



Artists Around Monadnock: Two Tours Exhibit In Jaffrey



Mountain View, oil, Joe Carracappa (MA-FDAC)

Artists Around Monadnock: Two Tours, an exhibition of the arts by local artists and artisans who reside and work in the Monadnock region, will be held at the Jaffrey Civic Center from May 4th through June 15th.

An Artists Reception will be held on Thursday, May 9th from 5 to 7 p.m. and is open to the public. Refreshments will be provided.

Exhibiting artists, who will participate in two Open Art Studio Tours over Columbus Day/Indigenous Peoples weekend this year, are members of the Monadnock Art/ Friends of the Dublin Art Colony Open Studio Art

Tour (MA/FDAC) and members of the Fall Foliage Art Studio Tour (FFAST).

The exhibition will showcase two-dimensional and three-dimensional art, and will include painting, sculpture, ceramics, glass, jewelry, wearable art, furniture, and decorative arts. Artworks will be installed throughout the Jaffrey Civic Center building in all galleries and display cases.

In 1995, The Friends of the Dublin Art Colony was organized by a small group of artists to pay tribute to turn-of-the-century artist members of the Dublin Art Colony.

EXHIBIT, page 21

Circus Springboard Show Features America's Next Generation Of Circus Artists

Redfern Arts Center Saturday, May 11th

The New England Center for Circus Arts (NECCA) presents its Circus Springboard show featuring America's next generation of circus artists, aerialists, and acrobats through the powerful storytelling of theatrical circus.

The performers are soon-to-be

graduates of NECCA's three-year professional training program; this show is the culmination of their study and development as performers and artists.

For more details or tickets, visit https://keene.universitytickets.com.

Butterfly Release In Honor Or Memory Of Loved Ones

The 13th Annual Butterfly Release to support Home Healthcare, Hospice and Community Services (HCS) will be held in June. Butterflies are released in honor or memory of loved ones. This event will be held on three dates. It is open to the public and all are welcome.

Now is the time to order butterflies for the event. Order by Friday, May 10th at HCSservices.org/shop, then release a butterfly in honor or memory of a loved one.

HCS is collaborating with Cathedral of the Pines at 10 Hale Hill Road in Rindge to hold a Butterfly Release event on Thursday, June 20th from 3 to 6 p.m.

They are offering additional Butterfly Releases at Butterfly Park at 320 Marlboro Street in Keene on Friday, June 21st and Saturday, June 22nd from 10 a.m. to 1 p.m.

For more details, contact events@HCSservices.org or 603-352-2253.

Wunderkind Marketing ~ Helping Businesses Grow With Comprehensive Digital Marketing Strategies

By Lori Catozzi Cook

There are many substantial benefits to hiring a digital marketing agency like Wunderkind Marketing in Keene. These dedicated marketing professionals stay ahead of all trends and changes that happen in the digital world to help your business expand its growth. They understand the media mix that is needed according to the customer's brand and the target audience to provide strategic guidance and clarity to their clients. And most importantly, the team takes care of all marketing and advertising so business owners can put their entire focus on running their businesses without worry.

The results-oriented staff at Wunderkind Marketing are made up of highly qualified marketing professionals who love what they do, and above all, believe in their work.

"At Wunderkind, we understand the unique challenges faced by small businesses in today's digital landscape," says owner Jan Ziegler. "That's why we specialize in providing comprehensive digital marketing solutions tailored specifically to your business needs. We are dedicated to developing and implementing effective strategies that will drive growth and success for your business."

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Wunderkind Marketing owner Jan Ziegler and his results-oriented staff are dedicated to developing and implementing effective strategies that will drive growth and success for your business.

The Weight Band Performs In Keene Friday, May 10th Featuring Members Of The Band, Levon Helm Band



The Weight Band – featuring members of The Band and the Levon Helm Band

The Weight Band – featuring members of The Band and Levon Helm Band – will make a tour stop at The Colonial Theatre on Main Street in Keene on Friday, May 10th at 8 p.m. The group will perform classics of The Band as well original songs from their

new album, *Shines Like Gold*, which is said to represent a sublime example of masterful roots musicians at work.

Composed of band leader and renowned guitarist Jim Weider (The Band, Levon Helm's Midnight Ramble Band, Jim Weider Band), keyboardist Brian Mitchell (Levon Helm's Midnight Ramble Band), bassist Albert Rogers (Jim Weider Band, Jimmy Vivino), drummer Michael Bram (Jason Mraz), and keyboardist Matt Zeiner (Dickey Betts), this veteran quintet shares a deep appreciation and knowledge for this music, which Weider describes as the "Woodstock Sound."

The Weight Band originated in 2013 inside the famed Woodstock barn of Levon Helm. Weider was inspired by Helm to carry on the musical legacy of the Rock and Roll Hall of Fame group. The band presents a dynamic set of classic Americana that draws upon roadhouse rock, funky swamp pop, blues, country soul and folk music.

For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

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**PET OF THE WEEK**  
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**Moe**

Woof! Hi there, I'm Moe, and I'm here to tell you why I'd make the perfect furry companion for you! I'm always ready for a good snuggle or a game of fetch. But hey, I have a confession to make – I'm not so great with other dogs. I prefer to be the one and only pup in your life. Cats and small animals? I have a chasing habit, so it's best if we keep our distance.



Now, let's talk about my favorite thing ever – walks! I gotta admit, I can get a little too excited and pull towards stuff that catches my eye. That's why I rock a harness; it keeps me in check and lets us both enjoy our strolls. I thrive on outdoor activities, whether it's hiking, running, or just lounging in the sun. Outdoor adventures are my jam! But hey, I'm not all about playtime. I've been working hard on my manners at shelter dog training class. I've mastered sit and lay down, and I'm super motivated by treats. Plus, I'm house trained and I've got this cool crate that I love to chill in when I need some me-time.

One thing you should know about me – I'm not a fan of loud noises. They make me a little nervous, so I might shy away from them. But hey, who needs loud noises when you've got tennis balls to fetch, am I right? If you think I may be the right fit for your family, come down and meet with me.

Moe is a two-year-old male German Shepherd mix.

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

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**Fibromyalgia: The Invisible Illness**

You wake up some days and can't get out of bed. Most evenings the pain is so intense you can't even make dinner for your family. The exhaustion takes over and covers you like a heavy blanket. And, of course, depression hits: you can't clean your house or play with your kids. You wonder if you're any good to anybody like this.

This is life with Fibromyalgia.

And it was everyday life for Kelly M. of Wilton, New Hampshire.

**"I would spend my days in bed as the pain traveled to different parts of my body. Often it would feel as though bugs under my skin - a sensation that I wouldn't wish on anyone. I knew my family needed me. It was devastating to disappoint them day after day because I didn't feel well," shares Kelly.**

Fibromyalgia is a complicated and chronic condition that disrupts the lives of over 4 million people in the U.S. Because of inconsistent and all-encompassing symptoms, fibromyalgia remains one of the most difficult conditions to diagnose and treat. Ultimately, it becomes a diagnosis of exclusion. Scans show nothing, tests come back inconclusive, and your questions don't have answers so the doctors diagnose you with "fibro."

A majority of practitioners will recommend anti-inflammatory diets, increasing your intake of magnesium, or prescribe prescription medications that come with a slew of uncomfortable side effects. All of

these are temporary fixes that are masking the symptoms rather than fixing them.

All the doctors and specialists I met with couldn't offer me a real solution. Some even told me that my pain was all in my head. I had never I felt so defeated and dismissed. I started doing my own research - reading articles that told me to go gluten-free and eliminate toxins, even in my face wash. I did all of it and didn't find much relief. However, I was having such a hard time focusing and concentrating. I'm not entirely confident in anything I did."

Kelly's story is not uncommon for those suffering from fibromyalgia. The pain is inconsistent and unrelenting. It causes debilitating chronic fatigue and brain fog - something the afflicted not-so affectionately refer to as 'fibro fog.' There are a few suggested causes for fibromyalgia including genetics, infections and physical trauma. Because so much about this disease is still unknown, fibromyalgia is often referred to as the 'invisible illness.'

Until now!

**"I saw something in the paper featuring Kate McCarthy and her work with Fibromyalgia. At this point, I was willing to try anything. And thank God I did. Going to Monadnock Acupuncture Center has allowed me to go from just surviving daily to actually thriving!" Kelly tells us.**

**"Since starting treatment, I went from not being able to cook dinner for my family to cooking for my daughter's entire graduation party and playing on the slip-n-slide with two dozen teenagers. I was even able to go visit my mom for the first time in two years! Before, I was unable to make the drive because it put me in too much pain."**

And why do Kate McCarthy, Licensed Acupuncturist and the staff at Monadnock Acupuncture have a 90% success rate in treating Fibromyalgia? "In addition to acupuncture, which has been used to treat pain for thousands of years, we use ATP Resonance BioTherapy®," Kate explains, "It's a cutting-edge technology that targets specific tissues in the body. We have protocols for a myriad of chronic conditions from neuropathy to tendonitis. We can even target the pain and inflammation caused by fibromyalgia."

By combining years of experience, the time-tested science of acupuncture, and modern medical solutions like ATP Resonance BioTherapy®, Monadnock Acupuncture Center gives much needed relief to those suffering with fibromyalgia and other complicated, chronic conditions.

Because Kate McCarthy, Lic. Ac. designs personalized treatment programs for each of her patients, an initial consultation is required in order to receive treatment. To learn more, visit [monadnockacu.com](http://monadnockacu.com) or call (603) 784-5664 to schedule today.



### Dance Features "Playing Possum" Band This Saturday

Monadnock Tri-State Dance Club will hold a dance on Saturday, May 4th at ELMM Memorial Community Center at 21 Durkee Street in Winchester. The dance will feature live music by Playing Possum. There will be free refreshments, a 50/50 raffle, and all are welcome. For more details, call Rich at 603-398-8539.

