



The Monadnock

SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / May 8-14, 2024

ECR WSS
Postal Customer

Presort STD
US Postage
PAID
Monadnock Shopper

Spring Craft Fair At Saint Joseph Regional School



Raffi's Bees, by Raffi Podnieszinski, will be one of the many vendors at the Spring Craft Fair.

The change of seasons brings warmer days, flowers blooming, and the fourth annual Spring Craft Fair held on the campus of Saint Joseph Regional School (SJRS) and Our Lady of Mercy Academy in downtown Keene.

Slated for this Saturday, May 11th, the fair will have something for everyone with more than 80 vendors ready to share their unique, handmade items – everything from candles to jewelry, barbecue sauce to pottery, soaps to toddler clothing, cutting boards to live edge wood furniture, and everything in between.

SJRS parents Theresa and Andrew Adams brought the idea for the fair forward a few years ago to principal, Chris Smith, and have helped to bring it to life. As vendors themselves, they know from experience all of the ins and outs of what makes a great craft fair. “We’re excited about how the fair is evolving each year,” said Theresa. “The variety of vendors is tremendous. It’s a fun day, and a perfect community event.”

CRAFT FAIR, page 19

AHA Yoga Opens In Dublin

Specializing In Iyengar Yoga, Open House Saturday



Students Nina McIntyre (front) and Ruth Clark are both in a triangle pose. Using the ropes pulls the thighs and hips backwards to help extend the trunk forward. Teacher Kerry Doyle helps McIntyre roll her shoulder bone back to open her chest.

By Lori Catozzi Cook

“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

B.K.S. Iyengar

Yoga offers physical and mental

health benefits for people of all ages. It improves balance and flexibility, eases pain and improves mobility, helps people sleep better and manage stress, promotes self-care, can be a complementary treatment to other healing practices, and if taking a yoga class, can provide an environment for group healing and support.

YOGA, page 20

Speaking Of Words: Fossilized Culture In Our Language

By Michael Ferber

When I was a boy I was puzzled by the term “horsepower” as applied to the engine of an automobile.

I knew that the auto was a recent invention, and that for thousands of years horses and other beasts were used to pull wagons or carriages, but it still seemed unbelievable that a car with an engine rated at 370 hp could outpull 369 horses in a tug-of-war, as I imagined it.

I now know that “horsepower” was coined by James Watt in the 18th century as a unit to measure the lifting power of his steam engines. It had nothing to do with cars. But things called “cars” did exist in Watt’s day, and much earlier: the word referred to horse-drawn wagons, carts, and carriages. The word is even found in the King James Bible.

In poetry a “car” was a chariot, as we see in Shakespeare’s lines “The weary sun . . . / . . . by the bright track of his fiery car / Gives token of a goodly day tomorrow” (Richard III). The source of “car” is Latin carrus, usually a two-wheeled wagon, itself borrowed from Gaulish, the ancient Celtic language of Gaul (now France); the native Latin word currus, obviously kin to carrus, meant “chariot.” Our word “chariot” comes via French from carrus, as do “carriage” and “carry,” though not “cart.” Latin currus is from the root of curro, “run,” from which we also directly get “curriculum” (a little race-course) and “cursor” (a runner), and, indirectly via French, “course” and “courier.” The root of curro in Proto-Indo-European, which was something like korso, also gave rise to Germanic words for that greatest of runners, the horse, including “horse” itself.

WORDS, page 6

Marlborough Open Studios Held Saturday, May 11th



Artist Lornie Rawls in the art studio.

A Marlborough Open Studios event will be held on Saturday, May 11th from 10 a.m. to 4 p.m. in the art studios (Upstairs Art) at the Odd Fellows Lodge at 170 Main Street in Marlborough. This event is free and open to the public.

Four area artists – David Bulger, Susan Lunt, Lornie Rawls, and Michael Reilly – welcome all to see their recent work, enjoy light refreshments, and discover (or revisit) the unique lodge. Perfectly suited for art studios, this gem was built in 1875 and central to the town’s history; it still has many original details and spaces intact.

Antique, Collectibles And Jewelry Purchase And Appraisal Event

An Antique, Collectibles and Jewelry Purchase/Appraisal Event will take place Friday and Saturday, May 10th and 11th from 10 a.m. to 6 p.m. at the Union Congregational Church at 33 Concord Street in Peterborough. This appraisal event is free to the public; any donations made will be donated to the church.

This is a unique opportunity for attendees to obtain accurate appraisals of their antiques and other items from experienced professionals. The appraisers have years of experience and a deep

knowledge of antiques, gold and silver, coins, paintings, jewelry, ceramics, and much more.

“This event is a fantastic experience for anyone interested in learning more about their antiques and other treasures,” says Daniel Yelin from Colony Antiques. “Our team of expert appraisers bring a vast knowledge of the field and a passion for antiques, coins, jewelry, watches, and a vast array of other items. We invite everyone to bring their items for evaluation and an engaging, educational experience.”

Patten Energy Home Heating Oil
\$3.39/gal. No Extra Fees
603-352-7444

DRYER VENT CLEANING
Reduce Fire Risk & Decrease Dry Time
603-762-3433
durlingcleaning.com

MONADNOCK Property Improvement, LLC
A Customer & Quality-Focused Company
Year-Round Landscaping Services
monadnockpropertyimprovement.com
603-757-2329

House Cleaning
603-242-3811
DUTCH MAID
Serving the Monadnock Region
Insured • 38 Yrs. Experience

GOT MOLD?
Tri-State Restoration
(603) 352-6802
Water / Fire / Smoke / Mold
FREE ESTIMATES!
TriStateRestoration.info

PUPS AT PLAY
DAY CARE BOARDING TRAINING
686 RTE. 202, RINDGE
603-562-4547

Motorcycles SERVICE & REPAIR
HD & Metrics
Discount Tires
603-831-4066

AUDI
Repair & Service
G&R Autoworks
357-2484

STORE-IT SELF STORAGE
KEENE • WALPOLE • SWANZEY
New Rental Specials
1-800-352-5251

BERGERON CONSTRUCTION CO., INC.
RESIDENTIAL • COMMERCIAL
Renovations • Additions • Custom Homes
Structural Repairs • Kitchens/Baths
27 Matthews Rd., Keene • “Since 1909”
www.bergeronconstruction.com
603-352-4447

FREE APPRAISALS & CASH OFFERS!
Friday & Saturday
May 10 & 11 • 10 AM-6 PM
See ad on back page, first section

COLONIAL INSULATION
603-899-2131
colonialinsulation.com

McClure’s Tree Service
SPECIALIZING IN DANGER TREES
Free Estimates • Fully Insured
Same Day Callbacks
Keene • (603) 203-0613

DAVIS OIL & PROPANE
Now offering full service
PROPANE
603-352-1306

CA\$H PAID for Unwanted & Junk Vehicles
CAR GUYZ
585-6601

SWANZEY OIL
Call Now
Heating Oil
357-5400

the MELANSON company
Roofing & Sheet Metal Since 1932
Commercial • Residential • Service
Locations in Keene & Bow, NH • Bennington, Rutland & Williston, VT
www.melanson.com • (603)352-4232

Cota & Cota
YOUR LOCAL HEATING EXPERTS
603-357-0000
WWW.COTAOIL.COM

CASH FOR GOLD
GOOD FORTUNE Jewelry & Pawn
110 Main Street • Keene

TEMPERATURE CONTROLLED UNITS
KEENE MINI STORAGE INC.
RT 101 • KEENE, NH
(603) 357-2666

Mail: PO Box 487, Keene, NH 03431
Location: 445 West Street, Keene
Office open 9 am to 4 pm
PHONE 352-5250 FAX 357-9351
www.shoppernews.com
CIRCULATION VERIFICATION COUNCIL

Honoring Mother... 8-11
Summer Camps... 24

BIRTHDAYS.....19	ENTERTAINMENT.....17-19	GREEN.....14	MYSTERY PHOTO.....20
CLASSIFIEDS.....21-23	FAMILY.....10	HEALING.....15	PETS.....4
COOKING.....7	GARDEN.....24	MONEY.....12	REAL ESTATE.....23

40,247 Mailed Weekly
Mailed Into Every Home In Keene and 36 Area Towns
Total Circulation 41,850

Pam Bernard
 Writing Workshops
 Mentoring • Editing
Gift Certificates Available!
 pam@pambernard.com
 or visit www.pambernard.com
 Call 603.756.4177



STAR PAINTING
 Interior Painting
 Spray-Roll-Brush
 Drywall Repair

FREE ESTIMATES
 20% Off with Ad
 (H) 603-357-1325
 (C) 603-721-6220



Flagg's Window Cleaning
 Residential & Business
603-721-1212

Sojourns Apothecary Offers Supplements, More To The Public

Sojourns Apothecary, located in the Westminster clinic, is a place where ancestral wisdom meets modern wellness. The Apothecary has been an integral part of the success of Sojourns Community Clinic.

It is open to the public, offering a robust collection of professional formula brands, clinic formulated tinctures, and a vast collection of dried herbs. For help from a simple sore throat all the way up to chronic Lyme, mental health, and life's daily challenges, it is open Monday through Friday from 9 a.m. to 5 p.m. Folks can also shop online at sojournsapothecary.org.

supplements to what may be found in co-ops and online marketplaces. Where it differs is as a 501c3 non-profit; anytime someone visits Sojourns Apothecary and makes a purchase, they are supporting local business and also contributing to continued success of Sojourns.

Products at Sojourns Apothecary are handpicked by practitioners with the mission in mind to provide care that honors the community, the natural world, and the body's potential for change at all levels.

Sojourns Community Health Clinic is located at 4923 Route 5 in Westminster, VT.

New Hampshire Care Collaborative And Monadnock ServiceLink Make Move To Castle Street In Keene

New Hampshire Care Collaborative (NHCC) and Monadnock ServiceLink moved back to its location at 105 Castle Street in Keene. NHCC empowers, educates, and engages people in the community to identify and connect with local services and supports to live an independent, dignified, full life. The Monadnock ServiceLink is a contract managed by the NHCC.

"Three years ago, our offices burned down at 105 Castle Street and we temporarily moved to Hannah Grimes on

Roxbury Street. Although we were sad to say goodbye to our new friends at Hannah Grimes, we are excited to announce that the New Hampshire Care Collaborative and Monadnock ServiceLink an Aging and Disability Resource Center, recently moved back to our rebuilt former beloved location," says Executive Director Madeline Ullrich.

Office hours are Mondays through Fridays from 8:30 a.m. to 4:30 p.m. For more details, call 603-352-7707 or 1-866-826-2340, or visit www.nhcare-c.org.

Chick Season is Here!
 Learn more at cheshirehorse.com/chicks.html or call or stop by. Walk-in purchases are welcome.

Largest selection of standard & rare breeds in New England!



THE CHESHIRE HORSE
 8 Whittemore Farm Rd, Swanzey, NH
 603-358-3001 • www.cheshirehorse.com

THE CHIMNEY SPECIALISTS, INC.
 Chimney Sweeping • Construction • Relining
 Repairs • Installations • Inspections • Waterproofing
 Serving the Monadnock Region for over 40 Years
 (603) 357-4159 • www.chimneyinc.com • info@chimneyinc.com



CASH PAID

For gold & silver jewelry, coins, watches, sterling silver items, stamp collections, military medals, objects of value.



Greg Walsh
 603-903-3069 call or text
"MAKING HOUSE CALLS SINCE 1979"

Find us on 

MONADNOCK APPLIANCE
 MonadnockAppliance.com

Your local service provider since 2010 is now also your NEIGHBORHOOD APPLIANCE RETAILER.

Refrigerators • Freezers
 Dishwashers • Stoves • Cooktops
 Washing Machines • Dryers
 Dryer & Vent Cleaning Service

603-899-9999

Come visit our NEW STORE
 497 US-202 #1
 Rindge, NH 03461
 (near Market Basket)



LIBERTY LAUNDRY & DRY CLEANING

Self-serve Laundromat • Pick-up & delivery
 Wash, dry, fold dry cleaning

Time to switch over to spring!
 We'll get your comforters, blankets, and other winter items cleaned and ready for fall.

GOLD Best of Monadnock 2023 Readers' Choice Awards LAUNDROMAT

SILVER Best of Monadnock 2023 Readers' Choice Awards DRY CLEANER

The Monadnock Region's Favorite Place to Do Laundry!

603-924-6020 • Peterborough Shopping Plaza
 19 Wilton Road, Peterborough, NH
 www.LibertyLaundryNH.com

Local Farm Receive Grants For Specialty Crop Producers

The Cheshire County Conservation District recently announce the 2024 round of Energy Stipend Grants for Specialty Crop Producers recipients: Abenaki Springs Farm of Walpole, Bonita Farms of Walpole, Dog Days Farm of Fitzwilliam, Dove Hill Farm of Walpole, Flock and Clowder of Fitzwilliam, Foggy Hill Farm of Jaffrey, Gemmo Forest of Keene, Gentle Women's Farm of Winchester, Hillside Springs Farm of Westmoreland, Lucky 13 Farm of Winchester, Partners' Gardens of Nelson, Picadilly Farm of Winchester, Sun Moon Farm of Rindge, Vera Flora Farm of Gilsud, and Whittakers Homestead of Alstead.

Funded projects will include increased cooler efficiency, greenhouse and high tunnel efficiency, installation of solar panels, rain water catchment and solar-powered drip irrigation systems, as well as participation in the Monadnock Region Community Supported Solar for Farms project.

Agricultural production consumes significant amounts of energy. After cotton and rice production, specialty crop production had the next highest average electricity expense (\$11,814) among crop producers, due to the use of irrigated water and greenhouse heating. Through the USDA Specialty Crop Block Grant Program, the Cheshire County Conservation District will offer stipends of \$2000 to farms to increase the energy efficiency and renewable energy options, with the goal to lower operating costs, increase viability, and competitiveness.

Eligible applicants must be specialty crop producers in Cheshire County. Specialty crops are defined as, "fruits and vegetables, tree nuts, dried fruits and horticulture and nursery crops, including floriculture." Stipends can be used to fund project costs, consulting with advisors, communicating with vendors and contractors, and farmer time. For more details, visit www.ams.usda.gov/services/grants/scbgrp/specialty-crop.



Easy to switch!
FREE tank set!
 *Call for details

SWITCH AND SAVE

Switch your propane to Sandri and get a \$100 account credit!




Call our office today to become a customer
 1.800.628.1900

PS: We answer our phones!
 *Does not apply to existing accounts. Other restrictions apply.
 Please call for details.

BEDS PLUS FREE BEDMATCH MATTRESS TEST
 Peterborough • 603-371-0202

EXPERIENCE THE DIFFERENCE WITH SANDRI:

- Low, Competitive Pricing
- Prompt Pay and Multi-Fuel User Discounts
- Same-Day Emergency Service 24/7

400 Chapman Street, Greenfield, MA 01301

EVERYTHING MUSIC



ROUSSEAU'S MUSIC
 124 Main St. • Jaffrey
603-532-4311
 rousseausmusic.com



Please, recycle this newspaper.

Greater Keene Pops Choir Appoints New Director

The Keene Pops Choir has announced the appointment of their new Director, Jennifer Arrow Garretson. Garretson brings over 20 years of choral directing knowledge experience to the choir. She grew up in the Monadnock Region and has recently returned from Washington State where she taught in two public school districts. Garretson currently teaches at Keene Middle School and holds a Master of Education from Boston College and a Bachelor of Science in Music Education from Hartwick College.

"I am excited to begin creating music in our local community and hope to inspire you to join our group," she said. A program for their summer concert is currently being selected and is scheduled for Sunday, August 25th. Rehearsals take place at the Baptist Church on Maple Avenue.

The Pops is a non-audition choir that welcomes singers where ever they are in their musical journey. The Keene Pops is a 501c3 non-profit. For more details, visit their Facebook page or email keene pops@gmail.com.

The 603 Nail Salon Now Open For Manicures And Pedicures

Proprietor of the locally owned and operated The 603 Nail Salon, Christine Eber, recently opened for business at 28 Peterborough Street in Jaffrey.

Eber has 10 years experience in the nail care industry and offers both manicures and pedicures. Manicures include gels, dips, acrylics, French, refills, full sets, and nail repair. Pedicures (in a state-of-the-art massage chair) include spa treatments, heel treatments, and hot

stone massage.

The salon is open Tuesdays through Saturdays from 10 a.m. to 6 p.m. Services are by appointment although walk-ins are welcome if Eber is available. The 603 Nail Salon is located on the right at the back of the Athens Pizza building.

For more details, call 844-603-nail (6245) or email the603nailsalon@gmail.com.

Colonial Performing Arts Center Welcomes Julianne Gadoury As Interim Executive Director

The Colonial Performing Arts Center has announced the appointment of Julianne Gadoury as its Interim Executive Director. Gadoury brings a wealth of experience in the arts in New Hampshire, and a passion for community engagement to her new role.

The Colonial Performing Arts Center offers a diverse array of world-class

performances, educational programs, and community events. As Keene continues to evolve and thrive, the Colonial remains steadfast in its mission to inspire audiences, advance regional economic vitality, and enlighten communities by offering excellent, diverse, and engaging artistic experiences.

COLONIAL, page 21

Elevated Home Services

Roofing • New Construction
Remodels • Decks • Siding • Windows
Exterior Carpentry Installs & Repairs

603-852-4872

Free Estimates Fully Insured





Elm City Muay Thai
Monadnock Region's only Muay Thai Gym!
Youth, Beginners, Intermediate

Learn **Thai Kickboxing** while building confidence and increasing athleticism in both a challenging and fun group setting. Come join our growing community!

626 NH-10, Gilsum, NH • (508) 738-1693
#elmcitymuaythai • elmcitymuaythai@gmail.com

ALTITUDE STORAGE

Brand New, Veteran-owned/operated facility

- First month just \$1 any size unit
- Located 2 miles south of Market Basket on Rt. 10 in Swansey
- 24/7 Advanced Surveillance
- Controlled Access with personal gate code
- Multiple Unit Sizes
- Flexible Lease Options

See www.altitudestorage.net for current promotions

THOMPSON LAWN & LANDSCAPE

Local and Licensed Since 2002

WE PROVIDE
Professional Lawn Fertilization
Grub & Insect Control • Core Aeration
Compost Top Dressing • Seeding

Tracy Thompson, AAS
Call us today!
603-355-3579

Residential • Business • Athletic



ServiceLink
Aging & Disability Resource Center
ARE YOU NEW TO MEDICARE? JOIN US!

