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# SHOPPER NEWS

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## McIntosh Box & Pallet Company Helping Businesses Reduce Their Environmental Impact And Save On Packaging Costs



Jen Clevenger, the plant manager at McIntosh Box & Pallet Company in Winchester, is seen using a band saw pallet dismantler.

By Lori Catozzi Cook

Wooden pallets and crates are an essential component for any business that needs to move or store products. When used for shipping and transportation, they are very durable and can withstand a large amount of load capacity. They also keep the product in place during the transfer. For storage, wooden pallets ensure that space is optimized rather than wasted. They help keep whatever is being stored off the ground and allow for airflow to run underneath. And let's not forget the recyclability of wooden pallets, as they

can easily be disposed of in green-friendly ways, such as used for firewood, repurposed into mulch or animal bedding, or even upcycled into furniture.

McIntosh Box & Pallet Company, located at 260 Warwick Road in Winchester (the old Beaman Lumber Sawmill), has committed to quality, sustainability, and customer satisfaction to thrive as a leader in the pallet industry.

PALLETS, page 17

## Comedy Mind Reader To Headline Maps Counseling Services 50th Gala In Keene Saturday, June 8th

Many people have wondered what it would be like to know what someone else was thinking or to know what someone else was going to do before they did it. Eric Dittelman knows what that's like. He has been reading minds on hit television shows and at colleges, comedy clubs, and private events all across the country for years. Now, local folks can see Dittelman perform live for themselves in Keene and marvel over his abilities.

Comedy mind reader Eric Dittelman will be the featured performer for the 50th anniversary gala of Maps Counseling Services at the Redfern Arts Center at Keene State College on June 8th. As seen on NBC's *America's Got Talent*, *Live with Kelly and Ryan*, *Penn & Teller: Fool Us* and *The Ellen Degeneres Show*, Dittelman combines mind reading with stand-up and improvisational comedy. Whether playing a round of Pictionary with his eyes duct taped shut or revealing an audience member's personal thoughts, Dittelman invites audience members to become part of the show and leaves them with an amazing experience that they'll never forget.

Dr. Gina Pasquale, executive director of Maps Counseling Services, is excited to be marking Maps Counseling's 50th year with Dittelman's performance. "Our clinicians often begin a session of therapy by asking their patients, 'What's on your mind?'" Pasquale said. "We thought it would be appropriate to kick off Maps Counseling Services next 50 years by offering the community a fun evening of comedy based on that theme."

Pasquale said that in addition to "VIP" tickets, which include 10 raffle tickets for prizes and a dessert reception, general admission seats, which include five raffle tickets, are also being sold to keep the event affordable for just about everyone.



Eric Dittelman, Comedy Mind Reader

For 50 years, Maps Counseling has been a beacon of hope and healing in Keene. Founded in 1973 by a group of local ministers as Monadnock Area Pastoral Counseling Service (MAPSCS), it initially provided professional pastoral counseling and care. Maps Counseling has evolved and expanded since then, moving locations and adapting to meet the changing needs of those it serves. It added a Peterborough office in the mid-1990s.

MAPS GALA, page 16

## Reading With Ribby Program Marks Over-The-Top Year

Reading with Ribby is a program designed to foster a love of reading from a young age. The challenge is to read (or be read to) 18 times for 20 minutes each time. Children mark off their reading bookmark each time they read throughout the program and then submit the bookmark to their teacher once complete.

This year's Reading with Ribby was a great success – breaking last year's record by over 300 kids!

There was 2237 students from 34 local schools that completed the program.

Besides a deepened love for reading, all students that complete the program will receive a free T-shirt and a family pass to one of the Reading with Ribby celebration nights – Tuesday and Wednesday, June 11th and 12th – which includes a parade.

## Construction Loan Process Is Topic Of Free Seminar In Keene

Savings Bank of Walpole will offer a free Construction Loan Seminar May 23rd from 5:30 to 7 p.m.

"Understanding The Construction Loan Process" will feature SBW's Construction Loan Team, who will provide a comprehensive overview of how to navigate the construction loan

application process.

The event will take place at the bank at 84 Marlboro Street, Keene, Community Room.

To register, call Christine Greenwood-Smart at 603-355-1653. Register by Monday, May 20th.

## NH Conservation Districts Announce 2024 Climate Resilience Grant Program Awardees

The 10 New Hampshire Conservation Districts announce over \$363,000 in grants to 45 awardees for the 2024 NH Conservation Districts Climate Resilience Grant. Farms receiving awards are located across the state and represent a wide variety of agricultural industries; they include diversified vegetable producers, organic dairy farms, pasture-based livestock producers, cut flower farms, and berry growers.

The following local farms are the 2024 Climate Resilience Grant awardees: Bascom Farm in Charles-

town, Foggy Hill Farm in Jaffrey, Stonewall Farm in Keene, Partners' Gardens in Nelson, Nubi River Farm in Peterborough, Cornucopia Project in Peterborough, Sigma Farm in Sullivan, Abenaki Springs Farm in Walpole, Britton Farm in Walpole, Brookfield Farm in Walpole, Windyhurst Farm in Westmoreland, and Lucky 13 Farm in Winchester. For more details, visit [www.cheshireconservation.org](http://www.cheshireconservation.org).

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**May Books And More Sale In Westmoreland May 18th**

May Books And More Sale: Spring Gardening will be held at Westmoreland United Church at 9 South Village Common on Saturday, May 18th from 9 a.m. to 1 p.m.  
 The sale includes freshly dug, local perennials of all kinds; gardening supplies; vases; tools; ornaments; kitchen items; cookbooks; and gardening books.

**Hinsdale Farmers Market Now Open Every Saturday**

The Hinsdale Farmers Market has been operating since 2014 and seeks to promote locally grown food and crafts while making fresh food available. This market is held every Saturday from 9 a.m. to 1 p.m. at 18 Main Street at the Millstream Riverfront Park through October 19th.  
 The market includes farmers, crafters, food, and flea market vendors.  
 The market continues to accept new vendors. Applications are for full season, monthly, bi-weekly, or weekly and can be obtained by emailing farmers-marketofhinsdalenh@gmail.com.

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**Dansko Day Returns To Ted's Shoe & Sport**

One of the most anticipated sale days of the year, Dansko Day, returns to Ted's Shoe & Sport on Saturday, May 18th. In what has become an official rite of spring, customers can take advantage of the best prices of the year on Dansko footwear, recognized industry wide for their superior built-in arch support, which plays a vital role in maintaining proper foot alignment, distributing body weight evenly across each foot, and reducing excessive pressure on specific areas.

"Dansko continues to evolve from not only just a clog brand, but an expanded footwear brand for all-day comfort," says Ted McGreer, owner of Ted's Shoe & Sport. "Whether it's walking sneakers, fashion-focused supportive sandals, shoes for work, or shoes for standing all day, this is the day you won't want to miss."

In addition to special pricing, customers will receive a free gift with purchase (while supplies last), and enter to win a free pair of Dansko footwear. From 10 a.m. to 3 p.m. a Dansko rep will be in the store, showcasing a large selection of special order opportunities, colors and silhouettes that customers may never see elsewhere.

Ted's Shoe & Sport is located at 115 Main Street in Keene. For more details about Dansko Day, they can be reached at 603-357-8337. Visit them online at tedsports.com

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**Two ConVal Students Awarded Scholarships For Immersive German Study Program**

ConVal High School sophomores Evan Kelley and Adeline Regis were recently awarded all-expenses-paid scholarships through the Goethe Institut for an immersive study program in Karlsruhe, Germany.

Kelley and Regis are enrolled in German 3, the highest German Language class in ConVal High School, and were awarded scholarships based on their exceptional proficiency and hard work. Students also had to fill out an application and create a video introducing themselves to be selected.