### Project Linus Make A Blanket Day May 4th

On Saturday, May 4th all are invited to Make a Blanket Day at the First Congregational Church at 6 Payson Hill Road in Rindge from 10 a.m. to 2 p.m. Attendees will be making single-layer polar fleece blankets to be donated to Project Linus. Demonstrations on how to make crocheted-edge, braided, or fringed-edge blankets will be ongoing throughout the day. Bring sharp scissors and material (1 1/2 to 2 yards fleece), or for a donation pieces of polar fleece will be available. No sewing skills are required. Lunch will be provided and participants can win a free door prize.

### Drawing Community: Creating Comics From Shared Stories At Chesterfield Public Library

Presenter and cartoonist Marek Bennett will visit the Chesterfield Public Library to share lessons from his award-winning work on graphic novels and web-comics on Saturday, May 4th at noon. Through sample artwork, historical source materials, and live cartooning demonstrations, this program looks at how collaborative cartooning – drawing together – helps explore identities, share perspectives, and deepen connections in communities.

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### Keene Mineral Club Auction Sunday, May 5th

The Annual Keene Mineral Club Auction will be held on Sunday May 5th at 1:30 p.m. at MC2 Charter School at 310 Marlborough Street, Suite 115. This auction – both live and silent – includes minerals, gems, fossil specimens, and associated collecting tools and lapidary items. Note: Park in the street or lot to the left side of the building as there is a risk of being towed otherwise.

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**Round It Up Donation Drive Launched For Monadnock Farm And Community Coalition**

The Monadnock Food Co-op at 34 Cypress Street in Keene will launch a month-long Round It Up Donation Drive to benefit the Monadnock Farm and Community Coalition (MFCC) in May. This donation program empowers shoppers to positively impact their community by rounding up their change to support local non-profits and initiatives that align with the co-op's mission.

"Since 2013, MFCC has brought hundreds of community members, public health advocates, farmers, farm service and non-profit organizations together throughout the year to build connection between our communities and local farms. The Monadnock Food Co-op and MFCC are integral to a healthy, equitable, and sustainable local food system – one markets local products, the other cultivates action and projects that continually strengthen our food system. We are very grateful for the support, collaborations with, and leadership provided to us by the co-op over the years," says Roe-Ann Tasoulas, executive director of Monadnock Farm and Community Coalition.

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**ConVal High School Students Show Artwork At Peterborough Library**

The Peterborough Town Library, located at 2 Concord Street, has an exhibition of artwork by ConVal High School students. No Egrets: Artwork by a flock of ConVal High School Students will feature artwork created in the 2D Studio Art, 3D Studio Art, and ceramics classes taught by Karrie Mitschmyer, Ben Putnam, and Carolann Tebbetts. This exhibition is running in conjunction with the Children and The Arts Festival on May 18th and is based around the 2024 theme "Birds of a Feather."

The opening reception will be held on First Friday, May 3rd from 5 to 7 p.m. with the exhibit on display through Friday, May 31st.

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**Wunderkind Marketing ~ Helping Businesses Grow With Comprehensive Digital Marketing Strategies**

MARKETING, Continued from page 1

Whether you're looking to enhance your online presence, reach a wider audience, or boost your sales, we have the expertise and knowledge to make it happen."

**Websites**  
 Businesses need to be able to make a great first impression, and they do this by making sure their website design is usable, accessible, and pleasing to the eye.

"A well-designed website captures the attention of new visitors while providing intuitive navigation for all users across all devices," says Ziegler. "We work with you to map, build, design, and launch a website tailored to your needs and preferences."

Hosting options to ensure that a site is backed up, secured, and expeditious are offered at this locally owned and operated business, as well as additional monthly development for basic maintenance such as swapping photos, editing images, updating pages, and more.

"I was very impressed with how Wunderkind Marketing redesigned my website," says Joseph Stanley. "They didn't just enhance its appearance, but also its practicality, creating a very user-friendly experience."

"I was amazed by the expertise and results delivered by Wunderkind Marketing," says another satisfied client, Richard Livingstone. "Their approach to my small business's web design was not only creative but also strategic, ensuring it was optimized for my target audience. Their team is responsive, detail-oriented, and passionate about delivering success. Wunderkind Marketing is truly a partner in growth."

**Search Engine Optimization (SEO)**  
 Your brand or business needs to be search engine-friendly on any platform. The better visibility your pages have in search results, the more likely you are to be found and clicked on. Content, site speed, structure, and layout are all vital to SEO.

"Discovering Wunderkind Marketing has been a game-changer for my small business," says Stuart Little. "Their team expertly revamped our website, making it not only visually appealing but also user-friendly and optimized for search engines."

"Do you know everywhere your business information appears online? That's okay, we already know the answer," says Ziegler. "The consistency of your name, address, and phone number everywhere it shows up impacts how customers are able to engage your business. Let us do the dirty work of finding, claiming, and managing your business information

in every corner of the web. Our team runs extensive audits of your website, your online listings, and your competitors before developing a unique plan to prime your website for success."

**Social Media Management**  
 Wunderkind Marketing offers a customized social media strategy. "Using this approach, we assess both your competitors and the broader landscape of your industry," Ziegler says. "We formulate your content strategy, pinpoint opportunities for growth, conduct an evaluation of your current tactics, and establish achievable goals that we will strive to accomplish."

This marketing agency can monthly showcase the growth of your accounts, highlight your top-performing posts and why they performed so well, and outline a strategy of what they'll do moving forward to continue on the upward trajectory that they are on.

"Wunderkind Marketing's prowess in web design and social media management has been instrumental in the growth of my boutique store," says Mitchell Johnson. "Their personalized approach meant they truly understood my vision and translated it into an online experience that resonates with my audience. Their strategic use of social media has not only increased my followers but also driven up sales. The team's dedication, creativity, and innovative strategies are why I will continue to trust them with my digital marketing needs."

**Search Engine Marketing**  
 As search engines are becoming the primary way people find products, a strong search engine marketing strategy – like what Wunderkind Marketing can provide its clients – is becoming even more essential for a business's success.

"Search engine marketing at Wunderkind lets you deliver targeted ads to your audience on Google search results pages," says Ziegler. "Through optimized ad copy, simple and direct messaging, and collaboration with your team every step of the way, we bring qualified users straight to your online storefront."

**Additional Services**  
 Other services at Wunderkind Marketing include branding, graphic design, photography, and videography. "Our team can turn your mission, values, and goals into stunning designs that speak to your customers," Ziegler adds.

For more details or to set up a free consultation, call 202-209-6427, email [hello@wunderkind-marketing.com](mailto:hello@wunderkind-marketing.com), or visit [www.wunderkind-marketing.com](http://www.wunderkind-marketing.com).

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## The 603 Nail Salon Opens In Jaffrey

With 10 years of experience in the art and craft of nail care, owner and operator Christine Eber is opening The 603 Nail Salon at 28 Peterborough Street in Jaffrey on May 1st. The salon is located on the right at the back of the Athens Pizza building.



Christine Eber

As far as manicures go, Eber offers unique nail art. Some of the techniques and materials she uses are gels, dips, acrylic, French, refills, full sets, and nail repair.

For those interested in pedicures, Eber has a state-of-the-art massage chair to make the experience all that more enjoyable. She does pedicure spa treatments, heel treatments, and hot stone massage.

The salon hours are Tuesdays through Saturdays from 10 a.m. to 6 p.m. Services are by appointment although walk-ins are welcome if Eber is available.

For more details, reach Eber and The 603 Nail Salon at 603-603-NAIL (6245) or via email at the-603nailsalon@gmail.com.

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

## 100+Women Who Care Meet In Keene

The next meeting of 100+Women Who Care-Cheshire County will be held on Monday, May 6th from 6 to 7 p.m. at the Monadnock Covenant Church at 90 Base Hill Road in Keene. Refreshments and socializing will be held from 5:30 to 6 p.m.

100+Women Who Care meets for one hour, four times a year. Each member commits to donating \$50 per quarter. For more details, visit [www.100pluswomencheshirecounty.com](http://www.100pluswomencheshirecounty.com).

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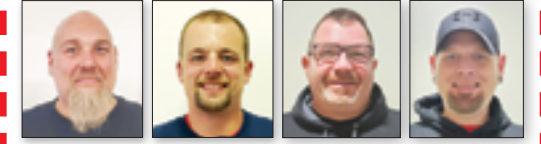
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## Rummage Sale Happening At Dublin Community Church Friday And Saturday

The Dublin Community Church will be holding a Rummage Gift of Thrift Sale on Friday, May 3rd, and Saturday, May 4th.

A wide variety of items will be available, including clothing, outerwear, linens, housewares, toys, jewelry, art and frames, books, handbags, tools, and sports equipment. There are no fees, only contributions.

Sale hours are Friday, May 3rd, 9 a.m. to 5 p.m., and Saturday, May 4th, from 8 a.m. to 11 a.m. Dublin Community Church is located at 1125 Main Street in Dublin.

## Gemmo Forest In Keene Invites Community To Land Blessing Event Saturday, May 4th

Gemmo Forest – a 12.5 acre experimental permaculture farm in Keene that grows plants, trees, and shrubs for their medicinal benefits – will host a Land Blessing and Community Gathering on Saturday, May 4th from 2 to 4 p.m. at 136 Hurricane Road.

As Gemmo Forest embarks on its second planting season, this event marks a pivotal moment to invoke blessings upon the land, fostering growth, vitality, and harmony.

Participants will join in ceremonial first plantings, a walk around the land, and engage in conversations with members of The Gemmo Board.

