made. So, she set out on a mission to create a day dedicated solely to expressing gratitude and love for mothers everywhere.

Fast forward to 1914, and thanks to Anna's tireless efforts, Mother's Day became an official holiday in the United States. But here's the kicker: Anna didn't want it to be just about buying flowers and chocolates (though those are nice too!). No, she envisioned it as a day for heartfelt gestures, like writing letters, spending quality time together, or simply saying "thank you" for all the love and support our moms shower upon us.

Now, let's talk about why Mother's Day is so important. It's not just about showing appreciation for the woman who raised us (although that's a big part of it!). It's also a time to reflect on the countless roles mothers play in our lives. They're our cheerleaders, our confidantes, our shoulder to cry on, and

our biggest champions. Whether they're biological moms, stepmoms, grandmas, aunts, or any other maternal figure, they deserve a day to be celebrated and pampered.

Think about all the times your mom has been there for you – from bandaging scraped knees to cheering you on at your big games, from late-night chats to early morning hugs. Mother's Day is our chance to give back just a fraction of the love and care they've shown us over the years.

But let's not forget that Mother's Day isn't just about our own moms. It's also a time to acknowledge and appreciate all the incredible women in our lives who have nurtured and supported us. Whether it's a mentor, a friend, a teacher, or a neighbor, let's take a moment to thank them for the impact they've had on our lives.

So, as Mother's Day rolls around this year, let's make it more than just another holiday on the calendar. Take the time to truly connect with the amazing women who have shaped us into who we are today. Whether it's with a heartfelt card, a warm hug, or a simple "I love you," let's show our moms just how much they mean to us. After all, they've given us the greatest gift of all – their love.

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Used Book Sale At Historical Society Of Cheshire County May 3rd To 11th



Historian and Executive Director of the Historical Society of Cheshire County, Alan Rumrill, is pictured sitting on boxes full of books that will be available at the Used Book Sale.

The 24th annual Used Book Sale at the Historical Society of Cheshire County is scheduled for Friday, May 3rd through Saturday, May 11th at 246 Main Street in Keene.

There will be around 5000 used books on hand for this popular fundraising event, with proceeds of the book sale going to support the historical society's

programs to collect, preserve, and communicate the history of Cheshire County.

For those who want first choice of the available books, a limited number of timed-entry tickets are available for the first day of the book sale, May 3rd. Prices range from \$35 for the first time slot, 10 a.m. to 11:30 a.m., to \$10 for the final time slot, 2:30 to 4 p.m. Each of the time slots on the first day will be limited to 12 people. Visit www.hscnh.org for tickets for timed entry. After the first day, there will be no charge for admission, and the public is welcome.

On Saturday, May 4th, the book sale will run from 9 a.m. to noon. Most books will sell for \$2 each, and a special selection of higher priced books will be available. From Tuesday, May 7th through Thursday, May 9th the book sale will run from 10 a.m. to 4 p.m., and most books will sell for \$1 each. On Friday, May 10th from 10 a.m. to 4 p.m., participants will be able to fill a bag of books for \$5. On the final day, May 11th from 9 a.m. to noon, people can fill a bag for \$1, and the higher priced books will be half off.

Book buyers will also be able to buy Alan Rumrill's new book, *Stoddard*, which was released in April 2024. The Historical Society's Museum Store carries a variety of items with connections to Cheshire County including books by local and regional authors.

HEALTHY KIDS DAY
 April 27 | 10:00 am - 4:00 pm
 Program Demos | Climbing
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"Lift Up the Word, Light Up the World"
Focused prayer accompanied by worship from area churches & ministries
Sponsored by FirstLoveWorks

Books And More Sale

An April Books and More Sale will be held at Westmoreland United Church at 9 South Village Common from 9 a.m. to 1 p.m. on Saturday, April 27th. The sale includes a huge selection of books, small appliances, canning jars, dishes, crock pots, kids outdoor sports equipment, and more.

Wednesday, Apr. 24
ARTS, MUSIC & THEATER

Jazz Ensemble 7:30-9pm. Main Theatre, Redfern Arts Center, Keene State College. Jazz Ensemble performs a wide range of genres representing jazz standards to other progressive pieces. \$12 general/\$7 seniors and youth. **603-358-2168.**

DINING PLEASURES

Adult Community Potluck Luncheon 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Bring salad, main course, or dessert to share. **603-352-6689.** www.office@swanzeyucc.org.