• Hospital Insurance	• Medicare Supplements
• Medical Insurance	• Medicare Advantage
• Rx Drug Coverage	• Preventing Fraud & Abuse

1st Thursday of the Month
from 1:00 PM–3:00 PM
Join us in person or virtually!
105 Castle St., Keene

Registration is required.
For information and to register call:
1-603-357-1922 or 1-866-634-9412




This project was supported by the Administration for Community Living, Department of Health and Human Services, as a part of financial assistance awards totaling \$382,633 and \$356,408, with 100% funding by ACL/HHS, grant numbers 90AP00087 and 90MPP00037. 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.

Now is the time to set up your budget for the 2024-25 heating season!

SPRING CLEANING/TUNE-UPS
OIL HEATING SYSTEMS

\$159

CALL FOR DETAILS

 **160 Emerald St., Keene**
603-352-7444
PattenEnergyNH.com

WUNDERKIND
marketing

BOOST YOUR BUSINESS WITH SEO!

Increase visibility, attract qualified leads, and stay ahead of the competition. Discover the key to online growth!



202 209 6427 - 180 Emerald St Suite 207, Keene, NH
hello@wunderkind-marketing.com
www.wunderkind-marketing.com

Send Us Your
Stories of Hope
michelle@shoppernews.com
fax: 357-9351 or mail:
PO Box 487, Keene, NH 03431

EXCEPTIONAL CARE COMES WITH THE TURF

Offering Gentle and Positive Children's Dentistry for a Lifetime of Healthy Smiles!



"Our pleasure to serve!"

We work with all insurances, including NH, VT & MA state insurance!

Children's Dental Care

Always Accepting New Patients!
Dr. Blake Wullbrandt, DDS
 **113 Railroad St. Keene, NH**
603-357-6385
www.drwully.com

Outdoor Physical Therapy Space Grand Opening

The need for local, high-quality rehabilitation services is rising. We are responding by expanding our rehabilitation program at the Bond Wellness Center, including a new outdoor athletic treatment and physical therapy space. Join us for a special Open House to check out the new space!

 **Saturday, May 18th**
9:00 AM—Noon
Bond Wellness Center, Lower Level

✓ Ribbon cutting	✓ Learn about our services
✓ Raffles	✓ Meet our team
✓ Food	✓ FREE Sports Equipment Swap & Shop*
✓ Activities	

Drop in at your leisure any time from 9 AM-Noon! Event is Rain or Shine!

*Sports Equipment Swap Details: Drop off gently used sports equipment to the Bond Wellness Center Conference Room from 10 AM on Thursday 5/16 through 10 AM on Saturday 5/18. Shop time is 9 AM-Noon on 5/18. (Winter gear, bicycles, and helmets not accepted.)

Questions? Call 603-924-1762



OPEN TO ALL—NO RSVP REQUIRED!



There's no substitute for experience!

Connie Joyce



TOP PRODUCER FOR MORE THAN 30 YEARS

603-209-4431
cjoyce@ne.rr.com



RE/MAX
Town & Country
117 WEST STREET
KEENE, NH
603-357-4100 x130

Birding On The Farm Workshop Series Kicks Off This Month

A birding on the farm workshop series will kick off on Friday, May 10th at 7:30 a.m. at Scott Farm Orchard at 707 Kipling Road in Dummerston, VT. Participants will learn about farm habitat dynamics for birds, habitat management, wildlife conservation on the farm, as well as species identification from experienced bird guides. This workshop series is open to birders and enthusiasts of all skill levels. Participants may bring binoculars with them, and weather appropriate dress and boots for walking are recommended. The event is free and registration is required by calling 802-518-0993 or emailing benee@cheshireconservation.org.

PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Cinder



Hi furever family! My name is Cinder. First things first, I'm a two year old male domestic shorthair semi spirit cat. That's just a fancy way of saying I'm a bit shy and introspective. I like to take my time getting to know new people and places, but once I trust you, I'm a loyal friend for life. You'll usually find me keeping to myself, either curled up in a cozy spot or quietly watching the world go by. I'm not a fan of being picked up or crowded, so I tend to retreat when things get too overwhelming. But if you're patient with me and give me space to come to you, I'll show you just how sweet and affectionate I can be.

I prefer calm and quiet environments where I can feel safe and secure. Busy households and rowdy dogs aren't really my thing – I'm more of a peace-and-quiet kind of cat. I'm happiest when I'm close to my favorite person, whether that's sitting quietly by their side or just enjoying their company from across the room. I know I might not be the easiest cat to get to know, but for the right person, I promise to be a loyal and loving companion. If you're looking for a gentle soul to share your life with, I might just be the perfect match for you. Come down and meet me during open hours.

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

Saturday Morning Cartoons: Bugs Bunny, Bullwinkle And Big Business In The 1960s

A free program by NH Humanities To Go, "Saturday Morning Cartoons: Bugs Bunny, Bullwinkle and Big Business in the 1960s," will be presented by Margo Burns on Friday, May 10th at 6:30 p.m. at the Winchester Town Hall. Many kids in the second half of the 20th century shared a common Saturday morning ritual: watching *Yogi Bear*, *Bugs Bunny*, and *Rocky & Bullwinkle* while eating a bowl of Captain Crunch. In this program, participants will watch some clips from classic cartoons that will spark some nostalgia while taking a peek behind the TV screen to learn how this ritual was created. It will also be live-streamed on facebook.com/WinchesterHistoricalSociety.

The Power Station Coffeehouse In Nelson

The Power Station Coffeehouse will take place on Friday, May 10th at 6 p.m. at Nelson Town Hall at 7 Nelson Common Road. This is an open mic format featuring encouraging and uplifting music and testimonies. Participants can bring a snack to share with others. Call or text Thomas Travers at 603-381-9077 or email tom@powerstation-nh.com.



• Tree Work
• Crane Work
• Chipping
• Storm Damage Cleanup
• Pruning
• Stump Grinding
• Cabling

Free Estimates
24 Hr. Service
Fully Insured

603-355-0208
www.chrislaneenterprises.com

CUSTOM WINDOW TREATMENTS

Shades • Shutters • Blinds
Drapery • Home Automation



MONADNOCK
SHUTTER & SHADE
603.352.0511
MONADNOCKSHUTTERANDSHADE.COM

Join the SwampBats Family

Become a Host Family for the Summer!
Host families are needed to provide a bedroom from **June 1st - August 1st.**

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

- Host families receive:
- Lifetime pass to home games
 - A free week at SwampBats camp for your kids
 - A FUN experience of housing a SwampBats player
- For more info, please call **Pauline** at 603-357-1761 or pdionne@ne.rr.com • swampbats.com

Kapiloff Welcomes
STEPHANIE JACQUES KLEINE
as Senior Benefits Broker

KAPILOFF
INSURANCE SOLUTIONS • EMPLOYEE BENEFITS

Serving our community for over 50 years
www.kapiloff.com

GUITAR LESSONS

Lessons online via Zoom, Skype & other platforms
All ages welcome • Gift Certificates
Ukulele & Harmonica Lessons Offered
Tad Dreis • Keene, NH
603.762.9378 • www.taddreis.com

ADS Advanced 3-5 Year **NEW!** Ceramic Paint Protection!

Get a **FREE** window and wheel coating with the purchase of ADS Advanced Paint Protection!

Available At:
Alternative Detailing Solutions
257 Rt 10, Gilsum • (603) 358-3300

DALE BLANCHARD DRYWALL

NEW HOMES ADDITIONS REMODELS FULLY INSURED REFERENCES

35 YEARS' EXPERIENCE
I DO WHAT I SAY WHEN I SAY!
100s OF SATISFIED CUSTOMERS
603-499-2006

Wood Pellet Central Heat? Absolutely! Automatically!



This historic home is now heated with an Automatic Wood Pellet Boiler



FROLING ENERGY
Furnaces too! Perfect for older homes!
FrolingEnergy.com Call 924-1001

"Best driveway gravel in the area, Call or visit our website"

Rindge Stone & Gravel

- Site Phone: 603-899-6920
- rindgestoneandgravel@gmail.com
- www.rindgestoneandgravel.com

538 Old New Ipswich Road • Rindge, New Hampshire 03461

Savings Bank Of Walpole Now Accepting Applications For The Julie Tewksbury Scholarship For Working Moms

Savings Bank of Walpole is now accepting applications for The Julie Tewksbury Scholarship for Working Moms. Now in its fourth year, the annual bank-sponsored scholarship is designed to help support the efforts of working moms who want to grow professionally and personally, and to help them become great leaders in their fields and in the community. Two \$1,000 scholarships will be awarded and applications are available online at <https://walpolebank.com/scholarship-for-working-moms/>. The deadline to submit an application is Friday, May 31st.

The scholarship pays homage to longtime Bank employee Julie Tewksbury, who served as Senior VP of Operations for Savings Bank of Walpole before retiring in 2020. As an employee for 28 years and a member of the bank's leadership team for 15 of them, Tewksbury's contributions were many and included championing workplace education initiatives to help promote ongoing career growth for employees – many of whom were working mothers like Tewksbury herself. Outside of the workplace,

Tewksbury was – and continues to be – actively involved in volunteering her time to help make a difference in our community by working with a myriad of local nonprofits and helping her daughter with her own business.

"We are excited to once again sponsor The Julie Tewksbury Scholarship for Working Moms" says Mark Bodin, president of Savings Bank of Walpole. "This scholarship is a special way for us to honor the contribution that Julie provided to our organization and our employees. It is designed to help fund professional and personal development of working moms in our community who are eager to learn and grow."

Interested scholarship applicants should live or work in the Monadnock Region. Visit <https://walpolebank.com/scholarship-for-working-moms/> to fill out the one-page application which must be accompanied by a current resume as well as one or two references. Winners will be chosen by a small panel comprised of local community leaders, bank employees and Tewksbury herself.

Monadnock Food Co-op Hosts Truckload Sale Big Savings On Organic And Natural Food

Monadnock Food Co-op at 34 Cypress Street in Keene will host its Spring Truckload Sale on Friday, May 17th from 11 a.m. to 7 p.m. and Saturday, May 18th from 10 a.m. to 3 p.m. at the co-op at 34 Cypress Street in Keene.

Customers can pre-order full cases of popular products for significant discounts off retail prices through Sunday, May 12th. Truckload Sale order forms are available online at www.monadnockfood.coop and at the co-op. Truckload sale items will also be available during the event, while supplies last.

"We're excited to host our Spring Truckload Sale," says Kevin Powell, Monadnock Food Co-op merchandising manager. "Our Truckload Sale offers cases of quality, organic and natural foods at incredibly low prices, and features brands shoppers know and love."

Winner Of George Duncan Essay Contest Announced

The Monadnock Writers' Group announced the winner of its 2024 George Duncan Essay Contest is Holly Gary, a freshman at ConVal Regional High School. She will read her essay at the organization's meeting on Saturday, May 11th at 9:45 a.m.

High school students from across the Monadnock Region were asked to submit persuasive, fact-based op-ed style essays that address a political issue in the news. With her interest in technology, Gary selected generative artificial intelligence (AI) and its impact on education as her topic.

The contest winner is awarded a prize of \$250.



NOW OFFERING PROPANE

FULL-OPERATION • FULL SERVICE
For Stoves, HW heaters, Fireplaces, add-ons

Competitive pricing • Licensed Propane Technicians
FREE ESTIMATES

Safe service with our professionals • 24-hr Watchdog Service since 1926
559 Main St., Keene • 603-352-1306 • davisoilandpropane.com

SURVEYING & ENGINEERING

Lot Lines • FEMA-Elevation Certs • Subdivisions • Site Plans
Plus Septic Designs, Wetlands & Soil Mapping,
Local, State & Federal Permitting and More!

FIELDSTONE
LAND CONSULTANTS, PLLC

Surveying • Engineering • Environmental

603-672-5456
FieldstoneLandConsultants.com

GET a ride from a neighbor.
Schedule "no-fee"
transportation with CVTC!

GIVE the gift of mobility.
Become a CVTC volunteer driver!

 COMMUNITY VOLUNTEER TRANSPORTATION COMPANY **603-821-0569**
cvtc-nh.org

KEEP RIGHT
on going to Mia Capelli Salon!



Mia Capelli
SALON LLC

Voted #1 Best of Monadnock 2023 Readers' Choice Awards Hair Salon

Gift Certificates Available!
382 West St., Suite 104, Keene
(603) 358-0030

Oil Change and/or State Inspection \$34.95 each Pass or Fail. Up to 5 Qts., including filter, most vehicles

SYNTHETIC OIL CHANGE \$69.95

Exp. 5/15/24, with coupon, presented at time of purchase. Please call for appt. Some restrictions apply. Hours: Mon-Fri 8-5, Sat 8-12

 **124 Main Street, Keene, NH**
603-357-1332

\$5.00 OFF

ANY PURCHASE OF \$25 OR MORE

TOY CITY Celebrating 52 Years!

133 Key Road • Keene, NH
(603) 352-3131

*One coupon per person, per purchase. Not redeemable for cash. Exp. 5/31/24. Cannot be combined with other offers.

HD Harrisville Designs
RETAIL STORE & STUDIO

harrisville.com
4 Mill Alley, Harrisville, NH
Open Tues-Sat, 8:30-5:30 | 603-827-3996



Maple Hill Nursery & GREENHOUSES EST. 1984 **We Deliver!**

MOTHER'S DAY SPECIALS!
Celebrating 40 Years!


HANGING BASKETS


PERENNIALS

VEGGIES & HERBS


FORSYTHIA
(CONTAINER ONLY)


CREeping PHLOX

THURS.-SUN. these 4 items only

10% OFF


MAGNOLIA
(CONTAINER ONLY)


LILACS
(CONTAINER ONLY)

PERENNIALS • TREES & SHRUBS
LOAM • BARK MULCH • COMPOST

6 COLORS of BARK MULCH
BAGGED OR BY THE YARD **3 BAGS FOR \$14**

COMPOST
Suitable for food gardens BY THE YARD

OCEAN COMPOST • FERTILIZER • POTTING SOILS • GRASS SEED

Rt. 10 South, Swanzey, NH 1 Mile South of Market Basket • Open 7 Days
603-357-2555 • www.maplehillnursery.com



Professional Cleaning Services
for your home or business

Now serving the Peterborough area
Daily • Weekly • Biweekly
Monthly • As needed

Call for a free quote!
603-808-1206

scottscleaningservice@hotmail.com • scottscleaningservice.com





CLEAR WATER
POOL AND SPA OF KEENE, INC.

**NOW OFFERING
Pool Water Delivery!**



RT. 12 SOUTH
(NEAR FAIRGROUNDS)
SWANZEY, NH
603-357-5874

WWW.CLEARWATERPOOLANDSPA.NET

Aloha Donates To Monadnock Humane Society

Each month, Aloha raises money for a non-profit of choice. They raise funds by having three donation based classes/events a month.

Recently, Aloha's non-profit of choice the Monadnock Humane Society, and aloha raised \$400.

Each Friday they have a donation-based community class from 4 to 5 p.m., with a different teacher each week. Folks love learning from a variety of styles of yoga. Once a month, they hold a Yoga Nidra by donation. This often fills up, thus preregistration is encouraged. Lastly, each month there is a special event customized to reflect the non-profit for that month. For the Monadnock Humane Society, Aloha's Michelle Davis taught a "Yoga for Animals" class.



Kerri O'Brian (L) and Kimbely McNally (R) accept the donation from Josephine Russell.

Speaking Of Words: Fossilized Culture In Our Language

WORDS, Continued from page 1

Where was I? It's easy to get lost in the maze of etymologies. Oh yes, my subject is the way words and phrases often preserve much earlier stages of culture; they are etymological fossils.

Of course, some people still ride horses and attach them to wheeled vehicles, but for many of us they represent an earlier time. The very word "automobile" attests to the (at first) surprising fact that cars needed no horses: A *Daily News* article in 1895 referred to an "automobile carriage" as a new and striking thing. More than a century later we still metaphorically spur someone on, or we bridle at an order from someone in the saddle, and so on, without thinking of a horse. Teamsters drive trucks these days, not teams of horses. So horses are still with us, quietly cantering through our language.

So are ships and sailors, though we may live hundreds of miles from the shore. When we ship something these days it is more likely to go onto a plane or truck than a ship; in 1881, the *Chicago Times* used the phrase "to ship their freight by rail," and we've been using that extended sense ever since.

In the nineteenth century a "liner" was a vessel belonging to a line or regularly scheduled set of packets, which were boats that originally carried packets of government mail or dispatches. "Liner" was expanded to include ocean liners such as those belonging to the Cunard Line, and now we have airline, airliner, and (since 1946) jetliner. We now also speak of spaceships, and perhaps one of them will sail with a solar wind through the sea of space.

On board there may be astronauts, which is Greek for "star sailors"; -naut is from nautes, "sailor," from naus, "ship." The same root through Latin gave us "navy" and "navigate." Today we use the GPS in space to navigate our car on land.

A word whose etymology is one of the most revealing, or damning, is "manufacturer," which now means the owner of a factory. It began to acquire that sense in the late seventeenth century, but its earlier meaning was a worker in a factory, an artisan or craftsman. For the word comes from Latin manu, the ablative case of manus "hand," and the root fac- "make."

A manufacturer was someone who makes things by hand. I doubt if there are many manufacturers today who use their hands to make things except as a hobby.

Factories, we should add, are often still called "mills," as in "steel mills," though nothing very much like milling goes on in them. A mill was originally a building used for grinding grain into flour, as in "flour mill," or "windmill." "Mill" has an ancient ancestry: it is related to "meal," the ground grain, as in "oatmeal" or "cornmeal."

The same root in Latin gave us "molar," the grinding tooth, and in Greek, "mylodon," a prehistoric sloth with good molars. When we eat a meal today we may well eat some ground grain, but that's not usually what we have in mind when we order a meal of steak or lobster. In Japan, one word for "meal" as repast, gohan, also means "rice."

The time may not be far off when the only meanings we know for "file," "folder," "inbox," "page," "paste," and "bookmark" are operations on our laptop. I was glad to learn there is an Early Office Museum that might preserve the older meanings of these words, not to mention "uppercase" and "lowercase," but this museum is only virtual, a website, and seems inactive. A real museum of office things in Wilmington, Delaware, has closed. Our language is itself a museum, but these places would have helped explain some of its fossils.

I will end with one more curious little etymological fact. If you think of the word "oil" out of context, you will probably think of petroleum, the rock oil, the fossil fuel that still powers much of the world while it heats the world's atmosphere to deadly effect. But "oil" once meant a particular kind of oil and it certainly wasn't petroleum.

The word came to English via French from Latin olea, the plural of oleum, which meant "olive oil"; indeed "olive" (Latin oliva) has the same source, Greek elaiā, earlier elaiwa, "olive tree" and elaiwon, "olive oil." They had entered Greek by 1400 BCE, but they are not traceable to Proto-Indo-European. They must have come from a Mediterranean language, now lost. Back then it was just about the only oil there was. So this fossil word reminds us that fossil oil is a new thing to us, and we haven't used it very responsibly.