“We are thrilled about this opportunity to welcome interested community members onto the land and share our vision for the Gemmo Forest,” says Lauren Hubele, founder and board chair.

For more details, visit [www.gemmoforest.com](http://www.gemmoforest.com).



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# 'Beyond The Ordinary' – Art Exhibit By Former Students Of The Pulidos

An exhibit featuring the paintings of former students of Numael and Shirley Pulido will be held at the Hancock Town Library May 11th through June 19th. There will be an opening reception Saturday, May 11th from 2 to 4 p.m. Approximately 15 students who studied classical



Cali, by Caleb Massin

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painting with the Pulidos will showcase their own artwork. The exhibit 'Beyond the Ordinary' is a visual testimony to the continuing momentum of the Pulidos' teachings, and the gifts they shared.

Numael and Shirley Pulido lived simple lives so they could be more free to embrace their greater quest of creating art. They lived almost 50 years in a small house in Hancock and painted, as Shirley once described "... in complete obscurity." They also taught lessons and conducted workshops in a studio behind their house. They built a following of dedicated students who were with them for a long time. The Pulidos passed away peacefully in their Hancock home, Shirley in 2020, and Numael in 2022.

Many of their students, now recognized and acclaimed artists in their own field, formed close and lasting bonds with the Pulidos and each other. Students of the Pulidos acquired much expertise in classical painting, but as Numael reflected on his thoughts about teaching, he possibly gained as much as he gave: "... to come in contact with people that you wouldn't have otherwise; with talents that you might have not approached otherwise. You learn that one of the most exciting things is to teach something to somebody, and then to see them take that and transform it in their own way, and come out with something completely unexpected that teaches me something."

Exhibits can be viewed in the Daniels Room of the Hancock Library during regular library hours. Call the library at 603-525-4411 before visiting to ensure no special events are scheduled.

## Keene Lions Club Recognized For Community Service

The Keene Lions Club was recently presented with the Club Excellence Award for its 2022-2023 fiscal year from Lions Club International. This award recognizes Lions Clubs across the globe that excel in the areas of membership, service, leadership and organizational excellence, and marketing.

The Keene Lions Club worked diligently last year to improve and grow its community service projects. The club continued most of its staple events like its roadside clean up initiatives, held eyesight screenings for over 2,800 students in the community, and raised over \$12,000 in its Walk for Sight and Diabetes, which helps fund eyeglasses assistance and diabetes camps.

In addition, the club added new initiatives like School Survival kits for school staff at the beginning of each school year, a winter snow pants drive for students who need warm clothing, and an annual Summer Show, which is part fundraising, part community building effort.

## Main Street Keene Named Among America's Most Charming Main Streets

A poll of travelers recently determined the 100 most picturesque main streets in America with Main Street Keene chosen as #80.

America's main streets are more than just shopping destinations – they are vibrant hubs of community and tradition, with local butchers and bakers creating a fabric of personal connections and local economies. However, as the retail landscape continually evolves with the influx of more malls and online shopping, these cherished mainstays continue to face competition that could dictate their survival.



# No Mow May

It's May, and the garden chores are building up. We want to get everything done before the black flies emerge. Well, they are here, but not too bad yet. However, one task that you won't have to do is mow this month – or at least reduce your mowing to every two weeks.

So as you may know, No Mow May is a popular trend that started in Great Britain. During May, one doesn't mow the lawn to benefit the pollinators and increase the diversity, especially important in urban and suburban areas.



**Woods and Gardens**  
with Allison Kerwin

We, too, can “not mow” even here in rural areas to increase diversity. The beautiful dandelions are a huge food source for all bees, native or not, as is white clover. Leaving these food sources is vital to the survival of the pollinators. And think about it, most of our food comes from plants that need pollinators. There are apples, peaches, strawberries, and many more fruits, and in the vegetable world peppers, tomatoes, and cucumbers to name a few.

If we don't give the bees a leg up when food sources are not plentiful, the rest of the food chain will suffer. Not mowing for just a month is really just 31 days, but if it is really disturbing you, then set your mower deck high so the flowers are left, and a little bit more habitat is left. Just think about it, please.

While you aren't mowing, you will have time to enjoy other garden tasks, like getting out and planting flowers and vegetables.

Last Friday was Arbor Day, so plant

a tree, if not for you, for the next generation. If you plant a shade tree now, you may not be able to sit under it and reap its benefits, but future generations will be able to. Or plant some flowering trees, or tree species that will feed the birds with its fruit. It is a win-win for all of us.

Just remember to read the label so you know how large the tree is going to get. Those trees that are in two gallon pots might mature to 50-plus feet, and it might seem a bit odd to plant a little tree so far away from the house, but in 10 or 20 years, that tree just might be too big for that spot, and then it might have to be moved, or removed. All nursery material will have a tag on it that will give you the hardiness zone, the height and width, and planting instructions, or get information online if the tag is missing.

Clean up is beginning in the gardens. Don't send your yard waste to the dump unless it is diseased, but find a little corner where you can have a compost pile. Put your sticks and limbs in a pile off to the side for habitat, and compost your green waste. When you do finally mow and catch your lawn cuttings in the trap, add those to the compost. You will be amazed how hot it gets and how quickly it will break down, especially if you add some brown matter to it for air.

While I am not mowing, I will be out in the garden planning where the next trees are going and spreading mulch, listening to the birdsong and enjoying the quiet.

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



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## Ashuelot River Water Quality Monitoring Volunteer Training

The Ashuelot River Local Advisory Committee (ARLAC) is recruiting volunteers for their 24th season of water quality monitoring.

There will be a training Tuesday, May 7th from 6:30 to 8:30 p.m. at Keene State Science Center, Room 127.

May through September, volunteers conduct monthly physical and chemical water quality monitoring along the length of the Ashuelot River from Washington to Hinsdale: the data are

then used by NHDES, the EPA, and local conservation commissions. ARLAC chair Barbara Skuly will lead this in-person volunteer training, where attendees will review sampling techniques, go over the use of the monitoring equipment, and share the 2024 sampling schedule.

For more details or to register, contact Barbara Skuly at 603-352-0987 or bskuly@ne.rr.com.

## Keene Library Outdoor Gear Field Day At Robin Hood Park

Cheshire County residents interested in spending more time outside this summer are invited to Robin Hood Park in Keene on Saturday, May 11th to learn more about outdoor gear available for loan at the Keene Public Library.

At the free, family-friendly event, running 9 a.m. to noon, residents will have hands-on time with a range of outdoor gear, including fishing poles, folding kayaks, an inflatable paddle board, backpacks, and more. Free snacks will be provided by Monadnock Food Co-Op.

Keene Housing Kids Collaborative will be on site with grab-and-go information on opportunities and experiences for children that will help them gain confidence, have fun, learn, get ready for kindergarten, and more.

Check the Library's website or Facebook page in case of inclement weather. A rain date is set for Saturday, May 18th at the same time and location.

The outdoor gear collection includes hiking backpacks, tents, sleeping bags, snowshoes, paddle boards, fishing gear, kayaks, and much more. The equipment was obtained in partnership with the Cheshire County Conservation District and funded by Monadnock Healthy Alliance. The equipment is available for loan to anyone who lives in Cheshire County. Keene residents may check out the equipment by using their library cards. Special cards allow

loans to Cheshire County residents who do not live in Keene.

The event's organizer, Lydia Hurley, said, “This is a great way to get outside and explore your local options for hiking, camping, and kayaking. The Keene Public Library outdoor gear collection is perfect for people starting outdoor hobbies but aren't ready to buy their own equipment.”

Library Director Marti Fiske added, “The outdoor gear collection is also great for when you have family visiting but don't have enough equipment to meet everyone's needs. I found the folding kayaks were perfect for a trip to Maine where we met family flying in from other locations. Without the library's kayaks we would have had only two kayaks available for five people.”

Residents may borrow up to three items at one time. Each type of item can be borrowed for up to three weeks each year. The library will have gardening equipment, also available to Cheshire County residents, accessible for viewing and handling at this event. The outdoor and gardening equipment is part of the library's large collection of “things” available to loan. Residents are encouraged to sign up for borrower cards at the event and explore all the materials the library offers.

For more details, contact Lydia Hurley, librarian, at 603-352-0157 or lhurley@keenenh.gov.



## STOCK WATCH

Listings At Close of Market April 26, 2024 • Courtesy of RBC Wealth Management  
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	193.45	-0.81	Danaher Corp. (Kollmorgen)	246.58	11.07
Becton Dickinson (C.R. Bard)	231.55	-2.57	Merck (Hubbard Farms)	131.20	5.42
Toronto Dominion Bank (TD Bank)	59.38	1.29	Deluxe (NEBS)	20.35	0.64
PC Connection	63.69	0.87	Teleflex (Jaffrey)	206.71	0.15
Bank Of America (Fleet)	37.83	0.86	Timken (MPB Corp.)	84.98	-0.52
Corning Inc.	31.33	0.06	M&T Bank Corp. (People's United)	146.38	3.00
Ametek, Inc. (Precitech)	177.51	-0.19	Dover Corp. (Markem)	180.17	10.33

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	27.68	-1.07	Wheat (cents per bushel)	613.75	58.75
Gold (\$ per ounce)	2352.60	-54.10	Corn (cents per bushel)	450.00	7.00
Platinum (\$ per ounce)	930.58	-12.92	Soybeans (cents per bushel)	1,183.00	18.00
			Cattle (cents per pound)	178.58	2.58
			Crude (\$ per barrel)	83.73	1.62

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## Global Warming Threatens Maple Syrup Production

Dear EarthTalk: Woe the pancakes! Is maple syrup really at risk due to global warming?