MISCELLANEOUS

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

Potato Palooza 10-11am. Keene Recreation Center, Room 14, 312 Washington St. Learn how to grow potatoes in a container. Leave with all the materials needed and potatoes that are ready to be put in your garden. This event includes a small registration fee to offset the cost of supplies, payable at the door. Room for 20 participants. Registration link contact Community Garden Connections: communitygardens@antioch.edu.

Thursday, Apr. 25
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.
Ashuelot Concerts Presents Heath Quartet: Bach, Haydn, Bosmans, Korngold String Quartets 11:30am. St. James, Keene. Family concert. Book tickets online at www.ashuelotconcerts.org.

LECTURES & WORKSHOPS

Getting Your Winks: How to Prevent and Resolve Insomnia 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.**

20th annual Bulldog 4 Fun Run/Walk
Saturday, May 11th 9am-12pm • Westmoreland School
 40 Glebe Rd., Westmoreland
4 Mile Fun Run/Walk at 9:30 AM
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Saturday, May 4, 2024 • 10 am - Noon
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 Thursday, April 25 11:30am - Family Concert @ St. James, Keene
 Friday, April 26 7:30pm - Stonewall Farm, Keene
 Book Tickets online: ashuelotconcerts.org

MISCELLANEOUS

Blood Drive 1-5:30pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. To make appointment call **800-733-2767.** www.redcrossblood.org.

Friday, Apr. 26
ARTS, MUSIC & THEATER

Dinosaur World Live 6:30pm. The Colonial Theatre, 95 Main St., Keene. Dare to experience the dangers and delights of Dinosaur World Live in this roarsome interactive show for all the family. \$29 - \$49. **603-352-2033.** www.the-colonial.org..

Ashuelot Concerts Presents Heath Quartet: Bach, Haydn, Bosmans, Korngold String Quartets 7:30pm. Stonewall Farms, 242 Chesterfield Rd., Keene. Book tickets online at www.ashuelotconcerts.org.

Faculty Jazz Trio 7:30-8:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. James Walker - Vibraphone George Robinson - Drum Set Steve Cady - Bass Featuring improvisation and original compositions for jazz combo. \$12 general public, \$7 seniors & youth. **603-358-2168.**

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.

FAIRS & SALES

Spring Rummage Sale and Flea Market 3-6pm. Federated Church of Marlborough, Community House, 160 Main St., Marlborough. Handicap-accessible.

MISCELLANEOUS

April...Casinos & More Adventure Limousine & Transportation. NY Brooklyn Botanical Garden. \$79 per person. **603-357-2933.** www.advlimo.com.

(Anti) Tick-Talk 5pm. Monadnock Food Co-op, 34 Cypress St., Keene. Strategies to reduce tick population in your yard and effective bite prevention tips. Raffle giveaway of 6 TheraCell Tick Tubes! Rachel Surprenant, ND: **603-803-6553.** info@nhnaturopathic.com.

Blood Drive 9am-1:30pm. Trinity Lutheran Church, 100 Maple Ave, Keene. To make appointment call **800-733-2767.** www.redcrossblood.org.

Saturday, Apr. 27
ARTS, MUSIC & THEATER

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

Flute Ensemble & Student Recital Laura Sandman 3-3:30pm. Alumni Recital Hall, Redfern Arts Center, Keene State College. \$12 general /\$7 seniors and youth. **603-358-2168.**

Heart of the Arts Gala Art Auction 6:30pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Purchase tickets (\$40 for one, \$60 for two), sign up to be a sponsor or a volunteer and find the silent auction slideshow at **603-532-6527.** www.bit.ly/3IZLEM1.

Peterborough Folk Music: "April Fools! By Buskin & Batteau and Friends" 7pm. Park Theatre, 19 Main St., Jaffrey. Second annual tour of multiple award-winning singer/songwriters David Buskin, Christine Lavin, John Forster, and Robin Batteau performing funny songs in-the-round. **603-318-9196.** www.pfmsconcerts.org.

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

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.