I am happy to hear from readers with questions or comments: mferber@unh.edu.

Michael Ferber moved to New Hampshire in 1987 to join the English Department at UNH, from which he is now retired. Before that he earned his doctorate in English at Harvard, taught at Yale, and served on the staff of the Coalition for a New Foreign Policy in Washington, DC. He has published many books and articles on literature, and has a deep interest in linguistics.



603-363-8197

A FULL-SERVICE TREE COMPANY!

www.wilcoxreeservice.com

24 HOUR EMERGENCY SERVICES
HAZARDOUS TREE REMOVAL
FREE ESTIMATES FULLY INSURED

WILCOX CRANE SERVICE
603-903-8624

Building Early Childhood Supports Project Assisted By Monadnock United Way

In rural communities across southwestern New Hampshire, the lack of early childhood services and resources is a pressing concern for families and professionals. In recognition of this need, Early Childhood Region 1 applied for and received a grant from the Center for Advancing Rural Health Equity to launch the Building Early Childhood Supports in Rural NH project with support from Monadnock United Way.

Early Childhood Region 1 has been working with four rural libraries in Charlestown, Gilsum, Lempster, and Marlow providing early childhood resources to enhance support for children living in rural communities.

By partnering with libraries with small rural communities, they have been able to provide access to resources and support systems to not only empower librarians with increased confidence but also influence their approach to planning and delivering programming to their communities.

The Building Early Childhood Supports in Rural NH initiative represents a critical step towards addressing the needs of young children in rural areas, ensuring they receive the support necessary for healthy development and future success.

Door & Window
SCREEN REPAIR
Jack's Hardware
37 Park Ave., Keene
603-352-1517

Q&A Armory



**New & Used Firearms
Ammunition • Accessories**
6 Brakehill Rd., Gilsum, NH
603-439-0155
qandaarmory@gmail.com

MORE SMALL UNITS ADDED!

West Peterborough Self Storage

Climate & Humidity Controlled Street Level & Secure

375 Union St., W. Peterborough • 603-924-0109
www.westpeterboroughselfstorage.com



Harrell's Continental
Transportation from Cheshire County to Regional Airports or Back

Manchester Regional	\$99
Bradley International	\$149
Boston Logan	\$199

Text MHT, BDL or BOS to 603-499-9777 Max. 4 passengers
No Deposit Required
No Hidden Fees!



For every ride Harrell's will donate to Monadnock Family Services.



At Brattleboro Hearing Center your hearing healthcare is our top priority.

Our Doctors of Audiology keep up with the latest technology and our research-driven practices provide the best possible outcomes in the treatment of hearing loss. Our Swanzey office often has same-week availability for appointments. We're proud to offer personalized, patient-centered care.



NOW ACCEPTING NEW PATIENTS IN SWANZEY!
Swanzey, NH • 603-354-3325
Brattleboro, VT • 802-254-3922
Greenfield, MA • 413-773-5119
www.BrattleboroHearing.com

Read the MSN online:
www.shoppernews.com



DANA'S CONTAINER SERVICE

Variety of rolloff dumpster sizes
Clean-out services

No job is too big or too small — from a single item to an entire building.

FREE ESTIMATES • FULLY INSURED
603-352-5981
www.danasrolloffdumpsters.com

Thank You Mothers Everywhere!

Mother's Day will be observed Sunday, May 12th, as an expression of appreciation and thanks to mothers everywhere. Generations of mothers will be remembered with cards, telephone calls, flowers, a special restaurant outing or meal at home, or a quiet, reflective moment. Remember Mom on Sunday with a special breakfast/brunch, lunch or dinner recipe from Cooking Corner, or make your own favorites.

Fireplace Oysters

If mom's an oyster-lover, this idea might be a perfect starter.

Directions: Any shell oysters may be roasted over the coals of a wood or charcoal fire or on a gas grill, except perhaps very small ones. Wrap the oysters well in aluminum foil if you are going to do them on wood coals, otherwise place them deep-shell down on the grill grate. If they are iced, as most surely they will be, they will take six to seven minutes for the largest ones – at any rate you'll know when they are done because they will open their shells. If large, leave them on the grill a minute or so longer to be sure they are hot. If they are mid-sized Eastern oysters, don't let them cook too long – they will toughen. To serve, break off the top shells and serve in the deep bottom one, with lemon wedges and grated horseradish, or your own favorite sauce.

Cooking Corner

with Nancy Adams



Chicken Tarragon

This dish serves two generously, so it's perfect for just you and mom. If there's any leftovers, send a container home with mom for another meal.

Ingredients:

- 1 lb. boneless chicken breast, cut into strips
- 1/4 cup butter
- 1 1/2 medium tomato, peeled, seeded and finely chopped
- 1 1/2 teaspoons white wine vinegar
- 1 cup heavy cream (don't use lighter cream or it may curdle)
- 1 teaspoon chopped fresh tarragon (or 1/4 teaspoon dried)
- 1 tablespoon chopped fresh parsley

salt and pepper to taste
Sauté chicken strips in butter in large skillet until just opaque but not done; set aside. In the same pan, add the tomato and sauté for two minutes. Add the vinegar and stir, then add the cream and bring to a boil. Simmer for two to three minutes. Then return the chicken to pan, along with herbs, salt and pepper. Simmer for another three to five minutes until sauce thickens to a desired consistency. Serve with rice, if desired.

Red & Green Grape Salad

This pretty salad features two colors of grapes, nuts and herbs, dressed with a honey vinaigrette; it goes well with a variety of entrees. Serves two.

Ingredients:

- Vinaigrette Dressing:**
- 1 tablespoon extra virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon honey
- minced zest of 1/2 lemon
- salt and pepper to taste

- Salad**
- 1 cup each halved green and red seedless grapes
- 1 tablespoon torn fresh basil leaves
- 2 tablespoons slivered almonds or hazelnuts lightly toasted and chopped

Whisk together the dressing ingredients in a small jar. In a medium bowl toss the grapes and basil with the vinaigrette. Garnish each serving with almonds.

Roasted Shrimp Salad Sandwich

Much like a shrimp scampi sandwich, this fragrant taste-bomb makes a special luncheon for mom. Serves four.

Ingredients:

- 2 tablespoons extra virgin olive oil, plus extra to grill bread

- 1 tablespoon thinly sliced garlic, plus 1 peeled clove (to rub on bread)
- 1 lb. peeled and deveined raw medium to large shrimp
- salt and freshly ground black pepper
- 1/4 teaspoon red pepper flakes, more or less to taste
- 1/4 cup white wine
- 1 cup cherry or grape tomatoes quartered
- 1/4 cup pitted Nicoise olives, roughly chopped
- 1/4 cup each chopped fresh parsley, dill and scallions (white part only)
- zest and juice from 1 lemon
- 1 tablespoon chopped fresh oregano (or 1/3 tablespoon dried)
- 4 slices multigrain bread or brioche rolls

Add two tablespoons of the oil and the sliced garlic to a large skillet over medium-high heat. Once garlic is fragrant, add shrimp and season with some salt and pepper. Add red pepper flakes and sauté for about three to five minutes, until shrimp are cooked through. Pour white wine into skillet and stir to dissolve bits stuck to pan. Remove pan from heat; transfer shrimp to a bowl and set aside to cool. Combine shrimp with tomatoes and rest of ingredients except bread. Brush bread or rolls on both sides with some olive oil and lightly rub with the garlic clove; grill or toast lightly in a skillet. Pile the shrimp salad on top of bread and serve open-faced with knives and forks.

Biscuit Muffins for Buffet

Make up a batch of these simple biscuits baked in muffin tins. Then set them on a Buffet Table for mom and the family, loaded with your favorite breakfast fixings. Start with your favorite scrambled eggs recipe as a base on the biscuits; then let guests add their own toppings of cooked bacon, chopped tomatoes, shredded cheese, sliced peppers, avocado slices, and whatever else you dream up. For dessert, pile some biscuits on a plate, flanked by bowls of fresh sliced strawberries and whipped cream for make-your-own Strawberry Shortcakes. Makes 12 muffins.

Ingredients:

- 2 1/2 cups flour
- 2 tablespoons sugar
- 1 1/2 tablespoons baking powder
- 3/4 cup cold butter or margarine
- 1 cup cold milk

Preheat oven to 400 degrees. Grease 12-cup muffin tin on sides and bottom (paper liners don't work well in this recipe). In large bowl, combine flour, sugar and baking powder. Cut in butter until mixture resembles coarse crumbs. Stir in milk until just moistened. Spoon into muffin cups. Bake 20 minutes or until golden. Remove and cool on rack.

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.

Moving Towards Healing: Exploring

Social Concerns Through Film

The "Fostering Community Conversations on Racial Justice" group and the James A. Tuttle Library in Antrim will be showing *Traces of the Trade*, the final film in a monthly in-person film series at 10:30 a.m. on Saturday, May 11th, followed by a community conversation.

Filmmaker Katrina Browne discovers that her ancestors, residents of New England, were the largest slave trading family in United States history, operating their business from 1769 to 1820. Browne and nine of her relatives explore the history of their family and slavery in this documentary, traveling to Rhode Island, Ghana, and Cuba. The film asks what would repair for slavery, both spiritual and material, really looks like.

For more details, contact Linda Bundy at n_bundy@mcttelecom.com.

Read the
Monadnock Shopper News
online:
www.shoppernews.com

Mother's Day Breakfast

May 11th

A Mother's Day Breakfast will be held on Saturday, May 11th at First Congregational Church of Swanzey at 679 Old Homestead Highway from 8 to 10 a.m.

The menu includes pancakes, bacon, ham, home fries, toast, donuts, fruit salad, juice, and coffee. The cost is by donation.



Saturdays 9AM-1PM

Music • Local Produce

Artisan Meats

Fresh Prepared Foods

Handcrafted Goods

Main St., Winchester

HANDYMAN



Call Keene Handyman!
Repairs or Remodels
603-852-6891
KeeneHandyman.com

Stories
Giveaways
Local Events

Find Us On
facebook.

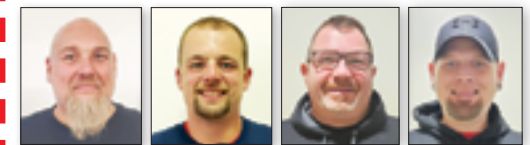
Adams
AFFORDABLE FURNITURE

Clean, Used Home Furnishings & Decorating Accessories

Pick Up and Delivery Services Available

125 Old Homestead Hwy.
Swanzey, NH
Hours: Friday, Saturday and Sunday • 10-4
357-1926

SPRING CLEANING SPECIAL



ANNUAL CLEANING
Regularly \$180⁰⁰ **NOW ONLY \$160⁰⁰**
With Coupon **SAVE \$20⁰⁰**
Expires July 31, 2024

We're Here for You!
SWANZEY OIL LLC
603-357-5400
swanzeyoil.com

SATURDAYS 9-1
Gilbo Avenue, Keene
Across from Lindy's Diner
facebook.com/keenefarmers

SHEDS
FREE DELIVERY!
UTILITY BARNs • LOFTED BARNs • GARAGES
Blueberry Hill Sheds
BEST PRICES!
387 Monadnock Hwy., Swanzey, NH
9 Gardner Road, Winchendon, MA
603-903-2646 • blueberryhillsheds.com
1/10 mile south of Twinkletown Golf

MORE Than a Thrift Store

Where Your Donations Make a Difference
All net proceeds benefit local non-profits
Donations accepted Thursday through Sunday

19 RALSTON ST., KEENE
Wed/Thurs 10-4 • Fri 10-6 • Sat 9-5 • Sun 12-4
603.355.1890

BIRTHDAY COMING UP? Kids can win FREE cake!
ShopperNews.com/Community

HUGE SAVINGS!

THE TRUCKLOAD SALE IS COMING!
FRIDAY, MAY 17 & SATURDAY, MAY 18

PRE-ORDER YOUR TRUCKLOAD ITEMS ONLINE AT: MONADNOCK.STOREBYWEB.COM

34 CYPRESS ST | KEENE NH | 603.355.8008 | MONADNOCKFOOD.COOP

Julie's Garden
 & GREENHOUSE
 AT MAPLE LANE FARM
 220 Gunn Rd., Keene • 10AM – 5PM Daily

-Since 1952-
Howard's
 Leather
There's Nothing Like Real Leather
REAL LEATHER
 Tough, Protective & Stylish.
Just Like Mom!
 1651 Rt. 9 Spofford, NH • 603-363-4325
 www.howardsleathernh.com
 Mon.-Sat. 10 am-5:30 pm; Sun. 11:30-5:30

HONORING MOTHER
Mothers Day is Sunday, May 12th

ANDY'S FURNITURE
10% OFF
Storewide & Special Order!
ENDS MAY 12
Some exclusions apply



Celebrating 43 years in business!

0% Financing Available
Andy's OF KEENE
OPEN 7 DAYS!
 93 Park Avenue, Keene
 www.andysoak.com • 603-352-4334

mother's day
MENU

BRUNCH 8-12
 *Housemade English Muffins
 *Lobster Eggs Benedict
 *Mixed Berry Pancakes (strawberries & blueberries)

DINNER 12 - 8
APPETIZERS
 *Crab Artichoke Dip

MAIN COURSE
 *Housemade Lobster Ravioli in a vodka sauce
 *8oz Filet Mignon topped with gorgonzola cheese served with mashed potatoes and vegetables

DESSERT
 *Raspberry Lemon Cheesecake Bars

The Arlington Inn & Tavern
 71 MAIN STREET • WINCHESTER, NH
 603-239-4728
Reservations Encouraged

BOOTLEGGERS[®]
FOOTWEAR CENTERS

From Casual to Classy...



WEST ST. SHOPPING CENTER, KEENE, NH
 603-352-5201 • Mon.-Wed. 9AM-6PM, Thurs.-Fri. 9AM-8PM, Sat. 9AM-6PM, Sun. 10AM-5PM
 GREENFIELD, MA • ROCHESTER, NH • STRATHAM, NH
 LACONIA, NH • WOLFEBORO, NH • MEREDITH, NH • NORTH CONWAY, NH

The Way to a Mother's Heart...



De Goodie Shoppe
49 Main St. Keene • 603-352-0326
www.YGSCandy.com

Treat Mom to Something Special

Hand blown vase of Hebron glass from the West Bank or Tatted lace necklace from Turkey



Joseph's Coat
Artisan Made
world crafts clothing

32 Grove St., Peterborough
603.924.6683 www.jocoat.com
Wed-Fri 11-3; Sat 10-4; Sun 10-3

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

PASTA CRAFTING DINNER

GIFT MOM A FUN DINING EXPERIENCE!

THURS MAY 16TH 5:30
FRIDAY MAY 17TH 6:00

WWW.FORAYEVENTS.COM

FORAY EVENT STUDIO 174 MAIN ST
MARLBOROUGH, NH 603-876-5085

CRAFT YOUR OWN ARTISAN PASTAS AND ENJOY A THREE COURSE DINNER WITH WINE TICKETS 65\$ PP



THE CHESHIRE HORSE
8 Whittemore Farm Road in Swanzey, NH • 603-358-3001

Make Mom Smile



DISCOVER THOUGHTFUL GIFTS SHE'LL ADORE:

- PERSONAL CARE
- BAGS
- JEWELRY
- SNACKS & SWEETS
- DRINKWARE
- KITCHEN UTENSILS & TOOLS
- CANDLES
- STATIONERY & OFFICE SUPPLIES
- GARDENING
- PUZZLES
- 20% OFF BOOKS
- GIFT CARDS

Made for Moms!

Silver and gold earrings by **LESLIE'S**
THE STANDARD IN GOLD

14kt white gold textured hoops
14kt yellow gold textured hoops

Mother's Day SUNDAY • MAY 12TH

Cheshire Jewelers, LLC

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



Professional Bra Fitting, Lingerie, Elegant Sleepwear




La Pêche LINGERIE

Moms deserve nice bras and pajamas.

21 West Street, Keene lapechelingerie.com 603-354-3137

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

RESERVATIONS HIGHLY RECOMMENDED

Regular breakfast and lunch menu served all day.

I ♥ MOM

Hanging Baskets for Mom!



Allen Bro's

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

Garden Center Hours: 8am-6pm, Daily
allenbrothersfarms.com • (802) 722-3395

Anytime Apparel
Brighten Mom's Day
with Something Special
 Spring tops, dresses, jackets, scarves, accessories
Gift Certificates Available!
 16 DEPOT SQ. • PETERBOROUGH • Tues.-Fri. 11-5, Sat. 11-4 • 924-5995

GREENHOUSES ARE BURSTING!
CHESHIRE
Think Mom, Think Flowers
 Large selection of Hanging Baskets & Patio Pots. Great variety of Annuals.
 1,000s of perennials
 92 Pleasant St., Marlborough, NH
 603-313-4124 • CheshireFloral@gmail.com

The Store of Fine Diamonds, Gems & Pearls
Stoneman CUSTOM JEWELERS
 VOTED #1 GOLD Best of Monadnock 2023 Readers' Choice Awards JEWELRY
 Shop & Compare. Our Prices Are Lower Than Their Sale Prices. Never a charge for consultation.
 The Only True Full Service Jeweler In The Area. All Work Is Done In-House.
 82 Washington Street, Keene, NH • 352-0811

GIVE MOM A GIFT THAT WILL LAST!
SECTIONAL w/Ottoman
2-Sided Foam Encased Mattress
Adirondack Chairs
Recliners & Chairs
Glide Rockers
 Furniture • Bedding • Housewares
 Tools • Work Apparel • Gifts
J & J DISCOUNT
 Jct. Glebe Rd., Rt. 9, Spofford, NH
 603-363-9388
 www.jjdiscountstore.com
 Kevin, Debbie, & Mark
 We Are Not Just A Shopping Experience, We Have Become A Family Tradition.

HONORING

Mother's Day From Ancient Times To Today

Ancient Greek and Roman festivals honoring mother goddesses Rhea and Cybele were the first known celebrations of motherhood. Then there was the early Christian festival known as "Mothering Sunday." These celebrations are antecedents of the celebration of Mother's Day we recognize today.

The holiday, as we now celebrate it, began to take shape in the 19th century when Ann Reeves Jarvis of West Virginia helped form "Mother's Day Work Clubs" to help teach women to properly care for children in the years before the Civil War and later organized "Mothers' Friendship Day" where mothers gathered with former Union and Confederate

Soldiers to promote reconciliation.

In 1870, abolitionist and suffragette Julia Ward Howe wrote the "Mother's Day Proclamation," asking mothers to unite to promote world peace. She also campaigned for a "Mother's Peace Day" to be celebrated in June.