B. Simmons, Middlebury, VT

Maple syrup, that staple of the American breakfast table, is not only a cherished product across North America, but also plays a significant role in the economies of Quebec and Vermont. This industry generates hundreds of millions of dollars yearly and supports thousands of livelihoods. But its very foundation is under threat from global warming. The disruption in the switch between cold nights and warm days of early spring, crucial for sap flow, poses a severe challenge to the industry's future.

Audubon Vermont tells how "a warming climate also presents challenges in shortening the length of the sugaring season"—a critical period for syrup production. This shift not only affects the timing but also threatens to make annual production levels unpredictable. For one, studies project that by the end of the century, the sugaring season could start up to a month earlier, with significant variability in production especially affecting regions at the southern and northern limits of maple tree ranges.

The warming climate is not just affecting the timing of sap flow, but also its quality. As maple trees undergo warmer temperatures and extended growing seasons, they consume more sugar for growth, potentially reducing the sap's sugar content. This necessitates more sap to produce the same amount of syrup, thus increasing effort and resources needed for production. Also, the changing climate may pave the way for invasive species that threaten maple trees, further complicating the challenges.

The impacts of climate change on maple syrup production are not uniform across North America. "Folks who retrieve sap from maple trees in the far Northeastern region will get a longer sap flow season while those in the Southeastern regions will see a reduction," says David Cleaves, Climate Change Advisor for the US Forest Service. This geographic shift underscores the need for flexible and adaptive management strategies to sustain the industry with the changing climate conditions.

Despite these prevalent challenges, there is hope through adaptation and innovation. Ensuring the health of maple forests and maintaining tree diversity are pivotal strategies. Innovations in sap collection technology, for example, are allowing for sap gathering at less-than-optimal temperatures, showcasing the industry's resilience and adaptability.

Beyond the challenges posed by climate change, the industry also faces threats from environmental degradation and economic factors that could further jeopardize its sustainability. Economically, the industry must contend with fluctuating market demands and the risk of cheaper, synthetic alternatives undermining traditional maple syrup. Additionally, the labor-intensive nature of sap collection and syrup production may face challenges in attracting and retaining the necessary workforce. These multifaceted threats require an innovative approach to safeguard the industry, emphasizing not only climate adaptation but also environmental conservation and economic resilience.

The End of Maple? Maple Sugaring Amid a Changing Climate, <https://vt.audubon.org/news/end-maple-maple-sugaring-amid-changing-climate>; Changing climate may substantially alter maple syrup production, <https://www.fs.usda.gov/features/changing-climate-may-substantially-alter-maple-syrup-production>.

EarthTalk is produced by Roddy Scheer and Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).



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## Scot Ward Receives CFP Certification



Scot Ward, CFP and Michelle Soter, Office Administrator

Financial Advisor Scot Ward, from Edward Jones in Keene, has received the Certified Financial Planner, or CFP, certification, granted by the Certified Financial Planner Board of Standards (CFP Board). Becoming a CFP professional expands a financial advisor's knowledge in the areas of financial management, tax-sensitive investment strategies, retirement savings, insurance planning, education planning, and estate considerations.

"I didn't want to be just an investment advisor,"

explains Ward. "I felt I could be doing more for my clients. The CFP certification is one of the most comprehensive in the financial services industry."


In addition to the education and examination components of certification, Ward also has committed to abiding by the CFP Board's Code of Ethics and Standards of Conduct.

"Being a life-long educator in my professional career, I felt I could increase the depth and breathe of my training. The training in the content areas of the program will allow me to take a more detailed and focused approach that are in the best interests of my clients."

Edward Jones is a leading financial services firm in the US and through its affiliate in Canada. For more details about the services that Edward Jones offers, Scot Ward can be reached at 603-499-7134.

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Brady Bardwell, son of Mark & Erika Bardwell, Swanzey, 9

April 24, 2024  
Weslyn Naeck, daughter of Cody & Olivia Naeck, Swanzey, 2

April 27, 2024  
Andrew Woiciechowski, son of Valerie & Peter Woiciechowski, Rindge, 6

May 4, 2024  
Avery Loughlin, daughter of Kristina & Nicholas Loughlin, Jaffrey, 11  
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## ConVal High School Students Win Clay Competition

Eleven ConVal High School students participated in the recent 2024 Clay Competition in Manchester. The competition included a variety of challenges that required skills pertaining to clay, such as wheel throwing and sculpture building. Each challenge involved determination and teamwork.

The winning team included senior Justin Borges, junior Garret Rousseau, sophomore Aidan Maroney, and first-year Kellen Steere. The competition was based on how teams worked together utilizing their hand building and wheel throwing skills to create works of art, in a timely way.

Additional teams included seniors Laura Phillips and Dani Tracey, junior Hannah Daniels, and sophomores Brielle Proctor, Savannah McCarthy, Surasa Kalvaitis, and Rowan McClusky.

Students were accompanied to the competition by Visual Performing Arts Teacher Karrie Mitschmyer.

"This was a great event for our students as they were able to work as a team and show their skills," says Principal Heather McKillop. "I would also like to thank Karrie for supporting our students through this competition – her constant inspiration and encouragement shines through these programs."

## Monadnock Food Co-op Shoppers Raise Over \$6K For Kroka Expeditions

During a recent month-long Round It Up donation drive, shoppers at the Monadnock Food Co-op in Keene collectively donated \$6,373.96 to Kroka Expeditions in Marlow. Customers rounded up their purchases, contributing their change to support Kroka Expeditions.

"Thank you so much to the Monadnock Food Coop Community for your Round It Up giving of \$6,373.96. These funds are immediately making a huge difference as we enroll local children in our summer adventure expedition programs. This amount will allow us to offer an additional 12 children from the Monadnock Region a place on one of our 42 different unique expeditions through our "Kroka Local" initiative," says Nathan Lyczak, executive director of Kroka Expeditions.

Kroka Expeditions, a non-profit wilderness expedition school and organic farm, is committed to fostering a profound bond with nature. Their programs aim to cultivate capable, empathetic, and community-oriented young individuals; [www.kroka.org](http://www.kroka.org).

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**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
Acworth	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	Tuflonboro	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: \_\_\_\_\_  
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**REQUESTING:**

30 DAY PRIOR WRITTEN NOTIFICATION  
 5 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.

# Farm Puppy

Twenty-four years ago, in the spring, we two vegetable farmers found a baby in the cabbage patch. The cabbage wasn't nearly ready, but the baby was. You might think that a baby in the spring for vegetable farmers is a little crazy. Well, we soon thought so, too. Add in a new team of horses, a new greenhouse, a new venture into CSA membership, and we went from a little crazy to a lot crazy.

Wow, we said, maybe we shouldn't do that again. But apparently the lesson is fading. Although we don't have a new greenhouse this year, and we are happy to be 20-plus years into CSA vegetable growing, with a full membership, we do have a new team of horses. The lovely Fern and Willow are adjusting nicely to the farm-horse life after the carriage-horse life.

**Green Monadnock**  
with Kim Peavey



We also don't have a new baby. But we do have a new puppy – and we are saying Wow again. Wow, you're cute. Wow, you get up a lot in the night. Wow, it's hard to get a lot of work done. Luckily we keep coming back to Wow, you're cute.

Our kitty does not agree. Our kitty says Wow, the puppy is not cute. The kitty says Wow, the puppy gets up a lot in the night, and I don't approve of this crate full of sleeping puppy in the bedroom. The kitty also says, Wow, it's hard to get a lot of work done: I have mice to catch, and naps to take, and necessary petting, and everywhere I turn there's a curly-haired black puppy. Wow, repeats the kitty, he really is not cute. The horses, on the other hand, are much more interested in a puppy.

Both our old horses and our new horses find this little being fascinating, and watch him run around. Well, they would watch him run around, but mostly he is sitting a good distance away from the horses, with his eyes big. Or he is snuggled into a farmer's



Frank Hunter and new friend

arms, wondering why an enormous creature is approaching him and making nose noises, which the farmer tells the puppy is a horse greeting, basically saying Wow, you're cute. The puppy does not yet believe this.

Every day we have horse therapy, cat therapy, and riding in the car is fun-not-nauseating therapy. We also have gnawing on a delicious horse hoof paring (thanks to the recent farrier visit), which gives a farmer just about enough time to water the flats of transplants in the greenhouse.

Of course, we also take many exploratory walks around the farm. Look! A stream! Look a leaf! Look! A hay rake! Look! A stick! Look! A pond! An irrigation pump! A field! A pine cone! The wonders are large and small, many and various.

We visited our vet for the first time this week, too, which the puppy thought was pretty great, especially since he got his first ever Cheez Whiz to lick up from the vet table. The vet is one of our long-time CSA members, and when she peeked into the room, she said, "Oh, what have you two done?" We laughed, very sleepily indeed.

The visit went well; in fact, our vet took the puppy on tour, to show him off to all the other staff in the building. When she brought him back, she said, "Well, I'll know why if I don't get much produce this summer!"

We farmers laughed again, sleepily, and, I admit, a trifle nervously. Wow. A puppy. In the spring. On a vegetable farm.

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

## Lesser-Known May Celebrations

FAMILY, Continued from page 13

National Visit Relatives Day is May 18th. This year it falls on a Saturday, so maybe it's the perfect time for a road trip to see family that you haven't seen in a while.

World Turtle Day is May 23rd. Other than knowing turtles are reptiles that live in a hard shell, what else do you know about these slow-moving creatures? Time to check out books in a library or Google to research them.

And, while you are at it, the family can research making paper airplanes, as May 26th is Paper Airplane Day. Who can make the sturdiest? Whose airplane flies the longest distance?