During the three-week-long immersion program, students will be staying with host families in Germany and will participate in German language classes and cultural activities. This opportunity is made possible through the PASCH program, which partners with schools and the Goethe Institut to provide experiences and scholarships for students who study the German language.

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### Crab Rangoon Pierogi Pop-up Event Set For May 18th



St. Hyacinth Pierogi Maker Walter Hoszkiewicz prepares the crab rangoon filling for the Pierogi Pop-up event scheduled for Saturday, May 18th, at Our Lady of Czestochowa Church in Turners Falls, MA.

Our Lady of Czestochowa Church will be holding a Crab Rangoon Pierogi Pop-up event on Saturday, May 18th. "We have received many inquiries seeking our crab rangoon pierogi that we offered at our National Pierogi Day celebration in October," said Walter Hoszkiewicz, parish council president. "It is by far the most requested and a solid fan favorite."

In response to the demand, the St. Hyacinth Pierogi Makers have been diligently making these non-traditional dumplings twice a week for the past month to prepare for this event. The church is well known for their generously over-stuffed dumplings and the crab rangoon pierogi are no exception. These pierogi are filled with a 50/50 mixture of seafood and cream cheese.

In addition, there will be a bake sale featuring a wide variety of freshly baked goods such as breads, cakes, cookies, and Polish desserts.

This special pop-up event will happen from 11 a.m. to 2 p.m. at Our Lady of Czestochowa Church located at 84 K Street, Turner Falls, MA.

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## OBITUARIES

**Dora Lee (Tenney) Hartford**

Dora Lee (Tenney) Hartford (69) of Ellington, Connecticut passed away on April 23, 2024 after a brief illness. Dora was born in Keene, New Hampshire to Harry and Merylin (Tenney) Kubicki on September 15, 1954.

After graduating from high school, Dora went on to become a dairy farmer. She loved Ayrshire cattle and was dedicated to breeding the best cattle possible. She and her family traveled all over the country with their award-winning cattle. In her 50s, Dora became an amateur bodybuilder and competed in multiple shows. She won several competitions in New England. Later in life, Dora went back to school to become a Medical Billing Coder and graduated in the top of her class.

Dora strove to be the best at everything she did. She took great pride in her accomplishments. Of all her accomplishments, she was most proud of her daughter, Darcie. She was kind, caring, compassionate, and welcoming to everyone she met.

Dora is survived by her daughter, Darcie Hartford and daughter-in-law Nanci, her sisters Donna Reynolds, and her husband, Shawn, and Debra Philbrook, her nieces Jordan, Kelsie, Jamie, and Danelle, her nephew Benjamin, and many great nieces and nephews.

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## Birding On The Farm Workshop Series

The Cheshire County Conservation District will continue its free birding on the farm workshop series that will run through 2024. The first will be held on Friday, June 7th at 7 a.m. at Five Sigma Farm in Sullivan.

Throughout the series, 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 should bring binoculars and wear weather appropriate dress and boots for walking.

Please note that this is a working farm with animals grazing and guard dogs present. Animals and dogs will be behind fencing. Participants should note that Five Sigma Farm is located on steep and rough terrain, so consider the level of physical fitness and ability before attending this workshop.

For more details or to register, call 802-518-0993 or email [beneec@cheshireconservation.org](mailto:beneec@cheshireconservation.org).

## PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

### Maizey



Maizey is a bundle of joy with boundless energy and an insatiable zest for life. She is sweet natured and is ready to embrace every new experience with enthusiasm. Maizey is the perfect companion for those seeking an adventurous spirit to join them on hikes, runs, and outdoor escapades.

Maizey's exuberance is infectious, and loves everyone she meets. With proper introductions, she may be able to live harmoniously with another dog. Maizey's favorite pastime is exploring the great outdoors and soaking up the sights and smells of nature. Whether it's hiking through the mountains or going for a jog in the park, Maizey's always up for any adventure. Maizey's

forever home should be one filled with love, patience, and plenty of opportunities for outdoor fun.

If you're interested in giving Maizey the loving home she deserves or wish to know more about her, call 603-352-9011 or stop by during open hours.

Maizey is a four year old female, mixed breed.

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

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## Monadnock Garden Club Hosts Annual Plant Sale In Keene Saturday, May 18th



Monadnock Garden Club members, doing what they love to do, include (L to R): Jeanna Hamblett, Barbara Evans, Ann McCann, Jane Kennedy, Rhonda Fowler, and Eileen Sarson.

The Monadnock Garden Club will host its annual Plant Sale on Saturday, May 18th at the Wyman Tavern in Keene from 9 to 11 a.m. (rain or shine).

The tavern is located at 339 Main Street and club members will be available to answer questions and assist with plant selections. They can also share information on pollinator plants, composting, and the invasive Jumping Worm – how to identify it and prevent its spread in New Hampshire.

Besides the traditional perennials

that are sold at this event, there will also be annuals, shrubs, trees, garden tools, and gardening books.

Purchases are cash or check only, and proceeds will benefit the many community projects and scholarships that the club offers. Participants should bring a box or bag to transport their purchases.

The Monadnock Garden Club is a member of The Garden Club of America. For more details, visit [www.monadnockgardenclub.org](http://www.monadnockgardenclub.org) or on Facebook.

## 100+ Women Who Care Monadnock Announces Winning Non-profit

100+ Women Who Care Monadnock, a local giving circle, held its April meeting to determine the non-profit for the group's funds to go to is the Grapevine Family and Resource Center located in Antrim.

The center partners with rural teens ages 10 to 19 "to build resilience, navigate challenging circumstances, and develop young leaders." The organization welcomes youths of all abilities, including those with chronic illnesses, physical disabilities, neurodivergence, and mental health challenges.

Each quarter, members of 100+ Women Who Care Monadnock select a non-profit to receive their collective donations of over \$10,000. The non-profit must serve at least one of the following towns: Antrim, Bennington, Dublin, Francistown, Greenfield, Hancock, Harrisville, Jaffrey, Nelson, New Ipswich, Peterborough, Rindge, Sharon, Temple, and Wilton.

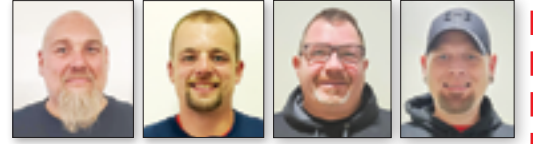
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## A Is For Asparagus

Like 'A' is the first letter of our alphabet, asparagus is one of the first vegetables in our local gardens and, to my mind, the first in a line of aristocratic vegetables. Asparagus is a queen, a royal treat when prepared simply, whether served with a sauce or married with pasta, various roasted vegetables, seafood or poultry.

Today there are various ways to prepare and enjoy asparagus. Wash asparagus and break off the stalk right where it bends easily to the touch; if preferred, peel the stalk with a vegetable parer rather than snapping off the tougher part. Both these methods work well for preparing asparagus to eat plain, on toast with a sauce, or in a simple casserole. You may also use asparagus in a quick stir-fry, with seafood, chicken, tofu, or other vegetables. Another favorite way to prepare asparagus is to grill or roast it in the oven, either as a stand-alone vegetable or in combination with other vegetables. With all methods, cook asparagus until just tender, about three to five minutes – don't overcook it! And when serving, keep in mind that asparagus is delicious served hot, cold, or at room temperature.

### Cooking Corner

with Nancy Adams



### Fried Asparagus Bundles

Asparagus, ham and cheese marry in this classic Spanish-style tapas (appetizer). Serve these four, with knife and fork, and perhaps some red wine.

#### Ingredients:

- 4 slices of easy-melt cheese, such as mild cheddar or Port Salut
- 4 asparagus spears, trimmed and cut until just tender
- 4 thin slices of cooked ham
- 1 beaten egg, for coating
- flour, for coating
- olive oil, for frying

Place one slice of cheese and one asparagus spear on each slice of ham; carefully roll each into cylinders. Dip the ham rolls into egg and then the flour. Fry them in a little hot olive oil until they are golden brown; serve hot. Increase ingredient amounts as desired for more bundles.