Monadnock Family
 with Sheri Lapointe

Happy Mother's Day from Keene On Cookies
 Holiday & Event Platters
 Cupcakes & Cannoli
 Homemade Cookies
 Specialty Cakes
 10 West St., Keene • 603-354-3011

Juliet Calhoun Blakely inspired a local Mother's Day celebration in Albion, Michigan in the 1870s while Mary Towles Sassen and Frank Hering worked to organize a Mothers' Day celebration in the late 19th and early 20th centuries. In fact, Hering has been called the father of Mother's Day.

In 1905, after the death of Ann Reeves Jarvis, her daughter Anna Jarvis wanted to promote a day to honor the sacrifices that mothers make for their children. With financial backing from department store owner John Wanamaker, Jarvis organized the first official Mother's Day celebration. Following the success of her day of celebration for mothers, she went on to promote Mother's Day as a national holiday. In 1914, President Woodrow Wilson established the

second Sunday in May as Mother's Day.

Mother's Day is a time to honor and show gratitude for the women who have supported and cared for us. Whether they are biological mothers or other maternal figures, we strive to celebrate all the important women who have taken on a mother role, offering guidance, support, and affection.

There are many ways to celebrate Mother's Day, and how you choose to celebrate may depend on your mom's or mom figure's individuality and interests. Here are some suggestions to get you thinking about how to celebrate the maternal figures in your world.

Serving breakfast in bed or going out to brunch on Mother's Day is a well-known tradition for some families. The overall point is to give the honored woman a day off from having to make a meal for everyone else. Fresh berries, pancakes, waffles, or even a traditional brunch-inspired adult beverage is a great way to help her start her special day.

MOTHER'S DAY, page 21

MOTHER'S DAY BUFFET
SUNDAY, May 12th - 11AM-4PM
Reservations Encouraged!
The Experience is Simply Delicious
 Tues - Fri at 4 PM; Sat & Sun at 11:30 AM
 Route 12 South, Keene • (603) 352-9400
 www.papagallos.com

Make Mom's Day!
Send Blooms
 in the COMPANY of FLOWERS
 106 Main Street, Keene, NH
 603-357-8585 • www.inthecompanyofflowers.com

End of Season Clearance Sale
 Friday, May 3rd through Saturday, May 11th
 9AM - 3PM DAILY
 A huge selection of our mixed potted bulb gardens, including tulips, daffodils & hyacinth
 See our Facebook page for more details!
Marlborough GARDENS
 160 JAFFREY ROAD
 MARLBOROUGH, NH

MOTHER

Hanging Baskets Abound At Allen Brothers Farms In Westminster, VT



Kara Lescord, garden center associate at Allen Brothers Farms

Spring and summer signal the arrival of hanging baskets, seasonal arrangements with cascading mounds of color that bring beauty to any outdoor space. For over 40 years, Allen Brothers Farms has been creating its own spectacular hanging baskets, a massive endeavor that incorporates over 80 varieties of plants, occupying 22 greenhouses. Each year, starting in January, the

greenhouse staff plants cuttings, or "propagators," obtained from growers in New Hampshire, Vermont, California, and Canada. Included in this mix of annuals are such favorites as geraniums, petunias, impatiens, calibrachoa, and fuchsia. "Over the years, researchers have improved the plant varieties," says Tim Allen, owner of this locally owned and oper-

ated business. "The result has been heartier plants with enhanced color, improved bug resistance, and tighter growth."

In addition to providing stunning color and fragrance, hanging baskets are an ideal gardening alternative for homes with limited yard space. "They're extremely versatile, allowing you to remove the hangers and pot them for a porch, deck, or patio," he adds.

While beautiful hanging baskets from Allen Brothers find their way to homes and businesses across the region, the farm also supplies them to local fundraisers, including the Keene High School Interact Club fundraiser, and the Hinsdale High School Junior Class of 2025.

To learn more, Allen Brothers Farms is located on Route 5 (exit 5 off of Route 91) in Westminster, VT. The garden center is open from 8 a.m. to 6 p.m. daily and can be reached at 802-722-3395. Visit them online at www.allenbrothersfarms.com.

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)
603-924-5993
www.avamariechocolates.com

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

Sarah's
Windsock
Gardens

**NOW
OPEN!**



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

NOW OFFERING

- VEGAN OATLY SOFT SERVE
- INDOOR SEATING
- NEW FLAVORS FROM HAYWARD'S FARM

Online Ordering and Door Dash Delivery Thru Our Website

830 Park Ave., Keene
Spring Hours: 7-Days 12-9

Find us on Instagram @ [_thepiazza_](https://www.instagram.com/thepiazza)

visit our website for up-to-date info:
www.thepiazzaicecream.com

Read the MSN online: www.shoppernews.com

Mother's Day is Coming!

We have everything you need to show her love

Steele's
STATIONERS
EST. 1960

40 Main Street, Peterborough, NH
Open 9-5 Monday - Saturday | Safe Shopping
(603) 924-7203 • steelesstationers.com

Let Us Help You Make Your House A Home!

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

Frazier & Son
FURNITURE

233 Old Homestead Highway
(Route 32, south of the airport)
Swanzey, New Hampshire
Monday - Friday 10 to 6
Saturday 10 to 5 • Sunday Closed

• FAMILY OWNED AND OPERATED FOR MORE THAN 60 YEARS •

(800) 494-3876 • (603) 352-0337
www.frazierandsonfurniture.com

LABOY
Flexsteel, England, Serta

STOCK WATCH

Listings At Close of Market May 3, 2024 • Courtesy of RBC Wealth Management
Dow Jones Closed 38,675.68 +436.02 • Prime Rate 8.50% +0.00

	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	195.81	2.36	Danaher Corp. (Kollmorgen)	248.38	1.80
Becton Dickinson (C.R. Bard)	234.68	3.13	Merck (Hubbard Farms)	127.51	-3.69
Toronto Dominion Bank (TD Bank)	54.66	-4.72	Deluxe (NEBS)	21.52	1.17
PC Connection	61.17	-2.52	Teleflex (Jaffrey)	203.01	-3.70
Bank Of America (Fleet)	37.25	-0.58	Timken (MPB Corp.)	89.49	4.51
Corning Inc.	33.72	2.39	M&T Bank Corp. (People's United)	146.58	0.20
Ametek, Inc. (Precitech)	166.56	-10.95	Dover Corp. (Markem)	178.99	-1.18

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	26.79	-0.89	Wheat (cents per bushel)	623.25	0.25
Gold (\$ per ounce)	2310.10	-42.50	Corn (cents per bushel)	460.00	10.00
Platinum (\$ per ounce)	966.20	35.62	Soybeans (cents per bushel)	1,216.00	33.00
			Cattle (cents per pound)	177.00	-1.58
			Crude (\$ per barrel)	77.99	-5.74

RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC
Investment and insurance products offered through RBC Wealth Management are not insured by the FDIC or any other federal government agency, are not deposits or other obligations of, or guaranteed by, a bank or any bank affiliate, and are subject to investment risks, including possible loss of the principal amount invested.

State Seeks To Expand Services At Community Mental Health Centers

By Garry Rayno

The state Department of Health and Human Services hopes to help transform the community mental health centers through a federal demonstration program.

The Joint Legislative Fiscal Committee approved \$1 million additional federal funds recently as the agency seeks to expand access to high-quality, evidence-based and trauma-informed behavioral health services within the centers.

The Behavioral Health Division anticipates the centers will use the Certified Community Behavioral Health Clinic model, which agency officials say has been successful in other states reducing emergency room visits and hospital readmissions.

Katja Fox, Behavioral Health Division Director, told the committee her agency just received an extension from the federal government for the planning stages and implementing the program. She said the additional money will help fund the program beyond the planning stage, which is where it is currently.

"The purpose of the CCBHC model is to transform community behavioral health systems to ensure easy access to comprehensive, coordinated behavioral health services," department officials say in information provided to the committee.

The committee approved the item.

COVID Money

The committee learned \$16 million of American Rescue Plan Act money is available to be reallocated before the December 31 deadline.

The committee approved items Friday that will reduce that figure, but Governor's Office for Emergency Relief and Recovery Executive Director Taylor Caswell said he expects additional money to be available to be reallocated before the deadline.

The committee did approve the use of \$1 million to add to a fund to assist homeowners, residential property owners, and childcare facilities to remove lead from their properties.

The New Hampshire Housing's Lead Hazard Control and Healthy Homes Program currently has a

fund of \$88 million and the additional ARPA money will bring the total to \$89 million.

The committee also approved using \$2 million of ARPA funds to help pay for two projects on the Seacoast. The money will be used for an engineering study, design, permitting, and construction for a replacement building for the Portsmouth Fish Pier and engineering, design, bidding, permitting, and construction of a structure to better accommodate retail operations at Rye Harbor. Both facilities are owned by the state.

Another \$1 million will be used to repair off-highway vehicle trails damaged by rains and floods last year.

Nursing Home Shortfall

The committee also approved increasing Medicaid payments to nursing homes by \$25 million to be split between the federal government and the state.

The shortfall resulted from a billing delay that moved what were obligations for fiscal year 2023 into fiscal year 2024.

Health and Human Services officials say that resulted in under-budgeting the cost of nursing home care.

"There were a significant number of claims. that were paid in state fiscal year 2024 that were for prior period services and were not detected during budget development. When determining rates for the current state fiscal year, the Department uses trends from prior periods," officials said. "Due to the backlog of billing these claims, the data showed a utilization which was lower than the experienced need."

COVID Shots

The committee approved accepting \$256,069 from the Center of Disease Control and Prevention to develop a new data system available to the public on child vaccinations.

"These federal funds will support the development of new data dashboards to visualize the geographic distribution of childhood vaccines in the state," said HHS officials in information provided to the committee. "These new resources will improve the understanding of local protection from vaccine preventable diseases and support disease management and outbreak response needs."

Committee member Rep. Jess Edwards, R-Auburn, wondered what information would be available to the public.

He suggested including "the number of childhood COVID shots we have given out. I think we are putting kids at risk to give them the COVID shot, although the CDC says it's OK."

Iain Watt, the interim director of Public Health Services, said they have yet to issue a request for proposals on the new database, but are currently working on what information would best serve the public.

Edwards said the agency must have some idea of what they want before the RFP is issued, and he would like to be informed as the agency moves forward.

Watt said they are reviewing what data they have available and what would be meaningful, noting that the vaccination data has become opt-in recently and the data is impacted by that.

The vaccination program used to allow parents and others to opt-out of having their data entered into the database, but now people have to opt-in to provide the information, making it less robust.

The committee also approved a \$2 million grant from the CDC to join a national program of wastewater surveillance for respiratory viruses and infectious diseases including COVID.

The program will test treatment plants across the state and the effluent will be processed by the state's public health lab.

The results of the testing and the locations will be publicly available.

"Successful implementation of wastewater monitoring will give citizens increased awareness of circulating pathogens in communities across the state to mitigate disease spread and potentially reduce burdens on the healthcare system," health officials said.


The fiscal committee next meets May 19 at 10 a.m. in the Legislative Office Building in Rooms 210-211.

Veteran journalist Garry Rayno explores a broader perspective on the State House and state happenings. Over his three-decade career, Rayno covered the NH State House for the New Hampshire Union Leader and Foster's Daily Democrat. During his career, his coverage spanned the news spectrum, from local planning, school and select boards, to national issues such as electric industry deregulation and Presidential primaries. Rayno lives with his wife Carolyn in New London. He may be reached at garry.rayno@yahoo.com.



Joseph D. Durell, CFP®, MBA
First Vice President – Branch Director
Portfolio Manager – Portfolio Focus
70 Main St., Suite 300 | Peterborough, NH 03458
(603) 924-4836 | joseph.durell@rbc.com
www.joedurell.com

Wealth Management
A division of RBC Capital Markets, LLC,
Member NYSE/FINRA/SIPC. 21-PE-00265 (02/21)



WE'VE BEEN IN BUSINESS FOR 40 YEARS and have clients that put their trust in us all over NH and VT. You buy insurance hoping you'll never need it. The real test of our relationship is if you do. We help folks save money every day and we want to help you too. Give us a call, we'll do a full no obligation insurance review with the goal of providing the best coverage at an affordable price.

603.357.2219 | 82 Court Street, Keene
www.insurancesource.com

The Insurance — SOURCE Inc.
The source for all of your insurance needs.
Since 1984

DRONE
Photography

Real Estate • Aerial Mapping
Video & More

Part 107 Licensed & Insured

603-608-3487 • gabeshakourfilms.com

WEBSITE DESIGN
Building Websites Since 1995

We offer a wide range of website design services which includes:

Wordpress Website Design
Content Management
Hosting, Domains & Email
Search Engine Optimization
Fair Competitive Pricing

603-357-0643
KeeneWebWorks.com

COME SEE OUR NEW INTERACTIVE SHOWROOM!

America's #1 Selling Ductless Brand!

M-Series

MITSUBISHI ELECTRIC
HEATING & AIR CONDITIONING


GARY JACKSON HEATING SERVICES LLC
Your Contractor & Diamond Elite Dealer!

32 Roxbury Rd • Marlborough, NH • 603-352-6900
www.garyjacksonheatingservices.com

GET A \$250-\$500 VISA GIFT CARD
Now through May 15th with qualifying purchase

Edward Jones Member SIPC

Branch established 2016



Ely Thayer, CRPC™
Financial Advisor
108 Main St
Keene, NH 03431
603-352-9404

> edwardjones.com

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

ShopperNews.com/Community



Kapiloff Welcomes Stephanie Kleine As Senior Benefits Broker

Kapiloff Insurance, a leading provider of insurance solutions in Cheshire, Sullivan, Hillsborough, and Windham counties, has announced the addition of Stephanie Jacques Kleine to its team of employee benefits experts.

Jacques Kleine, a dedicated professional with a wealth of experience, has been designing comprehensive and tailored benefits packages for businesses of all sizes for nearly a decade. Her expertise spans creating benefit portfolios for small businesses with just a handful of employees to large corporations with workforces exceeding 50 employees.



Stephanie Jacques Kleine

“We are delighted to welcome Stephanie to the Kapiloff Insurance family. Her deep knowledge and proven track record in employee benefits will be invaluable to our clients. Stephanie’s dedication to her craft will empower businesses to attract and

retain top talent while ensuring their employees can access the best possible benefits,” says Alex Kapiloff, president of the insurance agency.

Before joining Kapiloff Insurance, Jacques Kleine held key roles at prominent agencies, where she developed a reputation for her client-centric approach and ability to navigate the complexities of the ever-evolving benefits landscape with a special focus on Insurtech solutions.

Kapiloff adds, “Stephanie shares our commitment to excellence and exceptional service, making her a perfect fit for our team”

She is eager to start working closely with businesses to design benefits programs that meet their needs and contribute to their employee’s overall well-being and satisfaction.

Kapiloff Insurance is a leading independent insurance agency that has served New England for over 50 years. With a team of experienced professionals, it offers comprehensive solutions, including employee benefits and business and personal insurance.

For more details, visit www.kapiloff.com, or reach Jacques Kleine at 603-283-2213 or via email at skleine@kapiloff.com.

Author And Keene Resident, Kevin Gilford, To Give Talk

Author Kevin Gilford will give a talk on his book, *Everything I Ever Needed To Know About Life I Learned In Prison*, on Tuesday, May 14th in the Ruth Huntress Auditorium at Keene Public Library on Winter Street from 6 to 7 p.m.

A Keene resident, Gilford’s life story is of his innocent childhood that leads to his destructive drug addiction that changes his unexpected pathway through life. Five percent of the proceeds of all book sales will be donated to the animal rescue agency Beth’s Furry Friends.

CHRYSLER DODGE JEEP RAM OF CLAREMONT
 Always there for you!
Nobody Sells for Less!
 Call or Text Coach at 802-738-8686 for all of your commercial vehicle needs!

KULICK'S SUPERMARKET

Warwick Rd. • Off Rt. 10 • Winchester
 603-239-4843 • NEW HOURS: Open 7 Days 8am-7pm!
PRICES GOOD MAY 5TH-MAY 18TH EBT AVAILABLE

MEAT	
Assorted Pork Chops	\$2.99/lb.
Sirloin Steaks	\$7.99/lb.
DELI	
Krakus Ham	\$7.99/lb.
Slicing Pepporoni	\$9.99/lb.
PRODUCE	
Blueberries pint	2/\$7
Green Bell Peppers	\$1.69/lb.
Stem Cluster Tomatoes	\$1.59/lb.
FROZEN	
Green Giant Steamer Vegetables	4/\$5
Banquet Poly Bag Chicken 24-32 oz.	\$4.99
Marie Calendar Pies	\$6.99
DAIRY	
Kraft Shredded Cheese	2/\$7
Daisy Sour Cream 16 oz.	2/\$5
Best Yet American Cheese Singles	2/\$6
GROCERY	
Capri Sun 10 pk.	2/\$8
Town House Crackers	2/\$8
Duncan Hines Cake Mixes	3/\$5
Duncan Hines Frosting	2/\$5
Vlasic Pickles	2/\$7
Wish-Bone Salad Dressing 15 oz.	2/\$5
Best Yet Tomatoes 28 oz. can	2/\$4
Best Yet Salsa 16 oz.	2/\$4
Barilla Pasta	3/\$5

THIS WEEK'S HOT DEALS!

Best Yet Squeeze Ketchup 2/\$4 38 oz.

Florida's Natural Orange Juice 2/\$7 52 oz.

Breyer's Ice Cream \$4.99

The Monadnock Shopper News works for US!

“The SwampBats and the Monadnock Shopper have a 20+ year relationship. They are a voice for our fans who want to stay in tune to all things “SwampBats.” The Shopper delivers over and over in helping market our games, camps, family host needs, birthday parties, etc. They understand our business and are very much a part of our success.”

Kevin Watterson
 Keene SwampBats

C.M. MINKLER SEAL COATING

OFFERING RESIDENTIAL & COMMERCIAL SEAL COATING

“Think Mink”

- Paving
- Line Striping
- Excavating & Dirt Work
- Driveways
- Rumble Strips
- Trucking
- Hard Pack
- Cold Patch
- Patch Work
- Drainage
- Oil & Stone
- Site Work
- Seal Coating
- Asphalt Removal

FREE ESTIMATES 603-414-7997

Veteran Owned Fully Insured Serving VT, NH, MA



30/30 Pistol Raffle 2024

30 Drawings for 30 Guns over the 30 Days of June for \$30!

A maximum of 1,000 tickets will be sold!