Enjoy the month of May!  
*Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.*

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# Lesser-Known May Celebrations

May 2nd is International Harry Potter Day. Why not start reading J.K. Rowling's award-winning series as a family? Beginning with *Harry Potter and the Sorcerer's Stone*, read a few chapters every night together and more on weekend days. Once you've finished the book, watch the movie together. You could host a trivia night for family and friends. For trivia questions and answers, check out [www.buzzfeed.com/laurafrustaci/harry-potter-trivia-questions-answers](http://www.buzzfeed.com/laurafrustaci/harry-potter-trivia-questions-answers). For quizzes and puzzles, or to join the Harry Potter fan club, visit [www.wizardingworld.com/collections/starting-harry-potter](http://www.wizardingworld.com/collections/starting-harry-potter).

National Brothers and Sisters Day is also on May 2nd. Post photos of your siblings on social media. Commemorate the day by having a video chat with them and share childhood memories, adventures, and laughs. Are you an only child? It is more than likely you have a friend who is just like a brother or sister whom you consider a sibling. Let them know how much you care about them. And for those of you who have lost touch with your siblings, why not pick up the phone and call them? Maybe this is the day to start over.



**Monadnock Family**  
with Lori Catozzi Cook

Unbeknownst to me, World Password Day is the first Thursday in May. This day was made official by Intel Security in 2013. Why not change all those critical gatekeepers of our accounts? When you start changing them, you'll probably be blown away by how many passwords you have! Out with the old, in with the new.

May 4th is Star Wars Day (May the 4th be with you). Why not watch your favorite *Star Wars* movie? This day is also National Scrapbook Day (the first Saturday of May). Take all those items you saved (theater tickets, programs, admission stubs, bracelets, etc.) over the years and start a scrapbook of all your mementos. Another celebration that takes place on

the first Saturday of May each year is National Fitness Day. You could go on a hike or bike ride with the family, or perhaps this is the perfect day to start an exercise schedule for yourself.

Mayday for Mutts is celebrated on the first Sunday of every May (this year the 5th). This special day is designed to celebrate mixed breeds and encourage adoption from animal shelters.

A day that I was extremely happy to learn about is May 6th – International No Diet Day! Though this day is to promote body acceptance, I see it as a day that I just might indulge in foods that I've tossed out of my diet since the beginning of the year. One day of satisfying my sweet tooth will not set me back.

Who knew that there was such a "holiday" as National Moscato Day? Celebrated on May 9th, this Italian wine pairs well with fruits, cheeses, or at the end of a meal because of its sweetness. It can also be used to make a pitcher of sangria to share with friends by adding ginger ale and passion fruit juice.

National Twilight Zone Day is May 11th. If you talk to anyone who grew up when this popular show originally aired, I bet they can tell you exactly which ones were their favorites. The next rainy weekend day, try sharing *Twilight Zone* with your family by having a marathon. Don't forget the finger foods!

May 13th is National Apple Pie Day. Find your favorite apple pie recipe and have the family help make a couple of pies: one for the neighbors and one for the family to enjoy.

International Family Day is May 15th. You could hand over the reins and let the kids make all the plans for activities and meals. And this day couldn't get any better, as it's also National Chocolate Chip Day! In honor of these little chocolate bits, make your favorite chocolate chip cookie: classic chewy, a little bit crunchy, nuts or no nuts... yum!

May 16th is Drawing Day. Break out your pens and colored pencils and grab sketching paper. Then team up with a family member, face each other, and draw that person. (The family is sure to get a chuckle during the sharing of these drawings.)

The third Friday of May – this year May 17th – is Pizza Party Day. Invite friends and/or family over and have everyone bring pizza fixings to create their pizzas.

FAMILY, page 12



**\$5.00 OFF**  
ANY PURCHASE OF \$25 OR MORE  
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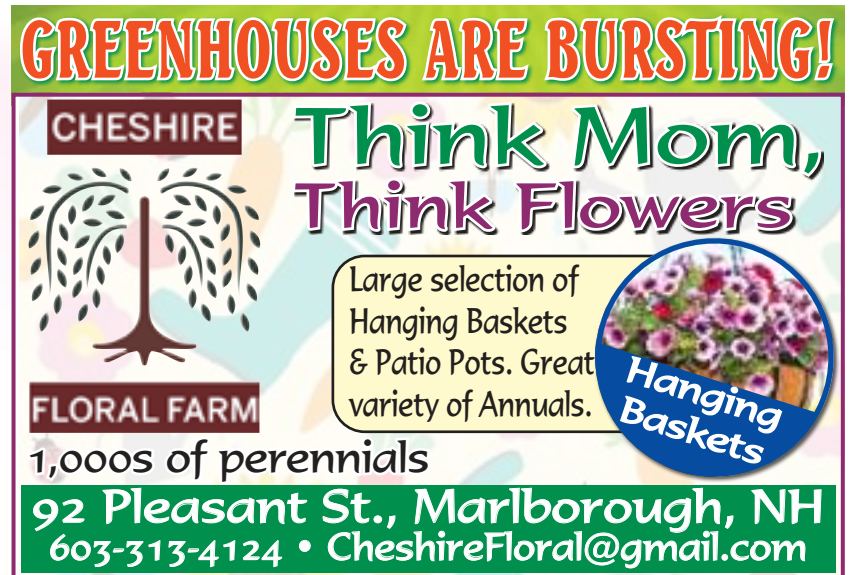
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Kids can win **FREE** cake!  
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# HONORING MOTHER

Sunday, May 12<sup>th</sup>



**GREENHOUSES ARE BURSTING!**  
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Large selection of Hanging Baskets & Patio Pots. Great variety of Annuals.  
1,000s of perennials  
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**Adirondack Chairs** | **Recliners & Chairs** | **Glide Rockers**  
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**Treat Mom to Something Special**  
Hand blown vase of Hebron glass from the West Bank or Tatted lace necklace from Turkey  
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world crafts & clothing  
32 Grove St., Peterborough  
603.924.6683 [www.jocoat.com](http://www.jocoat.com)  
Wed-Fri 11-3; Sat 10-4; Sun 10-3



**Julie's Garden & Greenhouse**  
Opening May 1st!  
AT MAPLE LANE FARM  
220 Gunn Rd., Keene • 10AM – 5PM Daily



## Mom Deserves the Best

Treat her to a delicious selection of our handmade artisan chocolates



Richardson's super premium ice cream  
Our own waffle cones, teddy bear cones and ice cream cakes

**FREE**  
kiddie-size ice cream cone for Mom  
with \$5 min. purchase

Peterborough Shopping Plaza  
19 Wilton Road, Peterborough  
(Next to H&R Block)  
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[www.avamariechocolates.com](http://www.avamariechocolates.com)

# HONORING

## Mothers Day is Sunday, May 12<sup>th</sup>

HONOR THY MOTHER WITH DINNER AT THE PUB  
**SUNDAY, MAY 12TH**

### Specials to Include:

- Baked Stuffed Haddock Fillet
- Roast Prime Rib of Beef, *au jus*
- Fried Whole Maine Clams & Sea Scallops Combo
- Vegetable Primavera over Pasta
- Medallions of Chicken Breast, Marsala

Dine-in or Take-out

**The Pub**  
Restaurant and Caterers  
131 Winchester St.  
Keene **352-3135**  
[www.thepubrestaurant.com](http://www.thepubrestaurant.com)

**I ♥ MOM**

RESERVATIONS HIGHLY RECOMMENDED  
Regular breakfast and lunch menu served all day.



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- VEGAN OATLY SOFT SERVE
- INDOOR SEATING
- NEW MENU ITEMS

Online Ordering and Door Dash Delivery Thru Our Website

**830 Park Ave., Keene**  
Spring Hours: 7-Days 12-8  
Find us on Instagram @ [\\_thepiazza\\_](#)  
visit our website for up-to-date info:  
[www.thepiazzaicecream.com](http://www.thepiazzaicecream.com)

**Treat Mom to Something Delicious!**  
**Sunday, May 12th, 8am-8pm**  
Reservations Encouraged



**The Arlington Inn & Tavern**  
71 Main St., Winchester, NH - 603-239-4728

**Mother's Day is Coming!**

We have everything you need to show her love



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## End of Season Clearance Sale

Friday, May 3<sup>rd</sup> through Saturday, May 11<sup>th</sup>  
9AM - 3PM DAILY

A huge selection of our mixed potted bulb gardens, including tulips, daffodils & hyacinth



See our Facebook page for more details!





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160 JAFFREY ROAD  
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**Let Us Help You Make Your House A Home!**



Happy Mother's Day!  
Pick up a Gift Certificate today!



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# MOTHER

Happy Mother's Day from  
Keene On Cookies



Family Owned Est. 2010

- Holiday & Event Platters
- Cupcakes & Cannoli
- Homemade Cookies
- Specialty Cakes

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For all she does!

Mother's Day  
Sunday, May 12th



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Mother's Day Brunch  
Sunday, May 12th  
2 Seatings: 11am & 1PM



**Tempesta's**  
RESTAURANT  
CASUAL DINING & CATERING

To book reservations, text or voicemail: 603-355-1311  
or stop by Wed-Sat 11:30am-8:00pm  
**401 WINCHESTER ST, KEENE**

Since 1952-

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Leather

There's Nothing Like Real Leather

**REAL LEATHER**  
Tough, Protective & Stylish.

Just Like Mom!

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Mon.-Sat. 10 am-5:30 pm; Sun. 11:30-5:30

Mix & Match for Mom



**Cheshire Jewelers, LLC**

The Center at Colony Mill • 149 Emerald St., Keene  
603-358-6543 • Tues-Fri: 10-4:30, Sat: 10-2

Don't Forget! Mother's Day is May 12th!

Sarah's  
**Windsock Gardens**

**OPENING**  
MAY 4<sup>TH</sup>!

Offering:  
Hanging Baskets,  
Vegetable Plants,  
Unusual Annuals

Gift Certificates Available

Hours: Daily 10 - 5:30  
Season: May thru July

Off Rte. 32, Swanzey • 358-6629  
(Next to Neighbor's Convenience Store) Open 10-5:30 pm • www.windsockgardens.com

Hydrangeas for Mom!