### Feeding Tiny Tummies Touch A Truck Event In Swanze

On Saturday, May 18th, Feeding Tiny Tummies will host a Touch a Truck event from 10 a.m. to 3 p.m. at Cheshire Fairgrounds at 247 Monadnock Highway in Swanze. Admission is \$5 and under two years is free.

This is a family-friendly event that includes all types of vehicles for the kids to touch and climb into, yard games, Amazing Grace petting zoo, relay races, cheer and dance demonstrations, Freedom Reigns Therapeutic Riding Center will have a horse kissing booth, face painting, balloon art, a circus art performance, dance party with Ribby, music with Karaoke Queen Entertainment, raffles, and more. Food and craft vendors will also be on site.

### Asparagus with Chicken & Peppers

This is one of my favorite dishes as it is easily prepared and takes well to substitutions. Use broccoli instead of asparagus; use shrimp instead of chicken; use only various veggies; serve with rice or crusty bread; vary the cheese. Serves six.

#### Ingredients:

- 1 lb. asparagus, trimmed as desired and cut bite-sized
- 2 red peppers, seeded and cut in strips
- 1 tablespoon olive oil
- salt and pepper as desired
- 4 chicken breast halves, boned, skinned and cut bite-sized
- 4-5 tablespoons butter, divided
- 3 tablespoons flour
- 1 cup chicken broth (or bone broth)
- 1 cup heavy cream
- 1/4 cup white wine (or more broth)
- 1/2 cups shredded Monterey Jack cheese, divided

Heat oven to 400 degrees. Put asparagus and peppers in a 13x9-inch baking dish; toss with oil, salt and pepper. Roast vegetables for eight to 10 minutes; remove and set aside. Season chicken with salt and pepper. In a skillet, add one tablespoon butter to melt. Brown the chicken lightly on all sides; add chicken to baking dish with vegetables. In the same skillet, make a sauce by mixing rest of melted butter and flour. Stir to combine and then slowly whisk in the broth, cream and wine until smooth and thickened. Stir in one cup of the cheese and pour mixture over chicken and vegetables; lightly stir. Sprinkle rest of cheese over top and bake, uncovered, 25 to 35 minutes.

### Asparagus with Orange Sauce

This simple dish sings 'spring.' Serve asparagus on toast, topped with poached eggs for a simple supper or luncheon to share with friends. Serves four.

#### Ingredients:

- 1/4 cup butter
- grated rind of 1 orange
- juice of 1 orange
- 1 lb. asparagus, trimmed
- 4 slices bread, toasted (optional)
- orange slices for garnish or poached egg for each serving (options)

Combine butter, orange rind, and juice in a small saucepan. Bring to boil; reduce heat and simmer, stirring occasionally, until mixture is reduced by half and slightly thickened. Set aside to keep warm. In large skillet in small amount of boiling water, cook asparagus three to five minutes, or until crisp-tender; drain well. Arrange asparagus in a serving dish, topped with orange sauce; garnish with orange slices. Or serve four individual plates with toast, each topped with a poached egg.

### Orzo with Asparagus

A dish that is not only easy to prepare but also full of vibrant colors and flavors. Serve it to family or friends with pride. This is nice with grilled fish or poultry. Four servings.

#### Ingredients:

- 2 garlic cloves, minced
- 1-2 tablespoons olive oil
- 1 cup fresh wild-type or button mushrooms sliced
- 1/3 lb. fresh asparagus cut in 1-inch lengths
- 1/4 cup sun-dried tomatoes cut in julienne (dry-packed or in oil, drained)
- 8 oz. tricolored or plain orzo
- 2 tablespoons fresh parsley leaves,
- 4 tablespoons freshly grated Parmesan

Heat oil in skillet over medium high heat. Add garlic and sauté until golden. Add mushrooms, asparagus and sun-dried tomatoes. Sauté until tender and most liquid is evaporated. Cook orzo according to package directions; drain well and transfer to a large bowl. Combine all ingredients, including parsley, and top with fresh Parmesan. Serve warm or at room temperature.

### Asparagus-Shrimp Tarts

Serve these make-ahead savory custards in individual tart pans for an appetizer party or luncheon dish. Makes four individual tarts.

#### Ingredients:

- 1/4 cup finely chopped onion
- olive oil
- 4 oz. raw shrimp, peeled and chopped
- 4 oz. asparagus, trimmed and cut in small pieces
- 1/4 cup dry sherry
- 1 cup whipping cream
- 3 large eggs, beaten
- salt and pepper to taste
- mayonnaise, to serve

A day before serving, sauté the onions in a little olive oil until soft. Add shrimp, asparagus and sherry and cook over low heat until liquid has almost disappeared. Add the cream, eggs, salt and pepper as desired, and mix well. Pour into four lightly oiled individual tart pans. Set these into a roasting or cake pan filled with about one-half inch of water. Bake in a 350-degree oven for 35 minutes. Remove from oven, cool, and refrigerate for 12 hours. Just before serving, turn out the tarts onto individual plates, and top each with a spoonful of mayonnaise.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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# Your Soul, Your Aura, And Your Consciousness

You are light as your soul enters the Maya, which is the duality, illusion, and separation of this world.

According to my spiritual teacher, C.J. Whitedeer, we are white light which starts to spin as we enter the Maya. Five sheaths of energy which are your genetic blueprint form. Three colors manifest which are the three primary energies of light, dark, and neutral. As these three primary colors spin, secondary colors are created which become chakra colors. In all, 72 energies converge to create us, our soul-in-a-body experience. Your aura exists within and around you. It is more than a light expression of your mood or health, it is the content for your life. This is what we work with, how it manifests or not.

As we are submerged in the physical illusion of this world our viewpoint shifts. We view our existence with physical eyes. It may take us a lifetime to recognize the subtle energy of our soul. A spark of the divine exists in the heart of everyone. Our souls are literally anchored into the physical at this heart point of light and energy. As we look within, we can find the divine light of our soul.

It is a soul's journey to know both dark and light. I believe that our consciousness and our souls evolve with the choices we make, the love we share, and the light we carry. I also believe our journeys into darkness are those which form us as much as the light we carry. Having light is a given, manifesting light in the world takes understanding. The more we understand the shadow, the more we have the capacity to hold light.

Consciousness is not just about "you the individual", but for all and the whole. It is about all of us and every living thing. Even though we are many souls on this earth, there are more souls in spirit, and more in consciousness. Those in spirit are part of that vast ocean of all-knowing where souls are joined as 'one mind'. This is one form of consciousness. Before you became "you the individual", you were also part of the vast ocean of all-knowing consciousness.

Now, "you the individual" seeks to heighten your consciousness, to gain perspective, compassion, and to evolve. There are those of us who seek through incarnation a fulfillment of the "is there anything more" question. We do have agendas for our lives, and a plan. In this duality, however, life is a double-edged sword. What we set out to find may not be the knowledge we ultimately gain. We hope that as we become human beings, we also become greater spiritual beings.

## Healing Perspectives

with Rosie Carey



People speak of the pain of separation without realizing it speaks of their soul's pain. Odd to think of soul pain. Our souls are pure and divine. Nevertheless, most soul pain is rooted in love by separation from that love. Without that love, your life path may remain unfulfilled, not without learning or depth, but not perhaps as hoped and planned. As a soul we believe the moments spent with loved ones here on earth are primary to any suffering which may follow when they are gone.

Ultimately, we learn to go above the duality of what's here and into the unity of what we really are. As we learn to carry light, we realize love – resonance with other individuals is the true nature of our essence. We long for mergence with the divine as we fulfill our journey.