Stop by or call the range

CALL 603-352-8563, 603-827-3347, or stop by on Saturday from 10am to 1pm

Ferry Brook Range, 19 Ferry Brook Rd. Keene NH

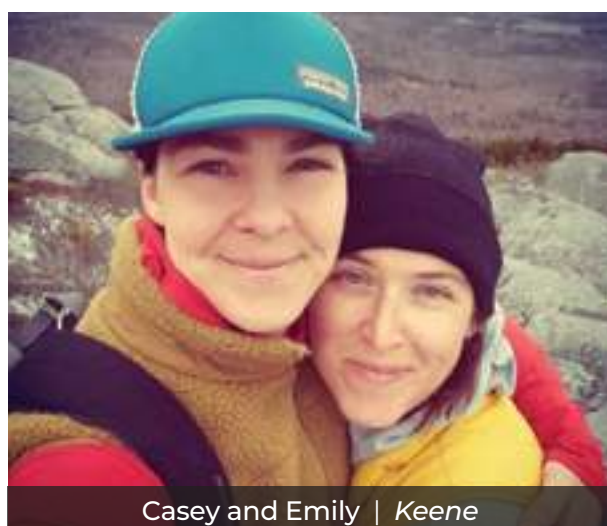


Cota & Cota

FAMILY OWNED & OPERATED SINCE 1941

PROPANE GAS • PLUMBING
 HEATING OIL • GENERATORS
 24/7 QUALITY SERVICE

455 WINCHESTER ST, KEENE NH
 603-357-0000
 WWW.COTA OIL.COM



Community people. Community bank.

Switch to the bank that cares about you and our community.

- Truly **FREE Checking**—no minimum balance, no monthly service charges.
- FREE** online banking & bill pay.
- FREE** instant-issue debit card.
- All the services and technology** you'd expect from a big bank.
- Voted “Best Bank”** in the *Keene Sentinel's* Choice Awards for 17 years in a row.
- 7 convenient branches** in the Monadnock Region.
- The Monadnock Region's local bank**—your money stays here, reinvested in our local economy.

Ready to switch? Call **(603) 352-1822**, stop by and see us—or open an account online at walpolebank.com.



The savings bank of you.

A Trusted Partner for All Your Renewable Energy Needs



Green Energy Options
Solar, Home Heating and Cooling

Federal Tax Credits Available

37 Roxbury St. Keene, NH 603-358-3444
GreenEnergyOptions.com

Celebrating Air Quality Awareness Week Through May 10th

The New Hampshire Department of Environmental Services (NHDES) joins the Environmental Protection Agency (EPA), National Aeronautics and Space Administration, Centers for Disease Control and Prevention, U.S. Forest Service, U.S. National Park Service, U.S. Department of Energy, and U.S. Fish and Wildlife Service, as well as state, local, and Tribal agencies in designating May 6th to May 10th as Air Quality Awareness Week to educate the public about air pollution and what they can do to protect their health and improve air quality. The week highlights the importance of being aware of local air quality conditions and the steps to take to protect your health if it becomes necessary.

"NHDES is charged with monitoring and protecting ambient air quality for all New Hampshire citizens and visitors in accordance with federal and state laws and rules," stated NHDES Commissioner Robert Scott. "Our trained and experienced staff of scientists and engineers respond to this charge by working with industrial sources to issue and ensure compliance with appropriately protective permits, operate a statewide network of air monitoring sites, and issue timely air quality forecasts and alerts during periods of elevated pollution."

Air quality information is collected at 13 monitoring stations located throughout New Hampshire. These air monitoring stations are operated by NHDES, the Appalachian Mountain Club, the U.S. Forest Service, and the Hubbard Brook Research Foundation. Current air quality information is updated on the NHDES website every hour and is used to forecast daily air quality conditions.

Up-to-date air quality messages are also available through EnviroFlash, an automated nationwide system that was developed to provide instant customized information for the geographic location specified by the user. Personalized air quality forecasts and alerts can be delivered via a choice of email or text messages. This is especially helpful for people who are more susceptible to the risks of air pollution, allowing them to make safe decisions about their

day's activities.

Commissioner Scott also encourages all residents and businesses to do their share for clean air. Combining everyone's efforts will minimize air pollution and protect the environment. These actions include keeping car and boat engines tuned up, carpooling, or using public transit when practical, walking or biking instead of driving, consolidating trips and errands, using environmentally safe paints and cleaning products, and conserving electricity. Collectively, small steps taken by everybody can lead to significant benefits for human health and the environment, and many of these steps can even save money.

For more information on air quality or to find out more about what you can do to keep the air clean, visit the NHDES Air Resources webpage or call 603-271-1370. You can also sign up for Air Quality Action Day Alerts by signing up for the NHDES E-News.

Two 2024 Farm Fund Recipients Announced

The Monadnock Food Co-op and Cheshire County Conservation District recently announced the two grant recipients for the 2024 Monadnock Food Co-op Farm Fund are Five Sigma Farm of Sullivan and Picadilly Farm of Winchester. The Farm Fund distributed \$21,400 among these two farms.

The Monadnock Food Co-op Farm Fund grant supports several of the co-op's goals, including contributing to a healthy, sustainable food system, supporting local farmers and producers and building a strong, sustainable, and improving local economy.

Five Sigma Farm in Sullivan, which produces pasture raised lamb and eggs, will install a mobile coop and hoop house. These projects will result in the expansion of Five Sigma Farm's pastured egg operation by doubling the number of hens which can be managed, and provide comfortable and productive winter housing for the entire flock.

Picadilly Farm, an organic vegetable farm in Winchester, will upgrade a walk-in cooler from a cooling system that utilizes an air conditioner to a standard commercial refrigeration system. Upgrading a second walk-in cooler will double the long-term storage capacity of their root crops, allowing for year-round sales and distribution to local buyers. Additionally, the third walk-in cooler can be modified to be cooled by connecting one or both of the adjacent walk-ins, further maximizing on-farm storage and efficiency.

"Our Farm Fund is an essential way to invest in the future of local, sustainable farming in our region," says Michael Faber, Monadnock Food Co-op general manager. "Especially in these times, it helps ensure we have a healthy, local food system for our community now and into the future."

KITCHENS & BATHS



Bergeron Construction
Family owned and operated since 1909
27 Matthews Rd., Keene, NH • 603-352-4447
www.bergeronconstruction.com

WE NOW HAVE AN IN-HOUSE PLUMBER!

Treehugger Farms Stove Shop
Rt. 12, Westmoreland

Wood, Gas & Pellet Stoves 

Federal tax credits available!

Green or Kiln-Dried Firewood • Bark Mulch
Pick up or Delivered

Order online or Call
603-399-8454
TREEHUGGERFARMS.COM
Mon-Fri 10-4, Sat 9-1

Read the MSN online:
www.shoppernews.com

The Monadnock Shopper News works for US!

"As a business owner, Keene Web Works has advertised with the Monadnock Shopper News since 2005. Over the years we have tried other types of advertising and other companies. We have found that The Monadnock Shopper News has been the most successful form of advertising for us."

George & Rebekkah Colburn
Keene Web Works

FREE HAZARDOUS WASTE COLLECTION

A Great Opportunity to Clean Toxic Wastes from your basement, workbench, garage and cupboards.

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.

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!

DO NOT MIX PRODUCTS

Spring 2024 Household Hazardous Waste Collection Schedule

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
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale	Hinsdale
Keene	Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry	Surry
Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy
Walpole	Walpole	Walpole	Walpole	Walpole	Walpole
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

DAN'S
"Solving Your Water Quality Problems"

WATER TREATMENT SERVICE

Over 35 Years' Experience
SALES OF NEW SYSTEMS
Most Existing Systems Serviced

- Water Softeners
- Neutralizers
- Iron Filters

888-679-6059 or 603-756-4398
DAN WATERMAN

Giveaways • Stories • Local Events



Find us on **facebook**

Health Benefits Of Spring Greens

When is that turning point, or moment when you know it is spring? The experience can be so very unique to every individual. Is it when the maple trees begin to bud, or the leaves emerge from the trees? Or is it the day when you discover you must mow the ever growing oh-so-green grass?

I have many touchstones that I call the beginning of spring: when I smell the maple sap boiling, when the grass turns that iridescent green and the hills get a fuzzy look from the growing leaves. I also love and anticipate, eagerly, the moment when the nettles are tall enough to throw in my soup.

I have mentioned the bitter first and saved the sweet for last. The other spring gift I love to forage for are the violet leaves. I only recently discovered that these beautiful heart-shaped leaves are edible and very nutritious. They are rich in vitamin A and C and support your digestion. You can eat them fresh in a smoothie, or in salad or pop them right into your mouth as you walk to your gardens where you might dream of treasures you will grow this summer. The flavonoids and alkaloids found in violet leaves, as well as in nettles and dandelion leaves, are very beneficial for your overall health.

Spring is offering you a host of treasures for your well-being. One of them

is simply to go outside and notice it. I cannot describe or quantify the benefits from going out of the house and into nature, or by putting my feet on the ground. I do know that there is growing research that shows that getting outside and into nature for even 10 minutes is one of the important pillars of health. And even better, if you can put your bare feet on the earth, that can help calm our otherwise overtaxed nervous systems. I hope you add a little of spring to your list of things to enjoy this week.

Catherine Audette is a Physical Therapist at Sojourns who has a lifelong love of plants and benefits of them.

Healing Perspectives

with Catherine Audette



Yes, nettles. I love to eat and drink and make tea from the nutrient-dense leaves of nettles. When nettles are still young, under six inches tall, the leaves are tender, nutritious, and I find delicious when cooked. You can eat them boiled, steamed, in soup, or grains, or on their own. These nutritious greens provide many health benefits. A short list of what they are rich in is Vitamins C, K, B, carotenoids, calcium, iron, selenium, manganese, phytonutrients, amino acids, and antioxidants.

A friend's grandmother used to make them a drink every spring when they were young to help them restore the vitality after the long cold Vermont winters. The mixture contained dandelions, dock root, nettles, and molasses. I won't comment on what the taste of this concoction might have been. I imagine it was not for the faint of heart. I prefer to take my medicine in small doses, a little at a time.

Around the times the nettle emerges from the ground, the dandelion greens come too. While these greens are more bitter to the tongue, the digestion loves them. I eat them leaf and root together for an overall support for health. But I know I can tolerate the taste of bitterness more easily than some. And, as a green picked right from the garden, it, too, is rich in vitamins, minerals, and antioxidants.

There has been some research to support that the dandelion greens help to support your liver and your body to rid itself of toxins and reduce inflammation.

Eben Dodd
Massage Therapy
Thai Massage/Deep Tissue
 in Keene and Gilsum, NH
 (802) 380-7476 • ebendodd@gmail.com
 www.ebendoddmassage.com
 online booking at everglow-wellness.com

Trauma Tips
Are you depressed?
Are you denying the needs of your body?
Gestalt Somatic process work and EMDR will assist you in decreasing your depression.
What might your body be voicing about your depression?
 Please Call Richard at **603-400-8840** for more information on this practice.

Richard C. Donovan
 Psychotherapist/Traumatologist, MSW, ACSW, LICSW

WANT TO SAVE 10% ON YOUR NEXT ORDER?

Clip this ad to bring into our store!

Sojourns Apothecary

Shop local for all of your needs
 4923 US Rt 5 Westminster VT 05158
802-722-4023

Scan to Shop Now



Wondrous Feature

Allergy Relief Plus
 Believe it or not, allergy season is upon us!

1 oz. Glass Bottle
 (Available in 1-4oz. sizes)

Wondrous Roots **\$12.00**



Weekdays 9:30-5:00 or Shop Online
 103 Roxbury St. Ste. 300 • Keene
 (603) 439-2603 • wondrousroots.org
 www.shopwondrousroots.com

NEW IYENGAR YOGA STUDIO IN DUBLIN, NH

OPEN HOUSE
Saturday, May 11th

10:00-12:15

Free Yoga Class
10:00-11:00 AM

Open Studio
Refreshments • Raffle
11:15-12:15 AM

1283 Main St., Unit 4, Dublin, NH
 ahayoga.com • kerry@ahayoga.com

Birthday Coming Up?

Kids can win **FREE** cake!

ShopperNews.com/Community



Cavalier Behavior, LLC

Dr. Gale E. Vrtiak, LPC/LCMHC Psychologist
 Animal Assisted Therapist



Accepting New Patients
Call for Appointment

Phone: 603-525-8007 or 804-739-5686
 1283 Main St., Dublin, NH
In office and virtual sessions available

We're not doctors; we're divers.

HELPING YOU FEEL BETTER!

"Improving health, fitness, and sense of well being by simulating the effects of Scuba Diving to 50 feet with Hyperbaric Atmosphere"

Fatigue
 Diabetes
 Parkinson's
 Fibromyalgia
 Multiple Sclerosis



Cancer
 Vision Loss
 Chronic Pain
 Long COVID
 Lyme Disease

HYPER FIT

Please call for available sessions

603-460-5683

Open Tues. - Sun. HyperbaricFitness.com

WE ARE ALL ABOUT SAVING TEETH!



Jihae Yang, D.D.S.



106 Grove Street, Peterborough
 603-567-4955 info@ourtowndentist.com

CALL US TODAY
AND WE WILL
BE HAPPY
TO HELP!

SERVING NEW HAMPSHIRE, VERMONT & SURROUNDING AREAS.



819 Court Street, Keene • 603-215-5800
www.MonadnockPerio.com
 info@MonadnockPerio.com



Dr. Tae H. Kwon
 Board Certified Periodontist

FREE APPRAISAL & PURCHASING EVENT!

Presented by locally based Historical Investments and Colony Antiques

FRIDAY & SATURDAY

May 10 & 11 • 10am-6pm

2 DAYS ONLY!



HISTORICAL HIGH PRICES FOR GOLD & SILVER! *Donations will benefit the UNION CONGREGATIONAL CHURCH.*

Free Appraisals and Cash Offers ~ Bring EVERYTHING!

TOP PRICES FOR

- All Gold - 10K, 14K, 18K
- Platinum
- Sterling Silver
- Diamonds & Precious Gems
- Paintings
- Old Photos/Postcards
- Historical Items/Bottles
- Antique & Costume Jewelry

Gold & Silver Coins



RARE COINS & CURRENCY

- Certified Coins • Complete Sets • Early U.S. Gold • Foreign Gold Coins • Antique U.S. Currency (All Kinds) Proof & Mint Sets • Proof Gold • Proof Coins • Rare Coin & Currency Sets • Uncirculated Coins • Pre-1964 U.S. Coins including Kennedy Half Dollars

Wrist & Mechanical Pocket Watches

- We Buy All Types • Need Not Be Running • These Are Only Examples
- Audemars • Baume & Mercier • Breitling • Cartier • Chimining Watches • Dittsheim • Ebel • Elgin • Gruen • International Le Coultre • Longines • Movado
 - Omega • Patek Philippe • Hamilton Rolex • Tiffany • Ulysse Nardin • Illinois • Universal Geneve • Vacheron & Constantin • Waltham • And Others
- Free Appraisal And Cash Offer

QUESTIONS? Call 603-233-9111

STERLING SILVER

We'll buy all forms of fine silver crafted by virtually all manufacturers and makers with emphasis on the finer, more ornate pieces from the 17th through 20th centuries. The following listings represent only a sampling. Please let us appraise your items and make a cash offer on your sets or pieces. All flatware sets and pieces and tea sets, centerpieces, trays, vases, trophies, water pitchers, wine coolers, etc. By all makers: Gorham, Kirk & Son, Jensen, Towle, Wallace, Tiffany, etc.

COLLECTIBLES

We have an established market for collectibles, including but not limited to: Advertising, ancient artifacts, antiques, anything American Indian, art glass, autographs, Western Saloon Tokens, boxing item, fancy canes, cast iron garden pieces, old catalogs, cigarette cards, Civil Wars items, pre-1960 comic books, Currier & Ives prints, decoys, pre-1900 documents, fireman collectibles, fishing tackle, Fountain pens, knives, marbles, military items of all kinds, micro mosaics, movie memorabilia, music boxes. Oil paintings, pre-1900 photos, political items, old prints, post cards, old posters of all kinds, pottery, quilts, railroad items, porcelain and tin signs, slot machines, stained glass windows, swords, anything Tiffany, old toys, antique musical instruments, fossil & rock collections, more.

WE NEED AUTOGRAPHS, LETTERS, PHOTOGRAPHS, SIGNATURES OF FAMOUS FIGURES, ETC.

LOCATION: Union Congregational Church, 33 Concord St., Peterborough, NH 03458

House Calls or Bank Appointments Made at Your Request



ENTERTAINMENT

and DINING

Electric Earth Concerts Presents The Verona Quartet



Verona Quartet

Electric Earth Concerts will kick off its 2024 season with the Verona Quartet on Friday, May 17th at 7 p.m. at the First Church in Jaffrey.

The Verona Quartet brings its big personality to the intimate, beautiful, acoustically superb church. Their program includes Mendelssohn's String Quartet in E-flat Major, Op. 12, Gra yna Bacewicz's String

Quartet No. 4, and Beethoven's String Quartet No. 15 in A Minor, Op. 132.

Drawing from the mentorship of the celebrated Cleveland, Juilliard, and Pacifica Quartets, the Verona Quartet's rapid rise to international prominence was fueled by top prize wins at the Wigmore Hall, Melbourne, M-Prize and Osaka International Chamber Music Competitions, as well as the 2015 Concert Artists Guild Competition.

The ensemble's performances emanate from the spirit of storytelling; the Quartet believes that this transcends genre, and the name "Verona" pays tribute to William Shakespeare, one of the greatest storytellers of all time.

The Verona Quartet has firmly established itself amongst the most distinguished ensembles on the chamber music scene today. The group's singular sense of purpose earned them Chamber Music America's coveted Cleveland Quartet Award.

To sample the Verona Quartet online, go to: <https://www.veronaquartet.com/media>.

General admission is \$30, payable online (www.electricearthconcerts.org) or via cash or check at the door. Students may attend for free. For more details, contact joan.electricearth@gmail.com or call 603-499-6216.

KHS Drama Club Performs 12 Angry Men May 16th, 17th, 18th



In rehearsal for the play *12 Angry Men* are KHS Drama Club actors (L to R): Grady Sampson (end of table), Connor Broussard, Chase Johnson (standing), Dahlia Yaeger, Lily Tardiff, and Grey Lineau.

(Photo by Victoria Chertok)

The KHS Drama Club is putting on its spring production, *12 Angry Men* by Reginald Rose, on Thursday, Friday, and Saturday, May 16th, 17th, and 18th at 7 p.m. in the Keene High School Auditorium on Arch Street.

The show follows the jury in a New York City

murder trial frustrated by a single member whose skeptical caution forces them to more carefully consider the evidence before jumping to a hasty verdict.

Tickets are \$8 general admission (free to students) and on sale at www.ticketsource.us/khs-drama-club or see the ad on this page for a QR code.

VERONA QUARTET



Friday, May 17th • 7 pm

First Church in Jaffrey • \$30
Students may attend for free.