**Allen Bro's**

Rt. 5, Westminister, VT  
Exit 5, I-91 (20 min. from Keene)

Garden Center Hours: 8am-6pm, Daily  
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With Mattress Purchase of \$1799 and up



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# ENTERTAINMENT

and DINING

## Winchester Local Food Festival Saturday, May 4th



From last year's Winchester Local Food Festival is Dan Greenspan and Liz Ehrman from Dan's Breads.

The 7th Annual Winchester Local Food Festival will be held on Saturday, May 4th from 9 a.m. to 2 p.m. at the Winchester Town Hall.

This free community event celebrates the local food purveyors, farmers, and artisan food producers who are working to provide the best, freshest and healthiest food accessible to all area residents.

Activities include raffles, hearty free samples of locally-grown and locally-prepared food, hands-on activities for all ages, live music, and much more. Farmers' Market vendors will be there offering local foods and handmade crafts for sale. New this year is a 4K race prior to the food festival.

## Chase's Mill, A Rare Operating Water Mill, Offers Free Summer Tours

Between June 3rd and October 9th, Chase's Mill will be open for free tours on Saturdays and Sundays from 10 a.m. to noon. Visitors can witness the mill's historic turbine system in action, learn about its rich history, and discover the vital role it played in the town's development.

Visitors can experience a piece of New Hampshire's history in motion at Chase's Mill, one of only a handful of remaining operational water-powered mills in the state. Recently restored, there has been a mill on this site since

1767 in Mill Hollow, East Alstead. Chase's Mill offers a glimpse into the past and the ingenuity that powered early communities.

"My grandfather, Heman Chase, helped save this mill over 100 years ago" says Nancy Botkin, "For his entire life, he loved teaching shop classes and leading tours to anyone who would stop by. It's wonderful to be able to continue what he was doing!"

See [chasesmill.org](http://chasesmill.org) for more details on all the events happening at the mill this summer.



Tribute to Ukraine by Susan Roston

## Artists Around Monadnock Two Tours

May 4 - June 15, 2024

Opening reception Thursday, May 9th • 5pm -7pm

A joint exhibition with Studio Tour Artists from Monadnock Art/Friends of the Dublin Art Colony and Fall Foliage Art Studio Tour

Jaffrey Civic Center, 40 Main St., Jaffrey

## Spring Craft Fair

Saturday, May 11  
9am-2pm

Outdoors at St. Joseph Regional School  
92 Wilson Street, Keene

80+ vendors,  
plus baked goods and lunch!

For details: [www.stjosephkeene.org](http://www.stjosephkeene.org)

**Birthday Coming Up?**  
Kids can win **FREE** cake!

[ShopperNews.com/Community](http://ShopperNews.com/Community)

Come "Dance Up A Storm" May 4th to the live music of "Playing Possum" @Monadnock Tri-State Dance Club  
ELMM Hall, Durkee St., Winchester  
\$12, free refreshments, 50/50 Raffle  
All ages welcome, Info: Rich 603-398-8539

## Annual Keene Mineral Club Auction

(Live and Silent)

Sunday, May 5th  
1:30 p.m.

MC2 Charter School  
310 Marlborough St. #115, Keene

Minerals, gems, fossil specimens, and associated collecting tools and lapidary items.



## 24th Annual Used Book Sale May 3rd-11th

May 3rd - Entry Fee for Timed Entry\*

LIMITED ENTRY • 12 People per Time Slot

\*Tickets are on sale now • [hscsnh.org](http://hscsnh.org)

10:00 AM-11:30 AM \$35/Person

11:30 AM-1:00PM \$25/Person

1:00 PM-2:30 PM \$15/Person

2:30 PM-4:00 PM \$10/Person

MAY 4 (9 AM-12 PM) • Most books \$2.00

MAY 7-9 (10 AM-4 PM) • Most books \$1.00

MAY 10 (10 AM-4 PM) • Fill a Bag for \$5.00

MAY 11 (9 AM-12 PM) • Fill a Bag for \$1.00

Historical Society of Cheshire County  
246 Main St., Keene  
[www.hscsnh.org](http://www.hscsnh.org) | 603.352.1895



## 10" Cheese Pizza \$5.00

With this coupon Excludes Gluten Free Excludes Delivery Limit 2 per Coupon Now Offering ONLINE ORDERING

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## MIJALISCO

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Open Daily

**Buy One Lunch or Dinner & Get 2nd OF EQUAL OR LESSER VALUE FOR HALF PRICE!**

Must present coupon at time of sale. Offer not valid with any other offer. Must include two drinks. One coupon per party.

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Memberships available online.

Greens fees by the day.  
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Join a league!

**MONADNOCK Country Club**

49 High St.  
Peterborough  
**603-924-7769**

VENUE RENTALS FOR EVENTS

## TACO TUESDAY!

\$2.00 each! (normally \$3.50) NO LIMIT

12 oz. canned cocktail or beer only \$1.75 with any taco purchase

EST. 2017  
**SMOKEHAUS BARBECUE**

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

LARGE ORDERS: EMAIL [SMOKEHAUSDUBLINNH@GMAIL.COM](mailto:SMOKEHAUSDUBLINNH@GMAIL.COM)

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

## PETERBOROUGH PLAYERS 2024

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2024 SUMMER SEASON - 4 GREAT PLAYS + 1 MUSICAL GRAND FINALE!

<b>NOISES OFF!</b> BY MICHAEL FRAYN June 19-June 30	<b>DEATH TRAP</b> BY IRA LEVIN July 3-July 14	<b>PRIDE &amp; Prejudice</b> By JAMES AUSTEN Adapted by Jane Maxwell July 17-July 28	<b>BEN BUTLER</b> BY RICHARD STRAND July 31-August 11	<b>Man of La Mancha</b> BOOK BY Dale Wasserman MUSIC BY Mitch Leigh LYRICS BY Joe Darion August 14-August 25
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ENJOY A SEASON OF WELL KNOWN AND MUCH LOVED SHOWS!

- Enjoy comedy! Mystery! Romance! History! And, best of all, one of theatre's all time most beloved musicals!
- Meet exciting new stars and reconnect with your long-time favorite professional actors!

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Get ready for summer at The Players!  
Call the box office at (603) 924-7585  
Mon - Fri, 10 am - 4 pm  
Or purchase online at [peterboroughplayers.org](http://peterboroughplayers.org)




# Tag, Plant, & Bake Sale

Saturday, May 4th • 9:00am - 1:00pm  
**Trinitarian Congregational Church**  
 147 Main Street, Northfield, MA  
**Handicapped Accessible • Free Parking**  
**For more information, call**  
**(413) 498-5545**



# Birthday Coming Up?



Kids can win **FREE** cake!  
 ShopperNews.com/Community

# 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)



On what Keene street was this IGA store (at left) located?

The winner of last week's mystery photo contest was Sonja Parton of Hinsdale. The farm was located in Swanze.



# The Keene Choral

45th Anniversary Concert  
 directed by **Caillin Marcel Manson**



**Felix Mendelssohn's**  
**Symphony No. 2**  
**Lobgesang Hymn of Praise**

with soloists and  
**New England Repertory Orchestra**

Sunday, May 5, 2024 ~ 3:00 PM  
**Redfern Arts Center at**  
**Keene State College**  
**Keene NH**

**Caillin Marcel Manson**  
 Farewell concert

Tickets: [keenechorale.org](http://keenechorale.org)




NEW HAMPSHIRE CHARITABLE FOUNDATION  
 PUTNAM FOUNDATION

# RUMMAGE SALE

Friday, May 3, 9am-5pm  
 Saturday, May 4, 8-11am

Clothing, Housewares, Gifts,  
 Children's Toys, Books  
 Items free, donations appreciated  
**Dublin Community Church**  
 1125 Main St., Dublin



# Thursday, May 2

## LECTURES & WORKSHOPS

**Chair Yoga: Betty Christansen** 4-5pm. Cheshire Medical Center, 580 Court St., Keene. Spring Community Health Education Classes. North Conference Rooms 1 and 2. In-person class. **603-354-5454**.

## MISCELLANEOUS

**National Day of Prayer** 6:30-8pm. Salvation Army, 15 Roxbury Plaza, Keene. "Lift up the word, light up the world". Focused prayer accompanied by worship from area churches & ministries.

**Red Cross Blood Drive** 12:30-5:30pm. Jaffrey Bible Church, 133 Turnpike Rd. To make appointment call **800-733-2767**. [www.redcrossblood.org](http://www.redcrossblood.org).

# BUS TRIPS ARE BACK!

Encore • 5/5 • \$49pp  
**Brimfield Flea Market** 5/16 • \$49pp  
**Foxwoods** • 5/22 • \$49pp  
**Boston Your Way** • 5/23 • \$55pp  
**Mohegan Sun** • 5/26 • \$49pp

**ALWAYS ADDING NEW TRIPS AND DATES!**  
 See [www.ADVLI.MO.COM](http://www.ADVLI.MO.COM) FOR MORE!!  
 Call or Text **603-357-2933**

# Friday, May 3

## ARTS, MUSIC & THEATER

**No Egrets: Artwork by a flock of ConVal High School Students** 5-7pm. Peterborough Town Library, 2 Concord St., Peterborough. Opening reception. Exhibit will be on display through May 31st. **603-924-8040**. [alarue@peterboroughnh.gov](mailto:alarue@peterboroughnh.gov).

## FAIRS & SALES

**End of Season Clearance Sale** 9am-3pm. Marlborough Gardens, 160 Jaffrey Road, Marlborough. A huge selection of our mixed potted bulb gardens, including tulips, daffodils & hyacinth. Continues daily through Saturday, May 11th.