I am still and always will be within the ocean. I can leave the ocean, but it never leaves me.

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

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Yoga Nidra follows Aloha's weekly community class, which is by donation and offered from 4 to 5 p.m. each Friday. Yoga Nidra is offered once per month from 5:15 to 6:15 p.m. May 17th and June 28th are the next two times scheduled. Yoga Nidra is also by donation as is the community class.

In May the money raised will go to the Gathering Waters Charter School. In June proceeds will go to Cooper's Crossroads.

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Toronto Dominion Bank (TD Bank)	56.62	1.96	Deluxe (NEBS)	22.72	1.20
PC Connection	64.96	3.79	Teleflex (Jaffrey)	203.93	0.92
Bank Of America (Fleet)	38.45	1.20	Timken (MPB Corp.)	91.73	2.24
Corning Inc.	34.17	0.45	M&T Bank Corp. (People's United)	153.66	7.08
Ametek, Inc. (Precitech)	170.80	-10.95	Dover Corp. (Markem)	185.55	6.56

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Gold (\$ per ounce)	2,370.30	60.20	Corn (cents per bushel)	468.50	8.50
Platinum (\$ per ounce)	1,005.90	39.70	Soybeans (cents per bushel)	1,219.00	3.00
			Cattle (cents per pound)	176.00	-1.00
			Crude (\$ per barrel)	78.33	0.34

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# Transitioning To Renewable Energy Will Be Tricky In New Hampshire

By Garry Rayno

Winter was mild with little snow this year until April, and last summer was the hottest on record.

The ocean temperatures in the Gulf of Maine last summer were the warmest they have ever been, which is great for swimming at usually cold Hampton Beach, but not so great for the climate.

New England, like most of the developed world, is in the midst of developing strategies for reducing the fossil fuel emissions driving climate change.

The push for electric vehicles and for heating buildings with electricity instead of fossil fuels also spikes the demand for power.

Today in New England the vast majority of electricity is generated by burning natural gas, while far less harmful than coal or oil, it is a fossil fuel and a global hot commodity, especially liquified natural gas which New England relies on to produce electricity in the winter when most of the natural gas supplies are allocated for home heating.

And that will be a growing problem in the near future according to the ISO New England, which manages the wholesale electric market for the region, as New Hampshire and other New England states return to a winter peak demand region in the mid 2030s instead of the current summer peak demand driven by air conditioning.

ISO-New England released its 2024 Regional Electricity Outlook last week and it paints a very complex, inter-related and arduous path for the region's transition to renewable energy as the main source of power generation.

While most of New England has greatly expanded the use of renewable sources of power, New Hampshire on the tail end, much of it is "behind the meter" which means it is used where it is generated and never goes onto the grid.

The increase in solar – and to some extent wind – is enough to drive down demand significantly in the summer, which creates its own problems with day-ahead energy forecasts and the weather.

And the large wind and solar resources are reduced by the more extreme weather experienced the past few years.

The ISO also notes improved battery storage technology will be needed to increase capacity, but warns when it is needed most – in the winter when natural gas for producing electricity is scarce and expensive – is when it is least efficient.

And the most reliable and cheapest renewable energy resource for New England and New York has been hydro power from Hydro Quebec, which now faces pressure from the provincial government to retain its available resources to meet the growing demand at home driven by large users like Amazon and General Motors that were lured to the province by cheap electricity.

And Hydro Quebec is still under contract to provide 2,400 megawatts of power to two major Northeast projects under construction, Champlain Hudson Power Express and New England Clean Energy Connect through Maine for Massachusetts customers.

So the ISO warns that despite the push to end the burning of fossil fuels, the uncertainty of renewable resources today requires "some amount of flexible, dispatchable resources – whether they are carbon-emitting or not – will continue to play a role in filling supply gaps and ensuring the reliable flow of electricity."

And the ISO urges all stakeholders to jump on the bandwagon, saying "At the same time, it is increasingly imperative for the energy industry, affected communities, and siting bodies and policymakers to overcome obstacles that have kept some projects from coming to fruition."

RENEWABLE ENERGY, page 17



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## Registration Open For The 2024 Super Senior DeMar Marathon

Super Seniors, a program of the Keene Senior Center, has announced the opening of registration for the 2024 Super Senior DeMar Marathon. All seniors ages 70 and over are invited to join in the fun. Seniors complete 25 miles of walking or jogging, in any comfortable increments, prior to the race. They are then eligible to complete the final 1.2 miles on the day of the Clarence DeMar Marathon held on Sunday, September 29th.

Registration materials include a log for keeping track of miles. Logs must be returned to the Keene Senior Center by Friday, August 30th. Although participants can walk or jog the 25 miles through August 30th in smaller increments, all should feel able to complete 1.2 miles on race day.

There are no fees for this event. It is free and open to anyone age 70 and up. Participants receive a free T-shirt prior to the race and a finisher's medal after crossing the official DeMar Marathon finish line on Appian Way at Keene State College.

The Clarence DeMar Marathon is a major event in the community, drawing runners from all over the US and even from other countries. Super Seniors have been participating in their own way and at their own speed since 2013. Past participants have reported enjoying the cheers of onlookers along the route and at the finish line, as well as the camaraderie among Super Senior participants.

Registration forms and logs to keep track of miles are available on the official Clarence DeMar Marathon website: [www.clarencedemar.com](http://www.clarencedemar.com). Forms and logs can also be picked up in person at the Keene Senior Center at 312 Marlboro Street in Keene.

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The Monadnock **SHOPPER NEWS**

# Home & Garden 2024

in our Wednesday, May 22nd issue.

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## A Slice Of Paradise At Blueberry Hill Sheds

Those looking to upgrade their yard or poolside area, need look no further than Blueberry Hill Sheds, who have recently introduced cabanas to their line of quality outdoor structures.

While cabanas are often associated with high-end hotels, private beaches, and tropical island resorts, they actually date back to ancient Rome where they were used to escape the blistering sun. Over time, they've become synonymous with comfort and relaxation, making them an ideal choice for homeowners. They serve as an affordable outdoor space where one can relax, unwind, read a book, take a nap, watch a breathtaking sunset, or socialize with friends and family.

The new line of cabanas at Blueberry Hills Sheds include sizes ranging from 10'x12' to 12'x24', offering the perfect size to suit a specific need or available space. They feature a 5/12 pitch, gable-style roof, an 8' side height, pressure-treated deck boards, 10 perimeter pressure-treated posts, perimeter railing with spindles, and a full-width bench seat at each end. Whether poolside, hillside, in the backyard, or overlooking the back 40, cabanas provide a slice of paradise where relaxation reigns supreme.

Now through the end of the month, Blueberry Hills Sheds is offering 10 percent off all structures. For more details, they're located at 387 Monadnock Hwy. (Rt. 12), in Swanzey, and at 9 Gardner Road in Winchendon, MA. Contact them at 603-903-2646, or visit them online at [www.blueberryhillsheds.com](http://www.blueberryhillsheds.com).

## Yard & Plant Sale In Swanzey

A Yard & Plant Sale will be held on Saturday, May 18th from 9 a.m. to 1 p.m. at First Congregational Church of Swanzey at 679 Old Homestead Highway.

Outside vendors are welcome at \$15 a table. Call 603-359-0215.

## Time To Finish Planting

Our season here in New Hampshire is very short. If you don't get things in the ground as soon as you can, you may have to wait until next year. The rule for tender crops is that you don't want to plant them until after the last full moon before Memorial Day. This year, that's the 23rd.

What I generally do is get the beds ready as soon as I can. Cleaning up the leaves and the leftover weeds takes a good deal of time but can be done anytime after the snow melts. Adding soil amendments, too, like Azomite powder and kelp meal can also be done ahead of time. Finding the right plants to put in the

**Green Monadnock**  
 with Celeste Longacre



ground can take a bit of sourcing. We have many nurseries here and they all have their specialties. There is a good chance that you can find exactly what you want.