Another Tequila Sunrise 7:30pm. The Colonial Theatre, 95 Main St., Keene. Another Tequila Sunrise is the Live Eagles experience. \$20 - \$40. **603-352-2033.** www.thecolonial.org..

DINING PLEASURES

Taste of Spring 4pm. Claremont Opera House, 58 Opera House Square, Claremont. Sample an array of seasonal spring foods expertly crafted by local vendors and producers. The tasting experience will be enhanced with expertly paired wine and spirits curated by Vinilandia NH and Stone Fence Beverages. \$20 p/person. Kara: **603-542-4433.** boxoffice@cohnh.org.

FAIRS & SALES

Huge Yard Sale: Kiwanis of Peterborough 8am-1pm. Union Congregational Church, 33 Concord St., Peterborough. Hundreds of items: tools, kitchenware, furniture, home décor items, lamps, outdoor/sports equipment, LPs, CDs, DVDs, books, artwork and much more. Noon to 1 - all you can carry for \$10.

April Books and More Sale: Everything Kitchen 9am-1pm. 9 South Village Common, Westmoreland. Lots of items for the kitchen. Huge selection of new books including cookbooks. Small appliances, canning jars, sets of dishes, wine glasses, mugs, punch bowls with cups, mismatched dishes, crock pots and more. Kids outdoor sports equipment, (including 2 bikes). Vintage Vinyl albums. Priced to sell everything. Sally Albrecht: **603-313-5738.**

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Local vendors will be selling their locally grown and made goods. Fresh veggies, fruits, herbs, specialty products and much more. www.keenefarmersmarket.com/.

Spring Rummage Sale and Flea Market 9am-1pm. Federated Church of Marlborough, Community House, 160 Main St., Marlborough. Handicap-accessible.

Creative Chesterfield Artisan Fair 10am-2pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. Jewelry, baked goods, quilts, furniture, paintings, ornaments, cards, and more unique gifts and decor are available at this free event open to all. EDC@nhchesterfield.com.

FAMILY FUN

Healthy Kids Day 10am-4pm. Keene Family YMCA, 200 Summit Rd., Keene. A variety of family-friendly activities like program demos, climbing, gymnastics, gym games, and Zumba. This event is free and open to the public.

Things To Do In The Monadnock Region

EVENTS, Continued from page 18

LECTURES/WORKSHOPS

Folded Book Art Workshop: Kate Corr Frame 1-3pm. Hancock Town Library, 25 Main St., Hancock. If you can fold and tear paper you can make a fun paper sculpture! Materials will be provided. Class size is limited so register by **603-525-4411**. hancocklibrary@comcast.net.

Beekeeping Workshop with Charles Andros 1-3:30pm. 18 MacLean Rd., Alstead. Topics of discussion will be early spring management: locating apiaries, equipment, handling bees, feeding syrup and supplements, making nuclei, reversing, and requeening. Bring a veil. Registration required: **603-756-9056**. lindenamell@gmail.com.

MISCELLANEOUS

April...Casinos & More Adventure Limousine & Transportation. NY Turning Point Casino. \$79 per person. **603-357-2933**. www.advlimo.com.

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

Spring Trails Day 8:30am. Greater Goose Pond Forest. Volunteers are encouraged to meet trail

crew leaders at one of the GGPF's trailheads: South Trailhead on East Surry Road or the Old Gilsom Road Trailhead on Timberlane Drive. Leaders will instruct volunteers on basic trail maintenance and safety while getting the hiking trails ready for summer use. Keene Parks and Recreation Dept.: **603-357-9829**. kprinfo@keeneh.gov.

Birds of Prey: Tom Ricardi 11am-12:30pm. Northfield Mountain Visitors Center, 99 Millers Falls Rd., Northfield, MA. Tom's organization, The Massachusetts Bird of Prey Rehabilitation Facility, cares for injured birds and operates a successful captive breeding program. No registration required and all ages are welcome.

Sunday, Apr. 28

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.

Student Composers Recital 3-4pm. Alumni Recital Hall, Redfern Arts Center, Keene. Pieces are typically performed by fellow students, with occasional guest performances by members of the faculty. Student composers will be invited to talk about their music before each piece. **603-358-2168**.

River Mill Flutes Concert: Vivaldi, Boismortier, Bach, MacDowell, McMichael, Beethoven, Schocker, & Berthomieu 3pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene; free; open to public. **603-313-9921**.