**Rummage: Gift of Thrift Sale** 9am-5pm. Dublin Community Church, 1125 Main St., Dublin. Clothing, housewares, jewelry, toys, art & frames, books, handbags, tools, & sports equipment. Donations. Sale continues Saturday, May 4th, 8 - 11am.

# KOOL WHEELS

## Family Fun & Safety Day

PRESENTED BY THE KIWANIS CLUB OF KEENE

Saturday, May 4, 2024 • 10 am - Noon  
 Keene Parks & Rec Center, Washington St., Keene

Visits from **RIBBY** from Keene Swampbats, **FERGUS** from Cheshire Children's Museum & **DEPUTY DOG** from Sheriff's Dept.

BRING YOUR TEDDY BEAR or DOLL  
 Casting by Orthopaedic Staff

BRING YOUR BIKE!  
 Bicycle Safety Course

FREE Bike Helmets (while they last) for children of all ages

Boy's and Girl's Bicycle Raffle

- Bicycle Tune-ups
- Fingerprint Kits
- Healthy Snacks
- Dental Information
- Ready! For Kindergarten
- Giveaways for Kids & Parents
- Car Seat Safety Checks
- Visits by the Keene Police, Fire, EMS & Sheriff's Depts

Co-sponsored by:



# Wicked Glass Art

## May is for Mom!

May 9th-11th • 11am-3pm walk-ins!  
 Make a 5x7 Flower Picture for \$10  
 Kits & Gift Certificates Also Available

Owner Artist **Judith Bosies**  
 26 Roxbury St., Keene • 603-757-3934

# Saturday, May 4

## ARTS, MUSIC & THEATER

**Artists Around Monadnock: Two Tours** Jaffrey Civic Center, 40 Main St., Jaffrey. Exhibition of the arts by local artists and artisans, who reside and work in the Monadnock region, will be held through June 15, 2024 during open hours.

**Monadnock Tri-State Dance Club: Dance Up a Storm** 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Live music by "Playin' Possom". Everyone welcome. \$12. Refreshments available-50/50 Raffle. Rich: **603-398-8539**.

**Contra Dance** 8-11pm. Peterborough Town House, 1 Grove St. Workshop for new dancers at 7:30. Admission is sliding scale \$12-20, \$30 family, or pay what you can. **603-547-5831**. [kelly.strauss@gmail.com](mailto:kelly.strauss@gmail.com). [www.monadnockfolk.org](http://www.monadnockfolk.org).

**Drawing Community: Creating Comics from Shared Stories** 12pm. Chesterfield Public Library, 524 Rte 63, Chesterfield. Presented by cartoonist Marek Bennett to share lessons on graphic novels and webcomics. **603-363-4621**. [frontdesk@chesterfieldlibrary.org](mailto:frontdesk@chesterfieldlibrary.org). [www.chesterfieldlibrary.org](http://www.chesterfieldlibrary.org).

## FAIRS & SALES

**7th Annual Winchester Local Food Festival** 9am-2pm. Winchester Town Hall. Food samples, craft vendors, & music.

**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/](http://www.keenefarmersmarket.com/).

# Mint Oreo

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## Peterborough Contra Dance Set For Saturday, May 4th

A Peterborough Contra Dance will be held on Saturday, May 4th at the Peterborough Town House at 1 Grove Street from 7:30 to 11 p.m. The dancing begins at 8 p.m.; a workshop for new dances will be held at 7:30 p.m.

Chloe Levine will be calling with musicians Carol Bittenson on fiddle; Len Bittenson on fiddle, viola, and recorder; and Ben Hemmendinger on piano and accordion.

Admission is a sliding scale of \$12 to \$20, \$30 for family, or pay what you can. For more details, visit [www.monadnockfolk.org](http://www.monadnockfolk.org).

## Sacred Circle Dance In Peterborough May 10th

The Peterborough Unitarian Universalist Congregation will host an hour of participatory Sacred Circle Dance on Friday, May 10th at 6 p.m. All dances are taught, and beginners are welcome. No partner is necessary. Attendees should wear comfortable shoes. The program is free, and donations are appreciated and will benefit "End 68 Hours of Hunger."

The church is located at 25 Main Street in Peterborough. Enter through the rear door.

For more details, contact [lucy@poetryofthedance.com](mailto:lucy@poetryofthedance.com).

## Saturday, May 4

### FAMILY FUN

**Kool Wheels: Family Fun & Safety Day** 10am-12pm. Keene Parks & Recreation Center, 312 Washington St. Free bike helmets for children of all ages while supplies last. Boy's and girl's bicycle raffle. Visits from Ribby of the Swampbats, Fergus of the Cheshire Children's Museum, & Deputy Dog from the sheriff's department.

### MISCELLANEOUS

**Puzzle Race** 1pm. Putney Public Library, 55 Main St., Putney, VT. Free and open to the public.

**Project Linus Make a Blanket Day** 10am-2pm. First Congregational Church, 6 Payson Hill Rd. Bring fleece or purchase for a donation. Bring sharp scissors for cutting. Join the fun and learn what Project Linus is all about and how to get involved. **603-588-2427**. [robynprojectlinus@gmail.com](mailto:robynprojectlinus@gmail.com).

## Sunday, May 5

### ARTS, MUSIC & THEATER

**The Keene Chorale's 45th Anniversary Concert** 3pm. Redfern Arts Center, KSC, 90 Wyman Way. Felix Mendelssohn's Symphony No. 2 Lobgesang Hymn of Praise with soloists and New England Reperatory Orchestra. Tickets at [www.keenechorale.org](http://www.keenechorale.org).

**Peterborough Folk Music: Barnstar** 7pm. Park Theatre, 19 Main St., Jaffrey. **603-318-9196**. [www.pfmsconcerts.org](http://www.pfmsconcerts.org).

### MISCELLANEOUS

**Bus Trips Are Back!** Adventure Limousine & Transportation. Encore. \$49 per person. **603-357-2933**. [www.advlimo.com](http://www.advlimo.com).

**Annual Keene Mineral Club Auction: Live & Silent** 1:30pm. MC2 Charter School, 310 Marlboro St., #115, Keene. Minerals, gems, fossil specimens, and associated collecting tools and lapidary items.

## Monday, May 6

### MISCELLANEOUS

**100+Women Who Care-Cheshire County** 6-7pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Refreshments & socializing 5:30 - 6. If you are not a current member and would like to join, go to the website at [www.100pluswomencheshirecounty.com](http://www.100pluswomencheshirecounty.com).

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

**Blood Drive** 12-5pm. St. Bernard Church, 185 Main St., Keene. To make appointment call **800-733-2767**. [www.redcrossblood.org](http://www.redcrossblood.org).

## Tuesday, May 7

### ARTS, MUSIC & THEATER

**The Wood Brothers** 7:30pm. The Colonial Theatre, 95 Main St., Keene. \$46 - \$66. **603-352-2033**. [www.thecolonial.org](http://www.thecolonial.org).

### MISCELLANEOUS

**Blood Drive** 1-6pm. Ellen L. Murphy Memorial Community Center, 21 Durkee St., Winchester. To make an appointment call or visit **800-733-2767**. [www.redcrossblood.org](http://www.redcrossblood.org).

**Ashuelot River Quality Monitoring Volunteer Training** 6:30-8:30pm. Keene State Science Center, Room 127. For details or to register contact Barbara Skuly: **603-352-0987**. [bskuly@ne.rr.com](mailto:bskuly@ne.rr.com).

**Tracking Lynx in the North Maine Woods: Bob Etzweiler** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Photos and stories from Etzweiler's experiences leading groups on the trail. Free and open to the public.

**Covered Bridges Near Hancock: Past and Present** 7pm. Hancock Historical Society, 7 Main St., Hancock. Presented by Kim Varney Chandler. Open to the public.

## All You Can Eat Bean Supper In Winchester

The United Church of Winchester at 99 Main Street in Winchester will hold an all you can eat buffet bean supper on Saturday, May 4th from 5 to 6:30 p.m. in the Fellowship Hall.

The meal will feature hot dogs, two kinds of baked beans, coleslaw, potato salad, and dinner rolls with choice of homemade pie. Tickets are \$12 for adults, \$6 for children under 12. There will still be more distance between tables in accordance with Covid guidelines.

To preorder take-home meals call 603-239-4465 before 3 p.m.



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### Covered Bridges Near Hancock, Past And Present

The Hancock Historical Society on Main Street will host a free program – Covered Bridges Near Hancock, Past and Present – on Tuesday, May 7th at 7 p.m.

Kim Varney will give an overview of Hancock area covered bridges that have been lost to time as well as the Hancock-Greenfield Bridge.

# The First American Cookbook

About this time of year in 1796, Amelia Simmons published *American Cookery*, now recognized as the first American cookbook, bringing together various new ingredients from Colonial America (such as pumpkin, cranberry and molasses) with English cooking traditions. In the book's introduction, Amelia referred to herself as "an American orphan" and presumably worked in domestic service somewhere in the Hudson Valley region of New York. Not only was her 47 page cookbook the first to be published in the US, it was also a testament to the determination of a working woman and a place where new ideas were born or presented. Simmons is credited with the invention of the cupcake, which she called "a slight cake to bake in small cups." Her cookbook is also one of the first to introduce the use of "pearl ash," a forerunner to what we know today as baking soda. While Simmons' book has recipes for various meats, stews, soups, and pies common to that era, its main importance was a variety of cakes, breads, and flapjacks that used familiar American ingredients such as cornmeal, milk, water, flour, and a bit of fat, cooked on a griddle or before an open fire. Herein can be seen the beginning of the story of cooking in American life.