Tomatoes are many gardeners favorites. I like

to dig a deep hole then fill it with 1½ gallons of water before planting them. This puts a lot of water deep into the ground and encourages the plants to send their roots down. Tomatoes can actually be planted as deep as you can as they will evolve more roots along the stem. Take off any leaves that are close to the soil. It's a good idea to mulch them as well to help stave off the blights. I like to use a couple inches of chopped up leaves covered with some straw. The leaves need to be chopped up or they will choke the plant. If you don't have a leaf chopper, a lawn mower can do the job for you. Tomatoes also need to be staked. I get natural muslin fabric and cut strips for this purpose. String can cut into the tomato plant. I also take off the suckers and only allow one stem to grow. They should be placed 16 to 24 inches apart. These amazing plants can also self pollinate. You can help the bees by running your fingers over the flowers.

Sweet peppers or hot peppers can be planted a bit closer to each other. They sometimes need staking and sometimes not depending upon the variety. Pepper plants like to be warm so it's best to not put them out until the night time temperatures stay above 55 degrees. This might not occur until June.

Okra is another plant that likes it warm. These plants can get really tall so ask if what you are buying is a dwarf variety. This is more likely to grow well in our old climate.

Basil is another plant that is very frost sensitive. I find that it can "go by" after a term so I tend to plant the seeds around the end of May. This way, I know that it will be available when I make my spaghetti sauce and garden delight in the summer. I broadcast the seeds and thin them after they come up. They can be harvested by snipping off the tops; they will send out side shoots. This is one of my favorite herbs to dry. It takes a little extra time, but it is delicious in the winter when added to meat balls or salmon cakes.

Summer squash and winter squash plants can usually be found at local nurseries. I have had some trouble with the squash borer until I learned to cover a full five or six inches of the stem from where it enters the earth in aluminum foil. Keeping an eye on the plants is also essential and Captain Jack's Deadbug Brew spray helps.

Remember, time is of the essence now. Get plants in the ground and prepare for a wonderful summer of luscious veggies and beautiful flowers. Enjoy!

*Celeste and Bob Longacre have been living sustainably for almost 40 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.*

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## Spring 2024 Household Hazardous Waste Collection Schedule

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

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

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# Fruitscaping For Fun!

Today I planted a Mulberry Tree, *Morus rubra*, here at Healthy Home Habitat's urban eco gardens. I think it's the final addition to the medley of fruits that have become quite plentiful over the last several years. I have fond childhood memories of eating mulberries by the handful June through August.

Curious? The process of growing some of your fruit at home couldn't be easier in our ecoregion. You probably already know that blueberries, both highbush, *Vaccinium corymbosum*, and lowbush, *Vaccinium angustifolium*, are native to our ecoregion. Their delicate bell-shaped flowers are lovely. They thrive in our sandy soil. They also offer a spectacular show of scarlet red fall color. Even better, they feed not only fruit to us in July (mainly the highbush) but fruit to wildlife (lowbush) and their leaves feed/are host to the elegant, frosted elfin butterfly.

You may also have dealt with another native berry plant that we, as humans, enjoy eating but don't enjoy tending, our blackberry shrubs/canes really, *Rubus allegheniensis*, sport wicked thorns but their berries are nutritional powerhouses. Blackberries contain high levels of anthocyanins, which not only provide their deep purple color in July and August but also help to fight free radical damage in our bodies.

Contrary to many gardeners, growing strawberries for me had been an exercise in frustration and misery. Several years ago I left many to naturalize as a terrific groundcover or green mulch. They now provide tiny, berry jewels that I discover during other gardening tasks in June.

I had added a peach and cherry tree to our fruit-cape several years ago. These non-native hybrids are subject to many diseases. Additionally, the industry's version of "dwarf," 20' tall x 20' wide has required more strenuous efforts than I prefer. However, I am excited to reap the rewards this July and August of a radically-different management approach I began last year. This required pollarding the trees down to much smaller versions of themselves. They are now no taller than I can reach. The approach is explained by Ann Ralph, author of *Grow a Little Fruit Tree*. The trimming happened last season and both trees are tiny and full of blooms.

My full sun growing conditions and our sandy soil are also wonderful for the native Beach Plum, *Prunus maritima*. These small trees/large shrubs are covered in white blooms as we speak. They produce small plums with large pits, August to October, but I enjoy their flavor.

My Bluebell Grape vine will finally have two dedicated spans of lattice this year in full sun. Last season's late frost killed many of the blossoms, but

I'm excited to begin training this lovely plant for a bevy of fruit in September.

Last year was our first harvest from an Elderberry shrub. Their large and gorgeous umbel of lacy blooms made the harvesting a fabulous exercise for my detail oriented daughter mid-August to Mid-September. While this fruit has many medicinal uses, I nearly forgot that this is one berry that has to be cooked before being eaten.

## Woods and Gardens

with Michele Chalice



I wash and slow cook all of these fruits with their skins over many hours to create a thick compote, wonderful and sweet without sugar. We freeze batches in four and eight ounce ball jars to add to yogurt, spread on toast, and add to smoothies or desserts all winter long.

Give them a try in your landscape!

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

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# Sprucing Up Your Outdoor Spaces

Colder weather is behind us, and warmer temperatures will (hopefully more consistently) stick around. This means that the family will be spending more time enjoying the outdoors. It's the perfect time to spruce up your outdoor spaces – your deck, porch, patio, or other gathering places – on the property to make them more inviting.

Even small updates to your outdoor hangout can make a big impact and don't require a lot of effort or money. Here are a few ideas:

### Furnish The Space

Your outdoor space will look more welcoming if it includes outdoor furnishings – chairs, a table, benches, and end tables. An outdoor storage box or chest can not only be used to store items but can also be turned into seating. Plastic shelving and potting benches are great for displaying outdoor decor and can even be turned into a bar for parties. Need to update your seating? Consider refreshing them with new paint or stain or reupholstering them. You can also check out yard sales and secondhand shops for good deals on outdoor furniture.

### Add Coziness

Your welcoming space can now use a bit of coziness added to it. Toss some pillows on the chairs and benches and drape some throw blankets over the backs. Go with whatever theme you want to create – subdued soft colors can give a feeling of relaxation whereas bright colors could add a splash of fun to the space. Another relaxing idea is to add a hammock to the space using two strong trees or a hammock frame.

### Use Nature

Keep nature at the forefront of your outdoor space. This space doesn't need to look like just another room of your house, you are outside after all. A tree stump can be used for a side table. Incorporate a grouping of various-sized plants and planters. Add decorative grasses for height. You could display a collection of rocks or seashells.

### Turn On The Lighting

If you add lighting to your entertainment area, you'll be able to enjoy the space well into the evening. There is such a big selection of outdoor lighting that you are certain to find what you need for that specific area. String lights come in various sizes and shapes and can be plugged into an outdoor electrical outlet. There is an assortment of solar lights that you can use: garden lights, deck lights, lanterns, in-ground lights, and solar balls and torches. Don't forget that candlelight and tea lights are a nice, yet simple, touch for the outside dinner table.

### Create Some Privacy

Whether you desire a bit of isolation from neighbors or are planning an intimate date night, there are ways to create some privacy in your outdoor space. Bamboo fencing, a trellis of greenery, lattice, privacy panels, a grouping of tall plants or bushes in pots, or hanging a shade sail diagonally can all be used to create your area for solitude.

### Tie It All Together With A Rug

I love outdoor rugs. They are easy to care for and help tie a space together. A rug can be the perfect addition to a grassy space or to cover up a barren area on your property. They can be a homey touch to a patio, deck, or porch. Keep in mind when you choose a rug that you should look for one with breathability. If the rug material doesn't allow air to get through it, mildew will likely be a problem. Synthetic material, like polypropylene, is the most popular outdoor rug material. It is easy to care for and can handle moisture and heavy foot traffic.