MISCELLANEOUS

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

Tuesday, Apr. 30

FAIRS & SALES

Community Activities Fair 4-7pm. Fall Mountain Regional High School, 134 Fall Mountain Regional High School Rd., Langdon. Learn about the classes, social groups, sports, arts, and volunteer opportunities accessible to the Fall Mountain district. To register for a table, it's free - contact Alice: **603-835-0006 ext. 664**.

MISCELLANEOUS

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

Metal Detecting: Rob Phillips 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Presentation and slide show.

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Kitchen Gardens Yield Fun and Food

*The kitchen garden is the best of all gardens
— an old adage*

Simply put, a kitchen garden is a home garden in which vegetables and herbs may be grown to use for food. It's ideally accessible from the kitchen or a back door, to save steps when picking produce. It's small enough to be cultivated with a hand tool and just big enough to allow for a succession of plantings of greens and vegetables to be enjoyed at peak flavor. If you've never planted a garden before, it's wise to start small and increase the size as you gain experience. I've found that a kitchen garden not only provides fresh vegetables and herbs for daily meals during the growing season, it also lifts the spirits and adds to the pleasure and fun of cooking.

Now is the time to consider planting a kitchen garden, either in an existing space in your yard, in a raised bed or two, or in pots surrounding the patio or spot near the back door. Start with a few seeds for lettuce and other greens and perhaps some radishes. Tuck in a few favorite herbs that can be purchased already started in pots. Follow these shortly with some carrot, beet, and dill seeds. After the danger of frost is passed, set in one or two tomato plants and any other vegetables you use often. A good gardening book will give you information on how to care for the soil and answer any questions you might have about how and what to plant. This week, Cooking Corner shares some recipes for using spring vegetables and herbs in your kitchen, with the hope that you will soon have your own home-grown garden favorites to pick and enjoy.

Ingredients:
1/2 cup bread crumbs
1/2 cup walnuts, pulverized
1 tablespoon fresh thyme, dill, oregano or tarragon leaves (or mix several)
1 (8 oz.) log goat cheese
2 eggs, beaten with 1 teaspoon water, salt and pepper to taste
3 tablespoons walnut oil or olive oil
1 lb. baby spinach, washed, dried and chilled vinaigrette, your own or purchased

Mix together bread crumbs, walnuts, and herbs. Slice goat cheese into one-inch thick rounds. Dip each round into the beaten egg mixture, then coat with the bread crumb mixture. In a medium skillet, heat oil over medium heat. Carefully brown the cheese rounds on both sides; remove them as they turn golden and drain on paper towels. Toss the spinach lightly with a vinaigrette and place on individual salad plates. Spoon a bit of the hot pan drippings over the spinach and top each with a couple of cheese rounds.

Cucumber Salad

The combination of rice vinegar and dill with young cucumbers make this a very refreshing dish that goes with nearly everything, from grilled chicken to roasted vegetables.

Ingredients:
4 medium cucumbers
1/2 red onion
1/2 cup rice wine vinegar
2 tablespoons fresh dill, minced
salt to taste

Slice cucumbers and onions as thin as possible, either with a mandolin or by hand. Place in a medium bowl and add dill. Mix well and cover; refrigerate for at least 30 minutes. Season to taste with some salt before serving. Makes four servings.

Baby Carrots And Sugar Snaps

Young carrots and sugar snap peas are combined in a rich-tasting glaze for this spring side dish. Makes four servings.

Ingredients:
8 oz. baby carrots
8 oz. sugar snap peas (stringed if needed)
1 teaspoon butter
1/3 cup chicken broth
1/2 teaspoon cornstarch
salt and pepper to taste

Cook carrots in a saucepan of boiling water for two minutes. Add peas; cook until carrots and peas are crisp-tender, about two to three minutes longer. Drain and set aside. Melt butter in a large skillet over medium heat. Add vegetables; sauté to coat. Mix broth and cornstarch in a small bowl. Add to the skillet; sauté until vegetables are heated through and liquid thickens, about one minute. Season to taste with salt and pepper.

Grilled Baby Beets

Colorful beets are softened over the heat of a grill, then topped with an herby, raspberry glaze. An optional smear of goat cheese finishes the dish beautifully.