Cooking Corner this week shares a few recipes for baked goods, with a nod of thanks to Amelia Simmons' for her pioneering efforts with the publication of *American Cookery* in 1796.

### New England Brown Bread

There are a variety of recipes today for this classic bread, frequently served with baked beans and hot-dogs or ham. This simple version can be baked in a standard loaf pan or divided among two well-greased coffee cans, each filled about 3/4 full.

- Ingredients:**  
 1 cup flour  
 1 cup whole wheat flour  
 3/4 cup raisins  
 1/4 cup sugar  
 1 1/4 teaspoons baking soda  
 1/2 teaspoon salt  
 1 1/4 cups buttermilk  
 1/2 cup molasses  
 1 large egg

Preheat oven to 350 degrees; grease a 9x5x3" loaf pan. In a large bowl, combine all ingredients in the order given, stirring to combine well. Pour into loaf pan; don't fill it more than 3/4 full; bake until a knife inserted in the middle comes out clean, about 55 to 60 minutes. Cool on wire rack five minutes; remove from pan to finish cooling.

### Blueberry-Sweet Potato Scones

Roasted sweet potatoes add a natural sweetness and nice color to this variation of ever-popular scones. Makes eight to 10 scones.

- Ingredients:**  
 2 cups flour  
 1/4 cup sugar  
 1 tablespoon baking powder  
 1 teaspoon cinnamon  
 1/2 teaspoon kosher salt  
 1/2 teaspoon nutmeg  
 1/2 cup cold butter, cubed  
 1 cup mashed roasted sweet potato  
 2/3 cup heavy whipping cream  
 3/4 cup frozen blueberries  
 coarse sugar for topping, optional

Preheat oven to 425 degrees; line a baking sheet with parchment paper. In a large bowl, combine flour, sugar, baking powder, cinnamon, salt, and nutmeg. Add butter and work it in to the dry ingredients with a pastry cutter or two knives until it is crumbly. Stir

in mashed sweet potato and the cream just until combined (don't over-beat). Gently fold in blueberries. Using an ice cream scoop or spoon, drop eight to 10 mounds onto parchment paper (they will be about 1/4 cup size each). Sprinkle tops with some coarse sugar, if desired, and bake until golden brown, about 20 to 25 minutes. Let cool on wire rack.

## Cooking Corner

with Nancy Adams



### Easy Vanilla Cupcakes

A plain and simple basic cupcake recipe that you can decorate with frosting and sprinkles as desired.

- Ingredients:**  
 3/4 cup superfine sugar  
 2/3 cup butter, softened  
 3 large eggs  
 1 1/2 cups self-rising flour \*  
 1 teaspoon vanilla extract

Preheat the oven to 350 degrees. Grease a 12-cup muffin tin or line cups with paper liners. Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla extract. Stir in flour just until mixed; spoon batter into the prepared muffin cups, filling each three-fourths full. Bake in the preheated oven until the tops spring back when lightly pressed, 18 to 20 minutes. Cool in the tin briefly before transferring to a wire rack to cool completely. When cooled, top with your frosting, if desired. \* Note: to make your own self-rising flour: for each cup of flour, add 1 1/2 teaspoons baking powder and 1/4 teaspoon salt.

**Orange Cupcake Frosting** – you might like to try this simple, tasty frosting for your batch of cupcakes: Strain the juice of 2 oranges into a medium size bowl. Add enough powdered confectioners' sugar to spread easily on top of cooled cupcakes.

### Skillet Honey-Thyme Bread

Bake this bread in a 10-inch cast iron skillet. Or if available, it's fun to bake them in small cast iron skillets for individual servings.

- Ingredients:**  
 1 1/2 tablespoons dry active yeast  
 2 tablespoons honey  
 1 1/2 cups warm water, divided  
 3 1/2 cups all purpose flour  
 4 teaspoons olive oil  
 1/2 teaspoon salt  
 flaky sea salt to taste  
 3 tablespoons fresh thyme leaves (or 1 teaspoon dried)  
 olive oil for greasing skillet

Mix yeast, honey, and one-half cup of the water in a large bowl and let it sit for five minutes until it looks frothy. Add the rest of the water, flour, oil and salt; mix until you have a smooth dough. Cover the bowl with plastic and let it rise until double in size, about 40-50 minutes. Preheat oven to 400 degrees. Put the dough into well-oiled large skillet or divide into four to six small skillets; top with a little olive oil and use your fingers to flatten out the dough. Top with flaky salt and thyme. Bake until golden, about 30 to 35 minutes for the large bread and 18 to 20 minutes for smaller ones.

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.

## That Reminds Me Of A Story With Rebecca Rule

Rebecca Rule will relate some of her better stories from her past 20-year collection at Wednesday, May 8th at 6:30 p.m. at Chesterfield Town Hall on Route 63.

The audience will be invited to contribute a few of their own stories at this free event.

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## Antidote To Loneliness: Breathe And Say “Hi”

I have been reading articles in the paper and magazines that talk about loneliness and how it has become an epidemic in our modern world. Loneliness can happen even when we are surrounded by people, so it is not just because we are alone. There seems to be an element of intimacy that is missing for us to feel lonely. If we look at all the ways we can communicate – e-mail, Facebook, texting, tweeting, Facetime, Twitter – then how can we be lonely? Connection is the key. Connecting with another human being is key to managing this epidemic called loneliness. So why not pay attention the next time you are walking down the street and take a breath and say “hi”?



Paying attention to our breath can help make us aware that we are all connected. It can slow our heart rate down and help us to listen less to the voices we carry in our heads. As we practice regularly, it can increase our focus on the breath, which can help us to take the first step into knowing ourselves a little more. It helps us to realize that no matter how much we feel separated from others, our lives are connected in some way or another. Online networks give us a false picture of interaction that is a poor substitute for real connection to others. It seems that there is a stigma attached to loneliness and that it is safer to say one is depressed versus lonely. Covid did not help any of us with loneliness as it weighed heavily

## Beginner Yoga Series At Aloha On Wednesdays



David Woodberry will be teaching.

On Wednesdays May 8th through June 12th, Aloha will host a six-week beginner series in yoga. This is a class for those who want a refresher course in yoga, or those who always heard about the benefits of yoga and want to give it a try. Attendees will learn about the ins and outs of a practice by experiencing a great beginner class that explains what is happening. The cost is \$75. Register at Vagaro.com/alohakeene or call 603-762-3129.

on our mental wellness. We endured suffering from those we lost, and increased isolation due to our fear of either giving or getting Covid. And we carried this fear. We never really healed from it and if we had any portion of loneliness prior, it only grew.

Meditation can help us to center ourselves. It can, as we practice more and more, allow ourselves to have these feelings surface and sit with them, without judgement. We may experience these sensations in different parts of our body. The goal is to breathe into these areas and allow ourselves to notice them. This is a time of great compassion for ourselves to be gentle, and again nonjudgemental. For us to get to the other side of grief, we need to experience what we have pushed down and buried.

Imagine what it would be like to live with a courageous heart, to not turn away, to stay open to what is difficult to face. Jack Kornfield, a deeply respected American Buddhist teacher, suggests, “We hold mindfulness of moment-by-moment arisings with vigilant stance of a mother with her baby. There is a stance of that mother, in this meaning of vigilance, a sense of holding vigil – a deep respect. In holding vigil, there is a sense of quiet and compassionate and appropriate responsiveness.” A mind of vigil is a mind that is powerful enough to hold the deep stabs of the losses we have accrued. This offers a sense of liberation, once we get to the other side of these deep feelings.

According to a Purdue University study, along with practicing meditation, people who made eye contact with strangers reported feeling less disconnected than those who felt as if people were looking through them. “Reaching out even in the smallest ways, can inch us closer to more meaningful relationships, which research shows can prevent much of the damage social isolation causes. Lost in our pain, we live in a universe of suffering. Witnessing our pain, we live in a universe permeated by compassion.” It is our time to re-emerge into the social beings we once were. So, the next time you pass someone on the street, take a breath and say “hi”. You have nothing to lose and everything to gain.

*Aylene Wozmak has been practicing mindfulness for over 20 years. She is currently retired and worked as a hospice nurse for 30 years in Cheshire County. Her training in mindfulness comes from Harvard Medical School Dept of Continuing Education. She is the chairperson and a facilitator at The Monadnock Mindfulness Practice Center.*

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## Artists Around Monadnock Exhibit Planned In Jaffrey

EXHIBIT, Continued from page 1

Artists were invited to open their studios and participate in the inaugural tour. In 2007 the name of the organization was changed to Monadnock Art/Friends of the Dublin Art Colony.

In 2008, the Fall Foliage Art Studio Tour was founded to organize an open studio tour of 25 artists who open their studios, welcoming the public to view original fine arts and crafts.

Both open studio art tours take place on Columbus Day/Indigenous Peoples weekend, October 12th to 14th this year. For more details on Monadnock Art Open Studio Tour, visit [www.monadnockart.org](http://www.monadnockart.org). For more details on the Fall Foliage Art Studio Tour, visit [www.fallfoliageartstudiotour.com](http://www.fallfoliageartstudiotour.com).

The Artists Around Monadnock: Two Tours exhibition will be available for viewing during open hours at the Jaffrey Civic Center, located at 40 Main Street in Jaffrey, on Wednesday, Thursday, and Friday from noon to 5 p.m. and on Saturday from 10 a.m. to 2 p.m.

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## Embracing Hope Together: Suicide Prevention Seminar

A free Suicide Prevention Seminar: Embracing Hope Together will be held on Thursday, May 9th from 5:30 to 7 p.m. at Bass Hall at the Monadnock Center for History and Culture at 19 Grove Street in Peterborough.

Participants will learn warning signs, effective communication, and support networks. Register at [MCH.EventBrite.com](http://MCH.EventBrite.com).

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