### Extra Features

A flair for the unexpected is always a great way to spruce up your outdoor living space. I love water features and koi ponds. You'll find DIY koi pond ideas online. I haven't created one myself but have seen it done. I have built water fountains before. These are easy and fun to do. You'd be surprised at what you can make a water fountain out of, so look around your house and you might just come up with a clever, and unusual, fountain idea.

### DIY Firepit

There's nothing like the warmth of a fire with the sound of crackling flames. Installing a fire pit on your properties has become a big thing over the past decade. Fires are great to gather around while entertaining friends and family and for just you and your spouse a more intimate experience while enjoying a fire with your favorite drink. And the plus is that you can create your own simply and inexpensively! Check out [www.thespruce.com/diy-backyard-fire-pits-4142011](http://www.thespruce.com/diy-backyard-fire-pits-4142011) for DIY fire pit ideas and plans.

Enjoy your outdoor spaces!

Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

**Monadnock Family**

with Lori Catozzi Cook



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## Walt Whitman's 205th Birthday Celebration In Hancock

On Friday, May 31st at 7 p.m. there will be a free Walt Whitman's 205th Birthday Celebration at the Hancock Town Library at 25 Main Street.

Whitman's work will be read by the Spifflicated Readers – Jane Eklund, Henry Walters, Sy Montgomery, and Howard Mansfield – who will be joined by Steve Schuch playing violin and guitar.

# Fibromyalgia: The Invisible Illness

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

This is life with Fibromyalgia.

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

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

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

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

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

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

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

Until now!

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

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

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

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

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

# ENTERTAINMENT

and DINING

## Award-Winning Ecuadorian Cellist Joins Ashuelot Concerts For Performances This Weekend



Ecuadorian Cellist Francisco Vila with Pianist Nicholas Burns and Violinist Louisa Stonehill.

Fresh from recording Dvorak's *Cello Concerto* with the Prague Philharmonic Orchestra, Ecuadorian Cellist Francisco Vila – along with the musicians of Ashuelot Concerts – will perform in the Monadnock Region this weekend.

On Friday, May 17th Vila will join British musicians Nicholas Burns (piano) and Louisa Stonehill (violin) for a program of Smetana and Mendelssohn Piano Trios at the Park Theatre on Main Street in Jaffrey from 7:30 to 9:30 p.m. Another performance will be held on Sunday, May 19th from 4 to 6 p.m. at Alyson's Orchard on Route 12 in Walpole.

Vila has appeared as a soloist with the Sinfónica Simón Bolívar de Venezuela, Houston Symphony, South Dakota Symphony, Aalborg Symfoniorkester, Liege Royal Philharmonic, Royal Chamber Orchestra of Wallonia, Santander Festival Orchestra, Indiana University Philharmonic, and all principal orchestras of his native Ecuador. He has toured extensively throughout Europe, North and South America, and

performs on a historic cello made by Vincenzo Panormo in 1790.

"Our organization exists to bring some of the most exciting international artists to the Monadnock Region," says Nicholas Burns. "The events bring an experience usually reserved for the major metropolitan areas to our beautiful rural region. It will be a thrill to perform with Francisco Vila."

Tickets for both concerts are available online at [www.ashuelotconcerts.org](http://www.ashuelotconcerts.org) and early booking is recommended.

## Pasta Crafting Dinner Planned For Moms

A special dining experience geared to moms is being planned at Foray Event Studios. A Pasta Crafting Dinner where guests can craft their own artisan pastas and enjoy a three-course dinner will take place on Thursday, May 16th, at 5:30 p.m., and Friday, May 17th, at 6 p.m.

The first course for the dinner is Salumi and Formaggio, a selection of Italian cheeses and cured meats with olives; second course will be Spring Blossom Frito Misto Caesar; and the third course, one of the hand-crafted pastas with a choice of sauce: Pomodoro, Sunday Sauce (short rib, sausage, veal), a la Vodka, or Cacio a Pepe. Dinner also includes a glass of wine and a dessert of Delizia al Limone with fresh berries.

Reservations can be made online at [www.forayevents.com](http://www.forayevents.com). Tickets are \$65 per person.

Foray Event Studios is located at 174 Main Street in Marlborough.

## Church Bids Farewell To Pastor Dana Mann

The Federated Church in Marlborough is saying farewell to Rev. Dr. Dana Mann, who is leaving Marlborough for a new position. Mann has spent the last two and a half years helping to transition the congregation back to in-person services after Covid and helping to strengthen the church. She developed the "Joyful Noise Café" with a fun series of folk concerts, and also organized a music camp each summer for kids, as well as adults. She has been tireless in visiting sick and homebound members.

## Dance Features McGettigan & Gilbert This Saturday

Monadnock Tri-State Dance Club will hold a Memorial Day Dance on Saturday, May 18th at ELLM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by McGettigan & Gilbert. There will be free refreshments, a 50/50 raffle, and all are welcome.

For more details, call Rich at 603-398-8539



## Federated Church of Marlborough SUNDAY WORSHIP • 10 AM

Rev. Dr. Dana Mann, pastor

*With gratitude and appreciation, the Federated Church wishes Pastor Dana all the best as she begins her new ministry.*

**The community is invited to a reception to honor Pastor Dana on May 19th, 11:30, at the Community House at 160 Main Street**

16 PLEASANT STREET • (603) 876-3863

[office@federatedchurchmarlborough.org](mailto:office@federatedchurchmarlborough.org) [www.federatedchurchmarlborough.org](http://www.federatedchurchmarlborough.org)  
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# CRAFT FAIR

Saturday • May 18  
10am-3pm

Crafters inside & outside

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For more information, call 603-756-9800

or email: [Events@alysonorchard.com](mailto:Events@alysonorchard.com)

## SULLIVAN CENTER SALES

**Fri, May 24th & Sat. May 25th**

**Sullivan Cong. Church 4 Church St.**  
**Indoor/Outdoor Yard Sale 9AM-2PM**  
*Something for Everyone!*

**Sullivan Fire Dept. 440 Center St.**  
**Indoor/Outdoor Yard Sale 9AM-3PM**

**Sullivan Library 312 Center St.**  
**Plant & Book Sale, Perennials \$3 each.**  
**SATURDAY ONLY! - 9AM-1PM**

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

**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

Come to our Memorial Day Dance May 18 to the live music of McGettigan & Gilbert

@Monadnock Tri-State Dance Club  
ELMM Hall, Durkee St., Winchester  
\$12, free refreshments, 50/50 Raffle  
All ages welcome, Info: Rich 603-398-8539

**Cheshire Village at Home Social**  
Thursday, May 16  
Meet at 10 am at **Panera**  
2B Ashbrook Rd.  
for conversation and Trivia.  
603-903-9680

**MYSTERY PHOTO**  
from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY



This photo was taken at the intersection of what two Keene streets?

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)

The winner of last week's mystery photo contest was Ron Brooks of Hinsdale. The Cheshire County town in the photo was Hinsdale.