Ingredients:
1/3 cup seedless raspberry jam
1 tablespoon red wine vinegar
1 tablespoon fresh thyme leaves, plus more for garnish if desired
1 lb. baby beets, scrubbed and trimmed as desired
1 tablespoon extra virgin olive oil
1/4 teaspoon salt
4 oz. goat cheese, softened, optional

Preheat grill to medium-high. Combine jam and vinegar in microwave safe bowl. Microwave on high for 30 seconds and stir in thyme; set aside. Leave beets whole if smaller than one inch; if larger, cut into one-inch wedges. Toss beets in large bowl with oil and a bit of salt. Grill beets, turning occasionally, until slightly charred, about 10 minutes. Brush with half the raspberry glaze and continue to cook until tender, about five to 10 minutes more. Brush with remaining glaze and serve. Or, if desired, spread goat cheese on a platter and top with the beets and remaining glaze. Garnish with more thyme leaves, if desired. Serves four.

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.

Cooking Corner

with Nancy Adams



"Wilty Greens And Pease"

This is a revised recipe of a popular wilted lettuce dish recorded in Thomas Jefferson's records. Wilted lettuce salad itself likely came from Eastern Europe, since there are versions of it in France, Poland and other countries. It then probably traveled to America with immigrants, with Southerners putting their own spin on wilted lettuce. Serves four to six.

Ingredients:
1/4 cup chicken stock
1 1/4 lbs. fresh peas, shelled
6 ounces Bibb or Boston lettuce, cut in two-inch pieces
2 tablespoons minced chives or finely cut scallion tops
1 teaspoon butter
freshly ground black pepper
mint sprigs for garnish

Place stock in bottom of small saucepan. Add peas, lettuce and chives; cover and cook over low heat until peas are tender, two to four minutes. Add butter and several grinds of black pepper; garnish with a sprig of mint. This is nice served with broiled fish or a chicken sesame Asian-style dish.

Spinach, Herb, And Cheese Salad

A perfect light meal in itself, or serve it as an appetizer followed by an entree of fish or chicken. Makes four to six servings.



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What Kind Of Stones?

More and more people are paying attention to how the food they eat has been treated. Is this tomato local, or was it grown and shipped from far away? Are the eggs from free range chickens and my milk from cows that can roam around outside? Do the lemons and oranges have colored dye on their peel to make them look 'perfect'?

There is one important planetary family, however, that is often ignored in these considerations. And that is the rock and stone family. So, in this article I want to raise some questions about how some of the crystals and stones we may purchase have been treated.

But first, let me share with you a story. Seven years ago, a Q'ero shaman from Peru was visiting this area, offering Q'ero initiations and healing sessions. I signed up for the latter. I was instructed to bring along a heart stone.



Healing Perspectives
with Skye Stephenson

On the day of this session, I was heading out my house when I suddenly recalled that I was supposed to bring a heart stone along. So, I went inside and grabbed the first stone that called out to me. It was a stone I had pulled up from the Dead Sea in Jordan, during a trip there. My foot had stubbed it underwater and I sensed it wanted to come with me.

When I arrived to the Q'ero session, the initiations were still going on. Since I know Spanish, I offered to help with translation, if needed. The host asked me to assist a woman who had come from Canada for an initiation. I agreed.

The Q'ero shaman asked her for her heart stone. The woman immediately produced a beautiful, large, and obviously expensive rose quartz specimen. It was something she had surely purchased in a store. She seemed quite proud of it. In crystal healing book, rose quartz is typically cited as the ideal heart stone.

The Q'ero shaman told me, in Spanish, that what the woman had was not an appropriate heart stone. This surprised me, but I translated his comment nonetheless.

Then the shaman asked for my heart stone. I was a bit embarrassed, since he had summarily rejected hers. I showed him the greyish stone I had brought along, sheepishly. His face lit up. "That," he said, "is a heart stone. It is shaped like a heart" (which it was, actually).

Shamans and healers in many indigenous cultures around the world prefer found stones for use and practice. By this I mean stones that have either come to you, or that you have gone searching for and find on your own.