ELECTRICEARTHCONCERTS
ElectricEarthConcerts.org • 603-499-6216
Tickets available online or at the door.

Fill A Truckload Of Cereal In Keene Saturday, May 18th

The second annual Fill a Truckload of Cereal will be held on Saturday, May 18th from 10 a.m. to noon at St. James Episcopal Church at 44 West Street in Keene to benefit Feeding Tiny Tummies. All are invited to the front lawn of the church to have a cereal snack and play some games.

Cereal donations can be dropped off beforehand at St. James office Mondays through Fridays from 10 a.m. to 2 p.m. (rear office door off municipal parking lot).

DAHLIA SALE! Sat. May 18, 2024

10 am-1pm or until sold out.
Walpole Elementary School parking lot,
8 Bemis Lane, Walpole, NH.
Choose from a wide selection of locally grown potted dahlia plants ranging in price from \$2-\$15 depending on variety and prep. Cash preferred, check or via Hooper Paypal QR code.
All proceeds to support the **HOOPER INSTITUTE**
hooperinstitute.org

Keene High School Drama Club Presents!

12 Angry Men

by Reginald Rose
Adapted by Sherman L. Sergel

May 16, 17, 18 at 7:00 PM in the KHS Auditorium

Marlborough Open Studios

Sat., May 11 • 10 am-4 pm

Upstairs Art at the Odd Fellows Lodge
170 Main St., Marlborough, NH

Recent work by
David Bulger, Susan Lunt, Lornie Rawls and Michael Reilly

Light refreshments provided.

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

Come golf with us!

Memberships available online.

Greens fees by the day.
Cart & clubs available for rent.
Join a league!

MONADNOCK Country Club
49 High St. Peterborough
603-924-7769

VENUE RENTALS FOR EVENTS

MONADNOCK GARDEN CLUB
A member of the Garden Club of America

PLANT SALE

Saturday May 18, 2024 9-11 am Rain or Shine

Cash or check only please
WYMAN TAVERN
329 Main Street, Keene, N.H.

It is helpful to bring a box to transport your plants home
For more information: monadnockgardenclub.org

from our gardens to yours

FINISH 12th annual

SUPER SENIORS 70+

CLARENCE DEMAR MARATHON - SEPT. 29, 2024

LOG 25 MILES BEFORE THE RACE EARN THE CHANCE TO WALK OR JOG THE LAST 1.2 MILES OF THE MARATHON!

- Walk or run 25 miles between May 1 and August 30 - at your own pace, on your own time.
- On Marathon day, Super Seniors run, walk, hop, or skip the final 1.2 miles to the finish line and the cheers of the crowd!
- You will receive a shirt to wear at the race and a medal upon completion of the race.

Thanks to funding from the Hoffman Family Foundation there is no cost for this event!

CLARENCE DEMAR MARATHON HALF MARATHON

Registration forms and mile logs can be picked up at the Keene Senior Center: 312 Marlboro St., Suite 100.
(603) 352-5037 • admin@thekeeneseniorcenter.org



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.

463 West Street, Keene
603-354-3123
 mijalisco1nh.com
 Open Daily

Wednesday, May 8

MISCELLANEOUS
That Reminds Me of a Story: Rebecca Rule. 6:30pm. Chesterfield Town Hall, 522 NH-63, Chesterfield. Rule will relate some of her better stories from her past 20-year collection. Audience will be invited to contribute a few of their own. www.chesterfieldhistoricalsociety-nh.org/page-1.
Blood Drive 10am-2:30pm. Community House of Federated Church, 160 Main St., Marlborough. **800-733-2767**. www.RedCrossBlood.org.

Thursday, May 9

ARTS, MUSIC & THEATER
Artists Reception: Artists Around Monadnock 5-7pm. 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.
Matt Fraser— America's Top Psychic Medium 7:30pm. The Colonial Theatre, 95 Main St., Keene. \$49 - \$95. **603-352-2033**. www.thecolonial.org.

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**.
Embracing Hope Together: Suicide Prevention Seminar 5:30-7:30pm. Monadnock Center for History and Culture, Bass Hall, 19 Grove St., Peterborough. Learn warning signs, effective communication, and support networks. Register at www.MCH.EventBrite.com.

Friday, May 10

ARTS, MUSIC & THEATER
Art Show Public Reception 5-7pm, Dublin Community Center, 1123 Main St. Art by Kate O'Dell, Joan Barrows, Kate Corr Frame & Ann Sawyer.
Sacred Circle Dance 6pm. Peterborough Unitarian Universalist Church, 25 Main St. All dances are taught. Beginners are welcome. No partner is necessary. Wear comfortable shoes. The program is free. Donations are appreciated and will benefit "End 68 Hours of Hunger." lucy@poetryofthedance.com.
The Weight Band – featuring members of The Band and the Levon Helm Band 8pm. The Colonial Theatre, 95 Main St., Keene. \$29 - \$45. **603-352-2033**. www.thecolonial.org.

LECTURES & WORKSHOPS
Birding on the Farm Workshop Series 7:30am. Scott Farm Orchard, 707 Kipling Rd, Dummerston, VT. This workshop series is open to birders and enthusiasts of all skill levels. Participants are encouraged to bring binoculars and weather appropriate attire and boots. Registration is required at **802-518-0993**. www.benee@cheshireconservation.org.

MISCELLANEOUS
Mother's Day Celebration 5:15-6:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Josephine Russell will be the guide in this contemplative fun Friday celebration. \$44. **603-762-3129**. www.vagaro.com/alohakeene.
The Power Station Coffeehouse Ministry 6pm. Nelson Town Hall, 7 Nelson Common Road, Nelson. Open mic coffeehouse ministry, great friendships, wonderful setting. For more info call Tom Travers: **603-381-9077**. tom@powerstation-nh.com.
"Saturday Morning Cartoons: Bugs Bunny, Bullwinkle and Big Business in the 1960s" 6:30pm. Winchester Town Hall, 1 Richmond Rd., Winchester. The event is free and open to the public and will also be live-streamed on [facebook.com/WinchesterHistoricalSociety](https://www.facebook.com/WinchesterHistoricalSociety). secretary@winchesterhistoricalsociety-nh.org.
Antique, Collectibles And Jewelry Purchase/Appraisal Event 10am-6pm. Union Congregational Church, 33 Concord St., Peterborough. This appraisal event is free to the public; any donations made will be donated to the church.

Saturday, May 11

ARTS, MUSIC & THEATER
Opening Reception 2-4pm. Hancock Town Library, 25 Main St., Hancock. Exhibit featuring the paintings of former students of Numael and Shirley Pulid. Exhibit runs thru June 19th. **603-525-4411**.
Comedian Bob Marley 8pm. The Colonial Theatre, 95 Main St., Keene. \$32 - \$49. **603-352-2033**. www.thecolonial.org.
Open Studios 10am-4pm. Odd Fellows Lodge, 170 Main St., Marlborough. Four area artists, David Bulger, Susan Lunt, Lornie Rawls and Michael Reilly will display recent work. Free and open to the public.
Film Series: "Moving Towards Healing: Exploring Social Concerns through Film" 10:30am. James A. Tuttle Library, Antrim. The library is sponsoring a monthly in-person film series to be shown on the second Saturday of the month and each will be followed by a community conversation. Linda Bundy: **603-588-2254**. n_bundy@mcttelecom.com.

DINING PLEASURES
Mother's Day Breakfast: Mom & Grandmother 8-10am. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Pancakes, bacon, ham, home fries, toast, donuts, fruit salad, juice & coffee. Donation. **603-352-6689**. www.office@swanzeyucc.org.

FAIRS & SALES
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/.
The Winchester Farmers' Market 9am-1pm. 111 Main St., Winchester. Community market featuring fresh produce and hand-crafted goods. **603-762-0133**. winchesterfarmersmarket@gmail.com.

10" Cheese Pizza \$5.00

With this coupon Excludes Gluten Free

CHESHIRE VILLAGE PIZZA

9 Ashuelot St., Keene **603-357-4604**

VALID MONDAY MAY 13, 2024

\$5.00 OFF with this ad

Muse Bistro

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

Chocolate Brownie
 Chocolate-Chip
 Chocolate ice cream,
 fudge brownie pieces
 & chocolate chips!

Daily 11:30am-9:30pm

Rick's
 Ice Cream & Desserts
 58 KEY ROAD, KEENE • 352-4226

\$1.00 OFF ANY ENTREE (Tues-Thurs)

The Farm Cafe
 Vegan Street Food
 Tues-Thurs only. One coupon per person. Expires 5/4/24.
 Tues.-Wed. 11-5; Fri. 9-7; Thurs & Sat. 9-5
 12 Emerald St., Keene • 354-3521
 See our menu online at farmcafe603.com

ROYAL Spice
 INDIAN CUISINE

Sunday Lunch Buffet!
 11:00 AM-3:00 PM
 (Regular Menu Available)

Now Offering Delivery!

Banquet Hall available at our Troy, NH location, 199 N. Main St.
 603-242-3682 • 475-343-0333 • www.toasttab.com/royal-spice-199-n-main-st
 Tuesday-Saturday 12:00 p.m.-8:30 p.m. • Sunday 11:00 a.m.-8:30 p.m.

MISCELLANEOUS
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**.
Keene Public Library Outdoor Gear Field Day 9am-12pm. Robin Hood Park, Keene. Learn about outdoor gear available for loan at the Keene Public Library. Hands-on time with a range of outdoor gear, including fishing poles, folding kayaks, an inflatable paddle board, backpacks and more. **603-352-0157**.
Blood Drive 9am-2pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Schedule a time at **800-733-2767**. www.redcrossblood.org.
Monadnock Writer's Group: Historical Novelist Brinda Charry 9:45am. Peterborough Town Library, 2 Concord St., Peterborough. monadnockwriters@gmail.com.
Antique, Collectibles And Jewelry Purchase/Appraisal Event 10am-6pm. Union Congregational Church, 33 Concord St., Peterborough. This appraisal event is free to the public; any donations made will be donated to the church.

Read the
Monadnock Shopper News
 online:
www.shoppernews.com

Monday, May 13
MISCELLANEOUS
Blood Drive 10am-3pm. Hope Fellowship Church, 16 Prescott Rd., Jaffrey. Book a time at **800-733-2767**. www.redcrossblood.org.

Tuesday, May 14
MISCELLANEOUS
Everything I Ever Needed to Know About I Learned in Prison: Kevin Gilford 6-7pm. Keene Public Library, Ruth Huntress Auditorium, 60 Winter St., Keene. Author Gilford at this meet and greet will read from his memoir. **603-352-0157**.
"Where Is Away?" with Windham Solid Waste Management District Outreach Coordinator, Alex Lacy 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Free presentation on local waste cycle.
Big House, Little House, Back House, Barn: Thomas C. Hubka 7pm. Next Stage Arts, 15 Kimball Hill, Putney, VT. Books will be available for purchase and signing by the author. To register for the livestream, visit www.landmark-trustusa.org/events.
Blood Drive 12-5pm. Best Western Plus, 401 Winchester St., Keene. **800-733-2767**. www.RedCrossBlood.org.

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
 Fri/Sat 11-7; Sun, Tues-Thurs 11-6:30; Closed Mon

LARGE ORDERS: EMAIL 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.

MARCO POLO GARDEN
 Chinese Restaurant & Lounge
 OPEN 7 DAYS • 603-357-3464

FREE

SMALL PORK FRIED RICE with order of \$40 or more

Total before tax. One coupon per person. Cannot be combined with any other offers. Not valid for delivery. Some terms and conditions may apply. Coupon Expires June 4, 2024.

marcopolonh.uorder.io • 601 Main St., Rt. 12, Keene

Thursday, May 16
MISCELLANEOUS
Bus Trips Are Back! Adventure Limousine & Transportation. Brimfield Flea Market. \$49 per person. **603-357-2933**. www.advlimo.com.

Historical Novelist Brinda Charry Featured At Writers' Group

On Saturday, May 11th at 9:45 a.m., Monadnock Writers' Group will host award-winning historical novelist Brinda Charry at its monthly Speaker Series. This free event held at Peterborough Town Library at 2 Concord Street is an opportunity to hear how one author creates engaging fiction set in Colonial America. For more details, visit www.monadnock-writers.org.

"Where Is Away?" At Putney Public Library

A free presentation, "Where Is Away?," with Windham Solid Waste Management District Outreach Coordinator Alex Lacy will be held on Tuesday, May 14th at 6:30 p.m. at Putney Public Library at 55 Main Street in Putney, Vermont. This is an opportunity for questions and to learn about the region's waste system.

Kids Fishing Derby At Robin Hood Park

On Saturday, May 18th, the Keene Rotary Club will hold the annual Kids Fishing Derby at Robin Hood Park off Roxbury Street in Keene. Come as early as 7 a.m. to register and fish. The event ends at noon with presentation of 12 trophies in four different age groups; there will be a casting contest with prizes as well. This is a free event for kids under 16; fishing licenses are not required. For more details, call 603-762-4380.

New Hampshire Dance Institute Receives \$18,000 Donation

At a recent meeting of 100+ Women Who Care Cheshire County, the New Hampshire Dance Institute (NHDI) was chosen to receive the donations for the quarter totalling \$18,000. These funds will provide support for NHDI's REACH (Realizing Excellence and Creating Happiness) Adaptive Dance Arts Enrichment Program, which partners neurologically or physically diverse children with peers to create and perform movement that is unique to them. The mission of NHDI is to bring dance into schools to empower, enrich, and energize all children while reaching confidence and inspiring excellence. To learn more about 100+ Women Who Care Cheshire County, visit www.100pluswomencheshire-county.com.

Spring Craft Fair At Saint Joseph Regional School

CRAFT FAIR, Continued from page 1

In addition to the shopping will be a bake sale as well as lunch hot off the grill. SJRS families are also invited into the school for the Spring Art Showcase running simultaneously with the craft fair. Student artwork from this school year will be showcased throughout the building, organized by art teachers, Molly Fletcher and Katrina Daugherty. The Spring Craft Fair takes place on Mother's Day weekend; perhaps Mom would enjoy shopping with vendors from all over the Monadnock region and beyond. The Spring Craft Fair will run 9 a.m. to 2 p.m. at 92 Wilson Street in Keene. For more details go to www.facebook.com/springcraftfairkeene/.

Fall Mountain Educational Endowment Association Holds 5K Race

The Fall Mountain Educational Endowment Association will hold a 5K race at Fall Mountain Regional High School in Langdon for runners and walkers on Saturday, May 18th. Registration is at 8 a.m. with the race starting at 10 a.m. A Kids' Fun Run will be held at 9:15 a.m. Register online for the 5K at www.FMEEA.com.

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

- May 6, 2024
Maxwell Lausier, son of Morgan Lausier, Spofford, 11
- May 9, 2024
Keeva Carolyn Durgin, daughter of Jade & Travis Durgin, Bennington, 1
- May 10, 2024
Eloise McKeon, daughter of Yari & Liz McKeon, Keene, 1
- May 13, 2024
Aspen Marie Kingsbury, daughter of Justin & Amanda Kingsbury, Walpole, 7
Quinn M. Smith, daughter of Marisa & David Smith, Westmoreland, 7

HANNAFORD'S SUPERMARKETS BIRTHDAY CAKE DRAWING

Mail coupon to:
The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431-0487

- All children through age 12 are eligible. • Entries must be mailed; no phone calls, please.
- Forms must be received *two weeks before* child's birthday. **PRINT OR TYPE CLEARLY.**

CHILD'S NAME _____
AGE* _____ SEX _____ PHONE _____
BIRTHDATE _____
PARENTS' NAME (S) _____
ADDRESS _____
*Age child will be on this birthday.

Submit your Birthday Kids' entry online at: www.ShopperNews.com/Community

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Keeva Carolyn Durgin, Bennington, 1
Eloise McKeon, Keene, 1



Picture Unavailable

BUS TRIPS ARE BACK!

- 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.ADVLIMO.COM FOR MORE!!
Call or Text **603-357-2933**

Chase's Mill

ESTABLISHED IN 1767



Visit our historic mill in action this summer. See our website for info on tours of the mill, lectures, art & woodworking classes. www.chasesmill.org

PIEROGI POP-UP EVENT!

SATURDAY, MAY 18TH
11 A.M.-2 P.M.

Crab Rangoon Pierogi

Generously filled with 50/50 mixture of seafood and cream cheese



3 for \$10



OUR LADY OF CZESTOCHOWA

84 K St., Turners Falls, MA
Only 40 minutes from Keene!

Special Events at the DubHub:

Art by Kate O'Dell, Joan Barrows, Kate Corr Frame & Ann Sawyer
Friday, May 10 • 5-7 pm • Public Reception
View through May by appointment or during open hours

Monadnock Storytelling & Spoken Word Circle

Wednesday, May 15 • 6:30-8:30 pm
Featuring **Sebastian Lockwood & Papa Joe Gaudet**

DubHub Coffee House & Open Mic

Saturday, May 18 • 6:30-9:30 pm • All Welcome
Featuring **Singer-Songwriter Charlie Koch**



Dublin Community Center

1123 Main St., Dublin, NH
info@dublincommunitycenter.org



Find us on **facebook**.
Giveaways • Stories • Local Events



CHESHIRE COUNTY SHOOTING SPORTS EDUCATION FOUNDATION

UPCOMING EVENTS/CLASSES

- 30/30 Gun Raffle Underway**
- USCCA Women's Intermediate Pistol Class**, May 18
- Steel Challenge Match - Saturday**, May 25
- 600 Yard Rifle Match - Sunday**, May 26

Regularly Scheduled
Action Pistol - Wednesdays
Open Trap - Wednesdays and Saturdays
600 and 300 Yard Practice - Thursdays

For more details about any of these events, check out the calendar at www.ccsef.org

603-352-8563 • 19 Ferry Brook Rd., Keene



Redfern Arts Center Presents

NECCA

New England Center for Circus Arts



Saturday, May 11, 2024

2:00 PM and 7:00 PM

Main Theatre, Redfern Arts Center

For more information, please call the Box Office at 603-358-2168 or visit us online at keene.edu/redfern.



This event is **FREE** and open to the public.





the
MELANSON
company

ROOFING & SHEET METAL
SINCE 1932

Commercial • Industrial • Residential • Service
Keene, NH • (603) 352-4232 • Bow, NH • (603) 224-0444
www.melanson.com

Affiliates
Vermont Roofing Company
Rutland, VT (802) 775-4386 • Bennington, VT (802) 442-2899
www.vermontroofing.com

A.C. Hathorne Company
Williston, VT (802) 862-6473
www.achathorne.com



TECTA AMERICA
Roofing Redefined

The Monadnock Shopper News works for US!