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**VERONA QUARTET**

**Friday, May 17th • 7 pm**  
First Church in Jaffrey • \$30  
Students may attend for free.

**ELECTRIC EARTH CONCERTS**  
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Tickets available online or at the door.

the **Y**

**MENTAL HEALTH RESOURCE FAIR**  
Thursday, May 23 | 4:00-6:00 pm  
at the Keene Family YMCA

Discover local resources available to support mental health & wellness. All are welcome to join us for this free community event. #WeAllHaveMentalHealth

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**Maps Counseling Services 50th Anniversary Gala**

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As seen on NBC's "America's Got Talent," "Live with Kelly and Ryan," "Penn & Teller: Fool Us" and "The Ellen Degeneres Show"

**\$35 General Admission includes 5 raffle tickets**  
Doors open at 7:30 pm for 8 pm performance

**\$75 VIP admission includes dessert reception at 6:30pm and 10 raffle tickets**  
Raffle & Silent Auction going live in May • Purchase tickets at [keene.edu/arts/redfern](http://keene.edu/arts/redfern)

**Referrn Arts Center, Keene State College**  
Sponsors: Fenton Family Auto Dealerships, Kapiloff Insurance, Savings Bank of Walpole, & Douglas Company Inc.

## Thursday, May 16

### MISCELLANEOUS

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

**Cheshire Village @ Home Social** 10am at Panera's 2B Ashbrook Road Keene for conversation and trivia. 603-903-9680.

## Friday, May 17

### ARTS, MUSIC & THEATER

**Piano Trios by Smetana & Mendelssohn** 7:30pm. Ashuelot Concerts - The Park Theatre, Jaffrey. Tickets \$30 (adults), \$10 (young adults, 18-30), children U18 free, book online www.ashuelotconcerts.org.

**Electric Earth Concerts** presents Verona Quartet, 7pm at First Church in Jaffrey. Tickets \$30 (adults) and students free. www.electricearthconcerts.org.

## Saturday, May 18

### FAIRS & SALES

**Monadnock Garden Club's Annual Plant Sale** 9am-11am. Wyman Tavern, Main Street, Keene.

**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.

**Hinsdale Farmers Market** 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park. Farmers, crafters, food, and flea market vendors.

**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/.

**Fitzwilliam Garden Club Plant & Bake Sale** 9am-12pm. Fitzwilliam Common, Rt. 119, Fitzwilliam. Annuals, perennials, and baked goods will be sold. www.facebook.com/FitzwilliamGardenClub.

**The Apple Trees are in Bloom Craft Fair** 10:00AM-3:00PM. Crafters inside and outside, Food Trucks, Local Crafters and Creators

Alyson's Orchard, 57 Alyson's Lane, Walpole, NH 603-756-9800. events@alysonsorchar.com.

### FAMILY FUN

**Kids' Fishing Derby** 7am. Keene Rotary Club. Robin Hood Park, off Roxbury St., Keene; registration req.; ends at noon with trophies and casting contest; free; licenses not req. 603-762-4380.

**Monadnock Humane Society's Walk for Animals** 9am-1pm. Dillant-Hopkins Airport. Food trucks, raffle, music, products, activities. Free registration. After party 2 p.m. at Frogg Brewing. www.mhswalkforanimals.com.

**Feeding Tiny Tummys Touch a Truck** 10am-3pm. Cheshire Fairgrounds, 247 Monadnock Highway, Swanzey. Admission \$5, under 2 years free. For kids of all ages, there will be vehicles of all types for the kids to touch and climb into, vendors, yard games, petting zoo, relay races, demonstrations, horse kissing booth, face painting, balloon art, circus art performance, dance party with Ribby, music, raffles, more.

### MISCELLANEOUS

**DubHub Coffee House & Open Mic** 6:30-9:30pm. Dublin Community Center, 1123 Main St., Dublin. Featuring singer-songwriter Charlie Koch. info@dublincommunitycenter.org.

**Fall Mtn Educational Endowment Assoc 5K** 8am. FMRHS, Langdon. 8am registration; 9:15am kids' Fun Run; 10am race starts

Runners and walkers are welcome. Register online at FMEEA.com. 603-313-8352.

**Fill a Truckload of Cereal** 10am-12pm. St James Episcopal Church, 44 West Street, to benefit Feeding Tiny Tummys. Cereal donations can be dropped off until the 18th at St. James Office Monday through Friday from 10 until 2 (rear office door off municipal parking lot). Come to the front lawn on the 18th to have a cereal snack and play some games.

## Sunday, May 19

### ARTS, MUSIC & THEATER

**Piano Trios by Smetana & Mendelssohn** 4-6PM. Ashuelot Concerts - Alyson's Orchard, Walpole. Tickets \$30 (adults), \$10 (young adults, 18-30), children U18 free, book online www.ashuelotconcerts.org.

### FAMILY FUN

**Block Party** 12-3pm. Keene Church of the Nazarene, 55 Maple Ave. Free inflatables, lawn games, food and prizes. Office@keenenaz.org.

### MISCELLANEOUS

**Surry Birds and Blooms Walk** 7am-12pm. Meet at the Surry Town Hall parking lot. Bring field guides, binoculars, drink, snack and bug/tick repellent. Free. 603-352-0987. weward0@yahoo.com.

### RELIGIOUS

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

**Reception at The Community House** 11:30am at 160 Main St., Marlborough to bid farewell to Pastor Dana Mann of the Federated Church of Marlborough.

## Tuesday, May 21

### ARTS, MUSIC & THEATER

**KHS Spring Instrumental Concert** 7pm. KHS Auditorium, KHS Bands and String Orchestra present their end-of-year concert. Free admission. jconti@sau29.org.

## Wednesday, May 22

### MISCELLANEOUS

**Bus Trips Are Back!** Adventure Limousine & Transportation. Foxwoods. \$49 per person. 603-357-2933. www.advlimo.com.

## Annual Surry Birds And Blooms Walk

The Annual Surry Birds and Blooms Walk will be held on Sunday, May 19th from 7 a.m. to noon.

Join local birder Dave Hoitt and wildflower enthusiast Wendy Ward on this moderate walk looking for birds and wildflowers in open field, wetland,

and woodland habitats. Meet at the Surry Town Hall parking lot at 7 a.m. Bring field guides, binoculars, drink, snack, and bug/tick repellent.

For more info contact weward0@yahoo.com or 603-352-0987 (Dave).

## Beekeeping Workshop Held In Alstead

Charles Andros, a former NH/VT apiary inspector, will hold a beekeeping workshop from 1 to 3:30 p.m. on Saturday, May 18th in Alstead.

Topics of discussion include finding queens, requeening colonies, pollen collection, swarm control, supering,

and bee venom therapy.

Look for the "BEE" sign on the south side of Walpole Valley Road, 18 MacLean Road. Bring a veil, if possible. Registration is required by calling 603-756-9056 or emailing lindenamel@gmail.com.

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**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](http://www.ccsef.org)  
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**ashuelot concerts**

**Piano Trios by Smetana & Mendelssohn**

Louisa Stonehill (violin)  
Francisco Vila (cello)  
Nicholas Burns (piano)

Friday, May 17 7-30pm  
The Park Theatre, Jaffrey

Sunday, May 19 4-00pm  
Alyson's Orchard, Walpole

Book Tickets online:  
[ashuelotconcerts.org](http://ashuelotconcerts.org)

**BUS TRIPS ARE BACK!**

**Foxwoods** • 5/22 • \$49pp  
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# HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

May 19, 2024

Adelynn Noyes, daughter of Spencer and Ashley Noyes, Keene, 5

May 20, 2024

Rhaya Varney, daughter of Ryan and Haley Varney, Richmond, 1

Rhys Varney, son of Ryan and Haley Varney, Richmond, 1

May 21, 2024

Adelyn Blake, daughter of Jason and Angela Blake, Swanzey, 5.

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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



Adelynn Noyes, Keene, 5



Rhys Varney, Richmond, 1

## Fitzwilliam Garden Club Plant And Bake Sale

The Fitzwilliam Garden Club will hold its spring plant and bake sale on the Fitzwilliam Common on Saturday May 18th from 9 a.m. to noon. Locally grown perennials, annuals, and baked goods will be sold. Garden Club members will be available to help choose plants and provide planting and growing tips.

Proceeds from the sale provide money for scholarships for local students and for civic beautification. The Fitzwilliam Garden Club is a member of the NH Federation of Garden Clubs Inc. and the National Garden Clubs Inc.