Which circles back to crystals and stones purchased from stores or fairs or whatever source. Do you know how that stone or crystal was mined? Was it done so in a respectful way, or clawed out of the earth for commercial purposes solely? What part of the world is it from, and how are the miners treated there?

For instance, Brazil is a popular site for rose quartz. I have personally seen well-heeled Brazilians with vats upon vats of stones at the famous Tucson Gem and Mineral Show. I have also personally seen the living conditions and treatment of many Brazilian miners who often toil without any insurance, job security, and such. Some count themselves lucky to have three full meals a day.

Another such question about the treatment of crystals and stones is how the specimens are treated after they are extracted from the ground. Increasingly, many types of crystals are enhanced through various means – including heat, dying, and even, in some cases, radiation. In some ways, this is not that different than dying lemons to look better commercially.

And while irradiated food, ostensibly, is safer and not radioactive after treatment – the same may not be true for crystals such as blue topaz that are commonly subjected to radiation and heat to make their color that blue we associate with blue topaz.

A few years ago, I purchased a specialized type of pendulum that can detect both positive and negative energy vibrations in all the color spectrums. The most noxious negative energy was called 'negative green.' When I used the instrument on a golden topaz I bought

years ago in Salvador, Brazil, it did not spin. But when I used it on a blue topaz purchased at the same store, on the same day, it began to spin like crazy.

That made me realize so clearly that how we treat a crystal or stone affects its energies, and may affect us as well.

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

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Chair Yoga Workshop In Keene Thursday, May 9th

Cheshire Medical Center will host Chair Yoga workshop with Betty Christiansen on Thursday, May 9th from 4 to 5 p.m.

Chair Yoga is a gentle form of yoga practiced sitting in a chair or standing and using a chair for support. As with other forms of yoga this exercise helps to reduce stress, and to improve balance, strength, and flexibility.

This is an ideal class for someone who may be uncomfortable getting onto the floor or doing traditional methods of movement. Attendees may have no experience with yoga or have attended chair yoga before.

Presenter Betty Christiansen, Certified Yoga Instructor, is a well-loved presenter for Community Health Education Programs and has been teaching Chair Yoga for many years. Her calming disposition and awareness of participants' needs helps create an environment where anyone can feel included and empowered.

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 in this paper.

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National Day Of Prayer In Keene Thursday, May 2nd

The first Thursday of May is set aside by Congress as a National Day of Prayer and takes place in cities and towns in every state throughout the United States.

The third annual National Day of Prayer gathering in Keene will be held at the Salvation Army at 15 Roxbury Plaza on Thursday, May 2nd from 6:30 to 8 p.m. The 2024 theme is Lift Up the Word, Light Up the World, based on the verses found in 2 Samuel 22:29-31: "For You are my lamp, O Lord, and my God lightens my darkness. For by You I can run against a troop, and by my God I can leap over a wall. This God – his way is perfect; the word of the Lord proves true; He is a shield to all those who take refuge in Him."

This gathering will include worship led by different groups of musicians from area churches and ministries, with prayer interspersed. It will be a great opportunity for the area Christian community to pray together and enjoy worshipping with different styles of music.

Award-Winning British String Quartet To Perform In Keene Friday, April 26th

This Friday, April 26th at 7:30 p.m., Ashuelot Concerts will present the Heath String Quartet at Stonewall Farm in Keene in a program of Bach, Haydn, Bosmans and Korngold.

Winners of the Gramophone Chamber Music Award and the Royal Philharmonic Society's Young Artists Award, the Heath Quartet regularly appears at prestigious concert halls around the world such as London's Wigmore Hall, Hamburg's Elbphilharmonie, and Berlin's Pierre Boulez Saal. They have recorded albums for Harmonia Mundi, Wigmore Hall Live, and Signum Classics.

"It is an honor to bring the Heath Quartet to Keene," says Artistic and Executive Director Nicholas Burns. "We first heard them perform in 2007 and have admired their passionate and intelligent music-making ever since."

Ashuelot Concerts anticipates the concert will sell out quickly so book online in advance to avoid disappointment. Tickets are \$30 and can be booked at www.ashuelotconcerts.org. Young adults, ages 18 to 30, can attend for \$10 and children for free. Stonewall Farm is located at 242 Chesterfield Road.



The Heath String Quartet will perform at Stonewall Farm in Keene.



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