“For over 25 years, The Monadnock Shopper News has helped our business grow. In addition to promoting Good Fortune Jewelry & Pawn, the Shopper is also our favorite publication to read. We always enjoy the wonderful stories in the paper and feel that the Monadnock Shopper is truly our community’s newspaper!”

Roger Weinreich
Good Fortune Jewelry & Pawn

Dube's Tire TIRE & ALIGNMENT SPECIALISTS

- Walker Exhaust Center
- Monroe Shocks & Struts
- Raybestos Brake Center
- Air Conditioning Services
- Transmission Services

- Gas Tanks & Radiators
- Computer Diagnostics
- Welding & Frame Work
- State Inspection Station
- Tune Ups & Oil Changes

- BFG • BRIDGESTONE • COOPER • DUNLOP
- CARS • TRUCKS**
- CAMPERS • TRAILERS**
- COMPUTERIZED WHEEL ALIGNMENT**
- Family Owned 50 Years!



300 PARK AVE, KEENE, NH
NHSI #1875 • 603-352-1445

FREE Computer Alignment
with purchase of 4 New Tires

All Prices Include:
• Mount & Balance • New Valves • Old Tire Disposal • Free Tire Rotations •



ALTIMAX™ RT45

Stylish touring all-season tire supplies a quiet, comfortable ride combined with year-round traction and extended treadlife.

185/65R15	205/60R16	235/65R16	225/55R18
195/65R15	205/65R16	215/50R17	225/60R18
205/65R15	215/65R16	215/60R17	235/55R18
205/55R16	225/60R16	225/45R17	235/65R18

BRAKE SPECIAL
25% OFF

WALKER EXHAUST SYSTEMS
25% OFF

COMPUTER DIAGNOSTICS
FREE

TOP QUALITY
Auto • Marine • Lawn & Garden



USE THIS \$10 COUPON AS CASH AT DUBE'S TIRE



FOR ANY SERVICE OR PURCHASE OF 2 OR MORE TIRES. ONE COUPON PER SERVICE. EXPIRES 5/31/24

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 Cheshire County town was this photo taken?



The winner of last week's mystery photo contest was Howard Lane of West Swanzey. The IGA store was located on West Street in Keene.

AHA Yoga Opens In Dublin, Specializes In Iyengar Yoga

YOGA, Continued from page 1

AHA Yoga recently opened at 1283 Main Street (Dublin Village Park) Route 101 in Dublin to offer weekly yoga classes and specialized series on topics such as back care and healthy hips/knees as well as individual instruction in yoga therapy for people who are healing from injuries. A popular offering is her class Yoga for Healthy Bones.

“The name ‘AHA’ stems from those moments on the mat when you discover something new, find out you could do something you didn’t think possible, or learn something about yourself,” says owner and Certified Iyengar Teacher Kerry Doyle. “That is where the magic begins!”

This locally owned and operated studio specializes in Iyengar Yoga, founded by the renowned yoga master B.K.S. Iyengar. Iyengar Yoga is a methodical and precise form of yoga that emphasizes physical alignment.

“Generally, students practice one pose at a time and often repeat it to deepen the pose physically or to refine their understanding,” says Doyle. “This process of mindful movement slows down the body and mind so they coordinate reflectively. This approach develops concentration and leads to clear thinking and reflective action.”

“Kerry Doyle is an extraordinary teacher,” says Jessica Stern. “Her classes are choreographed from start to finish. There is always a theme, so that you learn something from each pose about the next pose and the pose after that. She is so attentive, accessible, and non-judgmental that you feel better after five minutes.”



Certified Iyengar Teacher Kerry Doyle is pictured in an elevated staff pose on the ropes at the AHA Yoga studio.

ensures that students not only perform the poses safely but also gain the full benefits of their yoga practice, both physically and mentally.”

“Kerry is an incredibly gifted and sensitive yoga teacher,” says student Sherry Maher. “She has an amazing ability to see and specifically direct each student, guiding them deeper into their practice of yoga. In other styles of yoga, teachers typically lead students through a flow or a series of yoga poses that may or may not change from class to class. In an Iyengar Yoga class, students get in-depth instruction geared to their level, with an emphasis on proper actions and alignment in a yoga pose, keys to avoiding injury, and enabling students to gain confidence in developing their home practice.”

“Her classes have given me such a solid foundation,” adds Nina McIntyre. “I keep improving every class and she coaches us on how to do things without injuries. It’s amazing how she’s able to give everyone personalized instruction. We are incredibly lucky to have such a talented, thoroughly trained, compassionate, and fun teacher in this community.”

To bring a new dimension to students’ yoga practice, this fully equipped studio includes a yoga rope wall. There is also a plethora of props – like foam block supports, bolsters, and folded blankets – which add support to various pose configurations.

“Kerry’s attention to detail and desire to help you be well aligned in the pose is what I love about her best as a yoga instructor,” says Ruth Clark. “Plus, the fact that she teaches Iyengar yoga with such enthusiasm and dedication is another big plus for me. Her classes are fun and highly educational and her new yoga space is fabulous as well. It is unlike any studio I have been in with the ropes wall and the trestle.”



Ruth Clark works on her ustrasana, or camel, pose while teacher Kerry Doyle assists with her feet by moving her student’s tailbone down and upper back in to open up Ruth’s chest.

Doyle continues by saying that in Iyengar Yoga the teacher plays a crucial role in guiding students through their practice. “Certified Iyengar Teachers study and train for years before undergoing rigorous assessments. Teachers learn and refine skills of observation, clear verbal instruction, and hands-on physical adjustments. The teacher’s keen eye allows for personalized feedback, catering to the unique needs of each student. This attentive approach en-

Colonial Performing Arts Center Welcomes Julianne Gadoury As Interim Executive Director



COLONIAL, Continued from page 3

"I am honored and excited to join the Colonial Performing Arts Center as Interim Executive Director," said Julianne Gadoury. "The entire Monadnock Region is known across New England as a vibrant center for the arts. The Colonial has long been a vital hub for bringing world-class performances and fostering community connection. I look forward, along with the board, staff, and many volunteers, to build on a strong history of leadership while exploring new opportunities for growth and innovation."

Tom Minkler, Chair of the Board of Directors, included, "As we are celebrating our 100th anniversary, we are confident that Julianne's leadership through this transition will ensure that the Colonial remains a dynamic cultural institution for generations 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.

Julianne Gadoury, at left

Mother's Day Celebration At Aloha

Aloha often hosts Fun Fridays pop ups. This time, on Friday, May 10th, they will celebrate Mother's Day weekend. The event will run from 5:15 to 6:30 p.m. Attendees will celebrate all mothers across time and space. They will talk about the idea of the mother, do a feminine (goddess) flow of yoga, and write a letter to their own moms. Josephine Russell will guide this contemplative Fun Friday celebration.

Attendees may pay what they can at the door or register on line for \$44. Register at vagaroo.com/lohakeene or call 603-762-3129.



Josephine Russell with her daughter Tialofa Petri

Mother's Day From Ancient Times To Today

MOTHER'S DAY, Continued from page 10

Give Mom your full attention on Mother's Day by spending time together as a family unit without the distraction of individual screens. Do things that interest her, like watching one of her favorite movies or cooking her favorite meal together.

If she is a gardener, take her to the local garden shop and let her choose some new plants. If she wants to plant them right away, do it together. If she prefers to rest after the trip, plant them for her or schedule a time later in the week to plant them. Get some perennial plants so she can enjoy them year after year and she can remember when you planted them. Even if your mom isn't a gardener, she might appreciate a little color. Buy or make a hanging basket she can enjoy around the home. Or get some cut flowers to decorate her home.

If your mom enjoys a little pampering, have a spa day together. Whether you book an appointment at the local salon or do some at home spa treatments, this is a great way to spend some quality time and help Mom feel special. Maybe mom is more of the out-

doorsy sort and it may be fun to take her on a hiking adventure. There are so many local trails and hiking spots to choose from that may appeal to a variety of skill levels. Whether just a short stroll through the park or a trek up a local mountain, Mother's Day may be the perfect time to get outside and enjoy the beauty of the region.

As you celebrate with your maternal figures, remember that love and appreciation of these important women in our lives shouldn't be confined to a single day. The spirit of Mother's Day can be expressed year-round with small acts of kindness and simple gestures to let Mom know how much you appreciate her.

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.

AHA Yoga Opens In Dublin, Specializes In Iyengar Yoga

YOGA, Continued from page 20

Doyle continues by saying that students will learn yoga in a clear, methodical, and progressive manner. "They learn poses first to build a strong foundation and develop from that base. For a student, this means they learn how to make the poses work best for them, and how to progress without injury. Iyengar classes offer specialized sequences of poses; this means students often find they are surprised at what they can do when their bodies are well prepared. This approach develops body awareness that begins to inform daily habits – from standing in line at the grocery store to an afternoon run or walk."

As one of the more experienced Iyengar teachers in New England, Doyle was selected by the Iyengar Association of New England to teach a class for its 2023 annual meeting. She travels regularly to the

Iyengar Institute to study yoga and yoga therapy directly with members of the Iyengar family in Pune, India.

A Studio Open House will take place at AHA Yoga on Saturday, May 11th. A free yoga class will be held from 10 to 11 a.m. followed by light refreshments, open studio, and raffles of yogic prizes from 11:15 a.m. to 12:15 p.m. To reserve a spot, sign up in advance at www.ahayoga.com.

AHA Yoga offers a new student Intro Pass that includes three classes for \$36, which allows students to try out a few of the classes on the schedule to find the best fit for them.

"The awareness that is cultivated on the mat translates into more long-term healthy habits off the mat," Doyle concludes.

For more details, email kerry@ahayoga.com or visit www.ahayoga.com.

CLASSIFIEDS

Auto Services

DONATE YOUR CAR to Veterans Today! Help and Support our Veterans. Fast-Free pick up. 100% tax deductible. Call 800-245-0398 N

Autos Wanted

CASH FOR CARS! We buy all cars! Junk, high-end, totaled - it doesn't matter! Get free towing and same day cash! Newer models, too! Call 866-258-6720 B

Firewood/Pellets

WWW.TREEHUGGERFARMS.COM
Green or Kiln-Dried Firewood
Pick Up or Delivery.
Order online or call
603-399-8454

NOW HIRING EXPERIENCED ROOFER

Full-Time • Competitive Wages
Must have a driver's license

Guyer & Son Roofing
603-876-9915
info@guyerroofing.com
www.GuyerRoofing.com

Tucker Transportation
Seeking part-time minivan school bus drivers
25-30 hours per week, paid holidays and sick days.
Clean driving/criminal record required.
Call Todd at: 603-313-2567

Town of Hancock
New Hampshire

Job Opening Highway Dept. Equipment Operator

The town of Hancock is seeking a full-time equipment operator to join our team. CDL-B is required, plowing experience preferred. Full benefits package offered at no or low out of pocket expense. Annual salary is \$50,000-\$55,000, dependent on experience, plus overtime.

Please submit an application available on the town website, www.hancocknh.org or submit via email to townadmin@hancock.org, or drop off/mail to Town of Hancock, PO Box 6, 50 Main St., Hancock, NH 03449.

The Town of Hancock is an equal opportunity employer.

NOW HIRING
Scan the code or visit www.careers.altiumpkg.com.

MACHINE OPERATORS
\$22.75 to start with shift differentials up to \$2.50 per hour!
NO experience required. On-the-job training provided!

\$2,000.00 RETENTION BONUS
Paid out in 90 and 180 day increments.

It's Not Just a Job...

- Medical • Dental • Vision
- 401K • FSA/HSA • Vacation
- Short/Long-Term Disability
- Life Insurance and more.

Join Our Team!
262 Millers Falls Rd.
Turners Falls, MA 01376
413-676-1201

Formerly **HILLSIDE PLASTICS**
Across from the Airport

Wanted
CASH PAID
 for vintage coin and stamp collections, paper money, antiques, gold and silver jewelry, pocket watches, sterling silver, or anything unique.
 Call or text Greg
 603-903-3069
 gwash2015@gmail.com

Yard/Moving Sale
 Saturday, May 11th 9 - 4
 (Rain Date Sunday,
 May 12th 9 - 4) Furniture,
 tools, seasonal,
 art, home goods -
 something for everyone!
 Come check it out!
 16 Greenbriar Rd, Keene.

**\$\$ CASH PAID \$\$
 FOR OLD TOOLS**
 Planes, axes,
 Stanley tools, etc.
 1 tool or entire
 collection.
 802-579-5891

CAUTION
 READERS ARE CAUTIONED that we occasionally run ads on subjects such as work at home opportunities, travel or vacation specials, purchasing land or vehicles from government surplus or below wholesale, loans or other credit opportunities (including credit repair), or weight loss and other health products and services, we urge you to contact the Better Business Bureau, Inc., 25 Hall St., Suite 102, Concord, NH 03301; (603) 224-1991; or bbbnh.org; or the Office of Attorney General, Consumer Protection and Antitrust Bureau, 33 Capitol Street, Concord, NH 03301 (603-271-3641).

Read the
**Monadnock
 Shopper News**
 online:
 www.shoppernews.com

HELP WANTED
THE CHESHIRE HORSE IS GROWING!
 We are now hiring for the following positions:
Assistant Store Manager - Swanzey, NH
Warehouse Associate - Swanzey, NH
Sales Associate - Swanzey, NH
Non-CDL Delivery Driver - Swanzey, NH
Store Manager - Saratoga Springs, NY
 Great benefits package including health and dental insurance, paid holidays and PTO, 401(k) plan, profit sharing, and a generous employee discount.
 Please visit
www.cheshirehorse.com/employment
 or apply in person at
8 Whittemore Farm Rd. Swanzey



8 Whittemore Farm Rd.
 in Swanzey

SAU Business Office
 Serving the Communities of:
 • Chesterfield • Harrisville •
 • Keene • Marlborough •
 • Marlow • Nelson • Westmoreland •
**SAU29 SCHOOLS
 NEW HAMPSHIRE**

Staff Accountant: SAU 29 Central Office
 Looking for a change? Want to work for a mission driven organization? If you enjoy a variety of accounting duties, including federal funds accounting and compliance, general ledger maintenance, reconciliations, cash receipts, and financial reporting we would like to meet you.
 This position requires a bachelor's degree with a minimum of two years accounting experience, knowledge of financial software, and excellent Excel skills. This is a full-time year-round, salaried position (\$50,000-\$70,000) with fantastic benefits and a friendly workplace.
Apply Online at www.sau29.org
 Call us at 603-357-9007 *3 or email at
 humanresources@sau29.org. SAU29 is an Equal Opportunity Employer.



NOW HIRING
 Scan the code or visit www.careers.altiumpk.com.
\$1,000 RETENTION BONUS
Altium
 Packaging

\$18.00 to start
NO experience required.
On-the-job training provided!
 Formerly **HILLSIDE PLASTICS**
 Across from the Airport

Take Control of Your Future!
 Avoid costly commutes and work close to home with up to \$3,000 sign-up bonus opportunities.
It's Not Just a Job...
 • Medical • Dental • Vision
 • 401K • FSA/HSA • Vacation
 • Short/Long-Term Disability
 • Life Insurance and more.



Join Our Team!
 262 Millers Falls Rd.
 Turners Falls, MA 01376
413-676-1201

Our Vision
 In the ConVal community, all learners will achieve academically, act thoughtfully, and contribute to the larger society.
Our Mission
 To provide opportunities and inspire our learners to explore interests, pursue new knowledge and skills, learn about self and others, and give of oneself to the greater community.

ConVal is hiring for the following positions:
 ConVal School District
 ▶ District/Community Preschool and Elementary Case Manager/Coordinator
 ▶ Special Education Teachers - All Levels
 ▶ Speech/Language Pathologist Assistants
 ▶ School Psychologist - Elementary and High School
 ▶ Occupational Therapist
 ▶ Paraprofessionals - All Levels
 ConVal High School
 ▶ General Science Teacher
 ▶ Computer and Information Technology CTE Instructor
 ▶ Pre-Engineering CTE Teacher
 ▶ Business CTE Instructor
 ▶ ELO Work Base Learning Counselor
 ConVal Elementary School
 ▶ Physical Education/Health Teacher
 ▶ Library/Media Specialist
 ConVal Support Staff
 ▶ Information Technology Systems Support
 ▶ Custodian
 ▶ Daily and Long-Term Substitute Positions

COME JOIN OUR TEAM!
 Beginning Salary Range for new EDUCATORS: BA+00 is \$50,000! MA+00 is \$54,000!
 Beginning Salary Range for New SSPs: BA+00 is \$55,000! MA+00 is \$62,000!
 Go to www.conval.edu, click on "Careers" and complete an application.

**K CITY OF KEENE
 NEW HAMPSHIRE**
THE CITY OF KEENE IS HIRING!
 If you're a job seeker who is looking for a meaningful career, check out all that the City of Keene can offer you!
Our current openings include:
Parks & Recreation Director
Maintenance Aide I/Parks
Maintenance Aide II/Airport
Senior Utility Operator/Water
Motor Equipment Operator I/Highway
Motor Equipment Operator II/Highway
Administrative Assistant I/Public Works
Highway Maintenance Workers
Civil Engineer
Public Works Director
Senior Accountant/Grants Manager
Police Officers
 For details and to apply:
<https://keenenh.gov/jobs>. EOE.

Call today and receive a
FREE SHOWER PACKAGE
 PLUS \$1600 OFF
**SAFE STEP
 WALK-IN TUB**
 1-855-417-1306
 SPECIAL OFFER

REAL ESTATE

Apt For Rent
KeeneToday.com
Apartment Rentals

For Rent
FORRENT: One or more weeks at Orange Lake Country Club Resort in one floor unit. Enjoy water park, swimming pools, restaurants, golf and more on the days you choose not to go to Disney. Sleeps six, full kitchen, washer/dryer \$2100, includes much. Feb., Mar, April weeks. Call 978-371-2442 B

Listing, Marketing & Relocation Specialist
Voted Best Real Estate Agent 13 Years Straight!
Robin Smith
 Associate Broker
 Office: 603-352-5433

Call 603-313-9902
robin@rsmithrealtor.com
 69A Island St., Suite 3, Keene




BEAUTIFUL 250 SQUARE FOOT
 private office on 2nd floor with Victorian windows and wood floors, parking and shared amenities. This is an ideal space for financial professionals, psychologists/therapists, accountants etc. This office is in a prime location on Washington Street within walking distance to downtown.
Rent of \$550 is all-inclusive with Wi-Fi, Heat/AC, and Electricity. Please contact us at
603-352-7553 if interested.

Spacious 1 & 2 Bedrooms
 Incl. Heat & Hot Water
Beautifully Maintained
 NICE LOCATION
 POOL ON PREMISES
CALL (603) 352-9105
 Emile J. Legere Mgmt. Co.
 Keene, New Hampshire



Yes you can!
CALL A MEMBER OF THE CONTOOCOOK VALLEY BOARD OF REALTORS

Happy Mother's Day!