For more details, visit <https://www.facebook.com/FitzwilliamGardenClub>.

## Comedy Mind Reader

MAPS GALA, Continued from page 1

Through name and identity changes, Maps Counseling has remained committed to its mission of holistic care, addressing the mind, heart, body, and spirit, and has never lost sight of its core values. David Meader, chair of the Maps Counseling board of directors, said, "We have moved on from pastoral counseling to offering evidence-based therapy with licensed therapists. We embrace diversity and innovation to better serve over a thousand individuals and families each year."

Pasquale said that Maps Counseling Services is accredited by the Solihthen Institute, whose mission is to inspire, educate, connect, and equip professionals who integrate mind, body, spirit, and community in their approach to caring for the wellbeing of others.

Pasquale said, "Maps Counseling has continuously upheld its standards of excellence. As we celebrate our 50th anniversary, we look forward to continuing our legacy of compassion, healing, and guidance for generations to come, and offering hope and healing for those who need help finding their way."

Eric Dittelman is performing on Saturday, June 8th at 8pm at the Redfern Arts Center on the campus of Keene State College in Keene. Doors open for general admission at 7:30 p.m. A dessert reception will take place earlier in the evening for VIP ticket holders. To see Dittelman, purchase tickets at <https://www.keene.edu/arts/redfern>.

Maps Counseling is seeking additional sponsors and contributions to the raffle and silent auction. For more details such as bidding on our silent auction featuring local crafts, furniture, and other fine items, visit <https://mapsnh.org/50th-gala-information/>.

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## Mari Black Trio In Nelson

The Monadnock Folklore Society will host Fiddling Around the World with the Mari Black Trio on Saturday, May 18th at 7:30 p.m. at the Nelson Town Hall.

Multistyle violinist and champion fiddler Mari Black will entertain with her virtuosic fiddling, sparkling stage presence, and commitment to bringing people together through music which has made her a favorite with audiences across the country and around the world.

Admission is \$20 for adults and \$15 for seniors, students, or in advance at [www.monadnockfolk.org](http://www.monadnockfolk.org).

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# McIntosh Box & Pallet Company

PALLETS, Continued from page 1

"We offer high-quality recycled pallets that are eco-friendly and affordable – helping businesses reduce their environmental impact and save on packaging costs," says Plant Manager Jen Clevenger.

McIntosh Box & Pallet Company was established in 1961 by Kenneth McIntosh. Today, there are facilities scattered across the country – more recently, the opening of the Winchester facility in October of 2023.

"We saw a need there and the location is a good fit," says Marc Patenaude, a national sales representative for the company. He adds that the location also makes it easy to reach up into northern New Hampshire and Vermont regions with their product and services as they found a need in those areas, too.

"McIntosh has experienced remarkable growth over the past 50 years, expanding from a single plant to a network of 13 facilities and employing nearly 500 dedicated professionals," Clevenger says. "Our recycled and industrial pallet company has demonstrated a strong ability to adapt to market dynamics and changes over the years by implementing innovative strategies and solutions. We have continuously evolved our product offerings to meet the needs of our customers and the industry, incorporating sustainable practices and technologies to enhance efficiency and reduce environmental impact. Additionally, we have established strategic partnerships with suppliers and clients, enabling us to stay ahead of market trends and anticipate future demands."

Products supplied by McIntosh Box & Pallet Company include pallets and skids, boxes and crates, specialty wood products, lumber, packaging items, and more.

"Our customized pallet solutions cater to various industries, such as manufacturing, logistics, and retail, providing tailored options to streamline operations and enhance efficiency for our clients," Clevenger adds. She continues by saying that they are looking to partner with companies that use 48 x 40 pallets, with local lumber vendors – especially those that can provide cut-to-size lumber, and local companies that generate wood waste for recycling that this local box and pallet company could use. "If companies are disposing of wood waste that we can use and are willing to partner with us, we are eager to explore potential collaborations."

McIntosh Box & Pallet Company is very customer-focused. This means that they are open to networking with other facilities and plants in the industry to help move forward.



Production Associate Lukas Hood uses a pneumatic nail gun to assemble a pallet.

Clevenger goes on to say that they are all about supporting the community and aim to make surplus wood available to locals for repurposing. "A lot of maple syrup producers were taking wood from us this spring to use in their sugarhouses," she says, as an example.

They also look to the community when it comes to contributing to the local economy by creating job opportunities. McIntosh Box & Pallet Company offers competitive wages to its employees as well as something that has become popular in the workplace – a four day work week (four 10-hour days). They also offer a \$500 sign-on bonus after 90 days. "We're always looking for good people," Clevenger says. "Our employees are vital to us."

For employment opportunities, email Jade Earle at [jearle@mcintoshbox.com](mailto:jearle@mcintoshbox.com) or call 315-944-5498. For more details about the products or services, call 413-225-1446 or visit [www.mcintoshbox.com](http://www.mcintoshbox.com)

# Transitioning To Renewable Energy

RENEWABLE, Continued from page 8

Earlier this spring National Grid decided its Twin State Energy Link project was not feasible at this time.

The 1,200 megawatt transmission project running from Quebec through Vermont and New Hampshire largely in existing transmission corridors, would have been bi-directional allowing Hydro-Quebec power to flow to New England and anticipated wind power from Southern New England offshore wind farms to flow to Canada.

National Grid did not say why it pulled out, but the availability of Hydro-Quebec power is likely one reason, and the slow development of the proposed offshore wind projects is likely another reason. More utilities are pulling out of offshore projects than are jumping in right now.

The National Grid project had won US Department of Energy approval for transmission projects guaranteeing backstop purchases of power to ensure financing, and New England states are also seeking similar backing for two other projects, Power Up New England, and Clean Reliance Link.

Power Up New England would construct transmission lines to access wind farms in Northern Maine and offshore in Southern New England and battery systems for both, while Clean Reliance Link would be a transmission upgrade between New York and New England to share resources.

The wind farms in the north and south are also included in the ISO-New England's long-term outlook for transitioning the New England grid to renewable resources along with additional Hydro-Quebec power.

Although the ISO does not have any authority over the transmission system, it notes in its 2024 outlook the need for billions of dollars of upgrades and new connections.

"Cumulative costs to upgrade the transmission system could reach \$17 billion to reliably serve a 51 gigawatt peak in 2050, or \$26 billion to support a 57 gigawatt peak," ISO officials wrote. "To reach those levels, the region's annual investment in transmission reliability projects over the next 26 years would need to roughly keep pace with or exceed the average spent each year over the past two decades."

The organization estimates \$620 million to \$1 billion in transmission reliability investment is needed each year through 2050 to support the transmission to clean energy.

That is a significant amount of money and no sure thing.

A dispute with energy regulators in Connecticut has the region's largest electric utility, Eversource, reducing its investment in the transmission system in that state by \$500 million over the next five years.

The company believes state regulators have been slow to approve the recovery of \$635 million in storm costs from 2018 to 2021, and \$400 million in unpaid bills from customers, prompting Eversource's CEO Joseph Nolan to say last week "Without a secure and predictable cost recovery path, we cannot continue to put additional capital resources on the table. So our investment objectives in Connecticut have been centered around safety and reliability. As you'd expect, we will not reduce our safety spending. Therefore the reduction will likely come from reliability areas."

The path from today to a renewable energy grid has lots of landmines and is like threading a needle.

But as Eversource probably learned from the Northern Pass project, trying to thread an 8-inch transmission line through a 5-inch needle hole just doesn't work.

Everything is going to have to line up in the right order and at the right time for New England to produce most of its electricity from renewable resources. It's complicated.

*Veteran journalist Garry Rayno explores a broader perspective on the State House and state happenings for InDepthNH.org. 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.*

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