NEW PRICE!
 Delightful L-shaped ranch-style home in a great neighborhood in Jaffrey. Originally 3 BR, it is now a gracious 2BR home but the possibility exists to convert it back. Easy one floor living with H/W floors, whole house generator, nice heated sunroom and 1 3/4 baths too!
 MLS # 4990622 ~~\$369,900~~
\$359,900

25 Turnpike Road, Jaffrey, NH 03452
www.tiegerrealty.com
PHONE: 603-532-8765
FAX: (603) 532-4519
Email: info@tiegerrealty.com

**DESPRES & ASSOCIATES
 KW METROPOLITAN
 KELLERWALLACE REALTY**
 41 Main St., Jaffrey, NH
603-532-8742 • 603-232-8282




LeafFilter GUTTER PROTECTION
CALL TODAY FOR A FREE INSPECTION!
1-855-595-2102

20% OFF + **10% OFF**
 Your Entire Purchase* Seniors + Military
 ++ We offer financing that fits your budget!¹

*See Representative for full warranty details. †See coupon per household. No obligation estimate valid for 1 year. Subject to credit approval. Call for details. NH 03032, 03033, 03034, 03035, 03036, 03037, 03038, 03039, 03040, 03041, 03042, 03043, 03044, 03045, 03046, 03047, 03048, 03049, 03050, 03051, 03052, 03053, 03054, 03055, 03056, 03057, 03058, 03059, 03060, 03061, 03062, 03063, 03064, 03065, 03066, 03067, 03068, 03069, 03070, 03071, 03072, 03073, 03074, 03075, 03076, 03077, 03078, 03079, 03080, 03081, 03082, 03083, 03084, 03085, 03086, 03087, 03088, 03089, 03090, 03091, 03092, 03093, 03094, 03095, 03096, 03097, 03098, 03099, 03100, 03101, 03102, 03103, 03104, 03105, 03106, 03107, 03108, 03109, 03110, 03111, 03112, 03113, 03114, 03115, 03116, 03117, 03118, 03119, 03120, 03121, 03122, 03123, 03124, 03125, 03126, 03127, 03128, 03129, 03130, 03131, 03132, 03133, 03134, 03135, 03136, 03137, 03138, 03139, 03140, 03141, 03142, 03143, 03144, 03145, 03146, 03147, 03148, 03149, 03150, 03151, 03152, 03153, 03154, 03155, 03156, 03157, 03158, 03159, 03160, 03161, 03162, 03163, 03164, 03165, 03166, 03167, 03168, 03169, 03170, 03171, 03172, 03173, 03174, 03175, 03176, 03177, 03178, 03179, 03180, 03181, 03182, 03183, 03184, 03185, 03186, 03187, 03188, 03189, 03190, 03191, 03192, 03193, 03194, 03195, 03196, 03197, 03198, 03199, 03200, 03201, 03202, 03203, 03204, 03205, 03206, 03207, 03208, 03209, 03210, 03211, 03212, 03213, 03214, 03215, 03216, 03217, 03218, 03219, 03220, 03221, 03222, 03223, 03224, 03225, 03226, 03227, 03228, 03229, 03230, 03231, 03232, 03233, 03234, 03235, 03236, 03237, 03238, 03239, 03240, 03241, 03242, 03243, 03244, 03245, 03246, 03247, 03248, 03249, 03250, 03251, 03252, 03253, 03254, 03255, 03256, 03257, 03258, 03259, 03260, 03261, 03262, 03263, 03264, 03265, 03266, 03267, 03268, 03269, 03270, 03271, 03272, 03273, 03274, 03275, 03276, 03277, 03278, 03279, 03280, 03281, 03282, 03283, 03284, 03285, 03286, 03287, 03288, 03289, 03290, 03291, 03292, 03293, 03294, 03295, 03296, 03297, 03298, 03299, 03300, 03301, 03302, 03303, 03304, 03305, 03306, 03307, 03308, 03309, 03310, 03311, 03312, 03313, 03314, 03315, 03316, 03317, 03318, 03319, 03320, 03321, 03322, 03323, 03324, 03325, 03326, 03327, 03328, 03329, 03330, 03331, 03332, 03333, 03334, 03335, 03336, 03337, 03338, 03339, 03340, 03341, 03342, 03343, 03344, 03345, 03346, 03347, 03348, 03349, 03350, 03351, 03352, 03353, 03354, 03355, 03356, 03357, 03358, 03359, 03360, 03361, 03362, 03363, 03364, 03365, 03366, 03367, 03368, 03369, 03370, 03371, 03372, 03373, 03374, 03375, 03376, 03377, 03378, 03379, 03380, 03381, 03382, 03383, 03384, 03385, 03386, 03387, 03388, 03389, 03390, 03391, 03392, 03393, 03394, 03395, 03396, 03397, 03398, 03399, 03400, 03401, 03402, 03403, 03404, 03405, 03406, 03407, 03408, 03409, 03410, 03411, 03412, 03413, 03414, 03415, 03416, 03417, 03418, 03419, 03420, 03421, 03422, 03423, 03424, 03425, 03426, 03427, 03428, 03429, 03430, 03431, 03432, 03433, 03434, 03435, 03436, 03437, 03438, 03439, 03440, 03441, 03442, 03443, 03444, 03445, 03446, 03447, 03448, 03449, 03450, 03451, 03452, 03453, 03454, 03455, 03456, 03457, 03458, 03459, 03460, 03461, 03462, 03463, 03464, 03465, 03466, 03467, 03468, 03469, 03470, 03471, 03472, 03473, 03474, 03475, 03476, 03477, 03478, 03479, 03480, 03481, 03482, 03483, 03484, 03485, 03486, 03487, 03488, 03489, 03490, 03491, 03492, 03493, 03494, 03495, 03496, 03497, 03498, 03499, 03500, 03501, 03502, 03503, 03504, 03505, 03506, 03507, 03508, 03509, 03510, 03511, 03512, 03513, 03514, 03515, 03516, 03517, 03518, 03519, 03520, 03521, 03522, 03523, 03524, 03525, 03526, 03527, 03528, 03529, 03530, 03531, 03532, 03533, 03534, 03535, 03536, 03537, 03538, 03539, 03540, 03541, 03542, 03543, 03544, 03545, 03546, 03547, 03548, 03549, 03550, 03551, 03552, 03553, 03554, 03555, 03556, 03557, 03558, 03559, 03560, 03561, 03562, 03563, 03564, 03565, 03566, 03567, 03568, 03569, 03570, 03571, 03572, 03573, 03574, 03575, 03576, 03577, 03578, 03579, 03580, 03581, 03582, 03583, 03584, 03585, 03586, 03587, 03588, 03589, 03590, 03591, 03592, 03593, 03594, 03595, 03596, 03597, 03598, 03599, 03600, 03601, 03602, 03603, 03604, 03605, 03606, 03607, 03608, 03609, 03610, 03611, 03612, 03613, 03614, 03615, 03616, 03617, 03618, 03619, 03620, 03621, 03622, 03623, 03624, 03625, 03626, 03627, 03628, 03629, 03630, 03631, 03632, 03633, 03634, 03635, 03636, 03637, 03638, 03639, 03640, 03641, 03642, 03643, 03644, 03645, 03646, 03647, 03648, 03649, 03650, 03651, 03652, 03653, 03654, 03655, 03656, 03657, 03658, 03659, 03660, 03661, 03662, 03663, 03664, 03665, 03666, 03667, 03668, 03669, 03670, 03671, 03672, 03673, 03674, 03675, 03676, 03677, 03678, 03679, 03680, 03681, 03682, 03683, 03684, 03685, 03686, 03687, 03688, 03689, 03690, 03691, 03692, 03693, 03694, 03695, 03696, 03697, 03698, 03699, 03700, 03701, 03702, 03703, 03704, 03705, 03706, 03707, 03708, 03709, 03710, 03711, 03712, 03713, 03714, 03715, 03716, 03717, 03718, 03719, 03720, 03721, 03722, 03723, 03724, 03725, 03726, 03727, 03728, 03729, 03730, 03731, 03732, 03733, 03734, 03735, 03736, 03737, 03738, 03739, 03740, 03741, 03742, 03743, 03744, 03745, 03746, 03747, 03748, 03749, 03750, 03751, 03752, 03753, 03754, 03755, 03756, 03757, 03758, 03759, 03760, 03761, 03762, 03763, 03764, 03765, 03766, 03767, 03768, 03769, 03770, 03771, 03772, 03773, 03774, 03775, 03776, 03777, 03778, 03779, 03780, 03781, 03782, 03783, 03784, 03785, 03786, 03787, 03788, 03789, 03790, 03791, 03792, 03793, 03794, 03795, 03796, 03797, 03798, 03799, 03800, 03801, 03802, 03803, 03804, 03805, 03806, 03807, 03808, 03809, 03810, 03811, 03812, 03813, 03814, 03815, 03816, 03817, 03818, 03819, 03820, 03821, 03822, 03823, 03824, 03825, 03826, 03827, 03828, 03829, 03830, 03831, 03832, 03833, 03834, 03835, 03836, 03837, 03838, 03839, 03840, 03841, 03842, 03843, 03844, 03845, 03846, 03847, 03848, 03849, 03850, 03851, 03852, 03853, 03854, 03855, 03856, 03857, 03858, 03859, 03860, 03861, 03862, 03863, 03864, 03865, 03866, 03867, 03868, 03869, 03870, 03871, 03872, 03873, 03874, 03875, 03876, 03877, 03878, 03879, 03880, 03881, 03882, 03883, 03884, 03885, 03886, 03887, 03888, 03889, 03890, 03891, 03892, 03893, 03894, 03895, 03896, 03897, 03898, 03899, 03900, 03901, 03902, 03903, 03904, 03905, 03906, 03907, 03908, 03909, 03910, 03911, 03912, 03913, 03914, 03915, 03916, 03917, 03918, 03919, 03920, 03921, 03922, 03923, 03924, 03925, 03926, 03927, 03928, 03929, 03930, 03931, 03932, 03933, 03934, 03935, 03936, 03937, 03938, 03939, 03940, 03941, 03942, 03943, 03944, 03945, 03946, 03947, 03948, 03949, 03950, 03951, 03952, 03953, 03954, 03955, 03956, 03957, 03958, 03959, 03960, 03961, 03962, 03963, 03964, 03965, 03966, 03967, 03968, 03969, 03970, 03971, 03972, 03973, 03974, 03975, 03976, 03977, 03978, 03979, 03980, 03981, 03982, 03983, 03984, 03985, 03986, 03987, 03988, 03989, 03990, 03991, 03992, 03993, 03994, 03995, 03996, 03997, 03998, 03999, 04000, 04001, 04002, 04003, 04004, 04005, 04006, 04007, 04008, 04009, 04010, 04011, 04012, 04013, 04014, 04015, 04016, 04017, 04018, 04019, 04020, 04021, 04022, 04023, 04024, 04025, 04026, 04027, 04028, 04029, 04030, 04031, 04032, 04033, 04034, 04035, 04036, 04037, 04038, 04039, 04040, 04041, 04042, 04043, 04044, 04045, 04046, 04047, 04048, 04049, 04050, 04051, 04052, 04053, 04054, 04055, 04056, 04057, 04058, 04059, 04060, 04061, 04062, 04063, 04064, 04065, 04066, 04067, 04068, 04069, 04070, 04071, 04072, 04073, 04074, 04075, 04076, 04077, 04078, 04079, 04080, 04081, 04082, 04083, 04084, 04085, 04086, 04087, 04088, 04089, 04090, 04091, 04092, 04093, 04094, 04095, 04096, 04097, 04098, 04099, 04100, 04101, 04102, 04103, 04104, 04105, 04106, 04107, 04108, 04109, 04110, 04111, 04112, 04113, 04114, 04115, 04116, 04117, 04118, 04119, 04120, 04121, 04122, 04123, 04124, 04125, 04126, 04127, 04128, 04129, 04130, 04131, 04132, 04133, 04134, 04135, 04136, 04137, 04138, 04139, 04140, 04141, 04142, 04143, 04144, 04145, 04146, 04147, 04148, 04149, 04150, 04151, 04152, 04153, 04154, 04155, 04156, 04157, 04158, 04159, 04160, 04161, 04162, 04163, 04164, 04165, 04166, 04167, 04168, 04169, 04170, 04171, 04172, 04173, 04174, 04175, 04176, 04177, 04178, 04179, 04180, 04181, 04182, 04183, 04184, 04185, 04186, 04187, 04188, 04189, 04190, 04191, 04192, 04193, 04194, 04195, 04196, 04197, 04198, 04199, 04200, 04201, 04202, 04203, 04204, 04205, 04206, 04207, 04208, 04209, 04210, 04211, 04212, 04213, 04214, 04215, 04216, 04217, 04218, 04219, 04220, 04221, 04222, 04223, 04224, 04225, 04226, 04227, 04228, 04229, 04230, 04231, 04232, 04233, 04234, 04235, 04

Gardening Ideas To Attract Butterflies

A few summers ago, we rented a lovely, older cottage on Rye Beach, one of our favorite places. When we walked up the pathway leading to the cottage, we were surprised to see so many butterflies flying around.

even have a hummingbird moth that visits quite often.

Butterflies make the world a little more colorful. Their vivid wing coloration and fluttering flight path lend a special touch of beauty to nature. However, butterflies do more than just paint a pretty picture. They help flowers pollinate, eat plenty of weedy plants and provide a food source for other animals. Because they are so sensitive to changes in their ecosystems, scientists use the butterfly population and behavior shifts as metrics for changes and problems in local environments. About one third of the food people eat depends on the work of pollinators such as butterflies. There are over 130 documented butterfly species in New Hampshire, and the Karner Blue is the official state butterfly of New Hampshire.

Wouldn't it be a fun way to help our local environment if each of us did our part to attract butterflies to their gardens? Here are some ways we can do exactly that.

In nature, butterflies sip moisture from mud puddles, in our gardens we can provide

that by setting out a saucer or two of water in our gardens or yard and create pretty water sources. Large stones provide sunny perches for them to warm their wings.

Plant favorite host plants like cleome, fennel, bee balm, and milkweed which sustain various butterfly larvae. These larvae also eat pipevine, knotweed, and snakeroot. Dill and parsley attract swallowtail caterpillars and grow easily in full sun.

Purple flowers, such as butterfly bush and salvia, readily attract butterflies to stop in for a drink, even in a potted garden. Yellow is another favorite color to attract butterflies – consider marigold, goldenrod, or coreopsis. Plant a big, bold patch of vibrant red, yellow, and purple flowers to act as a beacon.

You can attract bigger butterflies by planting flowers that have sturdy stems like verbena, echinacea, and helenium. Small butterflies are readily supported by most flowers. Choose native plants whenever possible and perennials for a meadow effect. I also purchase three hanging flowerpots for the outside of our front porch and two for the deck overlooking our backyard. I try to get bright pink or

purple petunias for them, as those colors also attract hummingbirds, and the petunias last until early fall.

Butterflies have a hard time flying when it is windy, so a garden near a wall or other protected place would give them shelter in a storm. You could combine plants of various heights. Shasta daisy, coneflower, black-eyed susan, and heliopsis would do the trick. Zinnia and sedum will attract pollinators of all kinds.

Avoid using pesticides and herbicides in a butterfly garden. They are insects and susceptible to toxic effects of chemicals. What many gardeners consider weeds are actually caterpillar host plants.

I hope you try adding some of these flowers to your gardens that I mentioned above and enjoy all the butterflies and hummingbird moths they attract!

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

Woods and Gardens
with Rose Kowaliw



After we settled in, I went back outside to see what the attraction was, and found three purple bushes along the walkway. I had never seen so many butterflies flying all around in one place. I took a photo of the bushes and found out they were called butterfly bushes! How appropriate. When we got home I later purchased two, and they are thriving in our front garden. Now I can see all the lovely butterflies from our porch. I never tire watching them fly all around the blossoms, and we

SUMMER CAMPS

2024 SWAMPBATS SUMMER CAMP

June 17th-20th & June 24th-27th
Mon.-Thurs. 8:30 AM-Noon • Alumni Field, Keene



Open to Boys & Girls of all ability levels.
Little Sluggers: 5 - 8 years old
Grand Slammers: 9 - 12 years old
\$140/week • \$225/2 weeks
Register at www.SwampBats.com

C.A.K.E.
Creative Arts at Keene Summer Camp
For kids grades 3 through 12
WEEKDAYS, JULY 1-26

Sign up for C.A.K.E. before May 1 for an early bird discount!
CHOOSE YOUR OWN CLASSES IN...
theatre, music, film, visual arts, dance, cooking, stage makeup, games, and so much more!
C.A.K.E. theatre is performing *Cinderella*, *Everyone Gets Abducted by Aliens* and *Jurassic Journey!* A Film Festival, Extravaganza, and Arts Gala the last week of camp.

TUITION ASSISTANCE AND DISCOUNTS ARE AVAILABLE!
Explore the stars and travel through space at CupCAKE Summer Camp!
Learn all about space travel, the stars, moon and planets. Week 3 is for our Star Wars fans!
Sign up for 1, 2, 3, or all 4 weeks of camp!
Registration is now open! Call (603) 357-2100 to register or visit moco.org for more information!

CupCAKE Summer Camp
Ages 4 through grade 3
June 24-28
July 29-AUGUST 16

MoCo Arts | 40 Roxbury Street, Keene, NH 03431 | info@moco.org

Keene STATE COLLEGE
KIDSONCAMPUS
at Keene State College 2024
SUMMER CAMPS!
Preschool - 10th Grade • 9:00 - 4:00pm

June 24 - 28 • July: 9 - 12 • 15 - 19 • 22 - 26 • July 29 - August 2



Keene.edu/Kids • 603-358-2290

BOOTLEGGERS
FOOTWEAR CENTERS

THE PERFECT FIT FOR CAMP!




WEST ST. SHOPPING CENTER, KEENE, NH
603-352-5201 • Mon.-Wed. 9AM-6PM, Thurs.-Fri. 9AM-8PM, Sat. 9AM-6PM, Sun. 10AM-5PM
GREENFIELD, MA • ROCHESTER, NH • STRATHAM, NH
LACONIA, NH • WOLFEBORO, NH • MEREDITH, NH • NORTH CONWAY, NH

the Y

FIND YOUR FUN FIND YOUR Y.
Summer is a time for kids to explore and expand the limits of their imagination. At Y day camp, everyday is a new adventure!
For a better us.

FIND YOUR Y AT
Keene Family YMCA
603.352.6002
keeneymca.org
Registration opens 3/1!

