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SHOPPER NEWS

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A Visit To The Garden Center At Allen Brothers Farms

Banker Plants, A Non-Chemical Approach



Allen Brothers Greenhouse Associate Oshane Butler is seen “scouting” perennial plants.

By Lori Catozzi Cook

“To plant a garden is to believe in tomorrow.” Audrey Hepburn

Spring flowers are blooming, blossoms and leaves appearing on trees, and the green thumb professionals at Allen Brothers Farms in Westminster, VT are geared up with a large variety of annuals, perennials, shrubs, trees, and eye-catching hanging plants all vying for a place in your garden.

With their vibrant colors and sweet fragrances, flowers are some of the most beautiful creations on earth. A trip (or two or three) to the garden center at Allen Brothers Farms has been part of many people’s yearly – if not seasonal – plans. This locally owned and operated farm has been creating some of the most beautiful plants to bring joy to gardens for over 40 years. And let’s face it – plants make people happy!

PLANTS, page 9

15th Annual Brattleboro Brewers Festival Saturday, May 25th

The 15th Annual Brattleboro Brewers Festival will be held on Saturday, May 25th from 12:30 to 4:30 p.m. at the SIT World Learning Campus at 1 Kipling Road in Brattleboro, VT. This event brings together families, friends, and visitors for an afternoon featuring local food, brews, music, and games.

Foodies will appreciate the wide variety of local fare available and eat in style at one of the many live-edge tables dotted around the grounds. Lawn games include Giant Jenga, Connect Four, and Corn Hole. Entertainment by Northern Fried – with their combination of R&B, classic and southern rock, and tinge of New Orleans funk with traditional blues and reggae – will be featured at the festival.

For drinks there will be a wide variety of beer, cider, wine, and other beverages from area producers. And it wouldn’t be a brewers festival without a bit of competition like the Brattleboro Brewers Festival’s People’s Choice Award. Some of the brewers at the festival include: Lawson’s Finest Liquids, Stowe Cider, Frogg Brewing, Dirt Church Brewing, Element Brewing & Distilling, Black Flannel Brewing, Shacksbury Cider, Branch & Blade, Upper Pass Beer Co, Scott Farm Cider, Wormtown Brewery, Liambu Tasty, Mount Holly Beer Co, Citizen Cider, Vermont Beer Makers, Brick And Feather From Turners Falls, Whetstone Craft Beers, 14th Star Brewing, 1st Republic Brewing Co, Putney Mountain Winery & Spirits, and Eden Ciders.

Each year, the festival gives back a portion of its proceeds to support a specially selected local business or non-profit. Partial proceeds this year will go to Wreaths Across America for Veterans in memory



Kalinka De Lucena is pictured with Brewster the Cow at last year’s Brattleboro Brewers Festival.

of James Savory to supply wreaths to all Veterans at The Pine Grove Cemetery in Hinsdale.

For more details or tickets, visit www.brattleborobrewersfestival.com.

Free Screening Of Everybody’s Talking About Jamie At The Colonial Theatre Friday, May 31st

A free event for the public is a showing of the BAFTA and GLAAD Award nominated film, *Everybody’s Talking About Jamie*, on Friday, May 31st at The Colonial Theatre in Keene at 7 p.m. This event is also part of The Colonial Theatre’s 100 Anniversary Celebration and includes 100 cookies for 100 years from Keene on Cookies, ticket giveaways, gifts from Amber Moon and Salon Jacque, a photo wall, cocktails and mocktails, and more.

Inspired by true events, *Everybody’s Talking About Jamie* follows Jamie New, a teenager from Sheffield, who dreams of life on stage. While his classmates plan their livelihoods after they leave school, Jamie contemplates revealing his secret career ambition to become a fierce and proud drag queen. His best friend Pritti and his loving mum shower him with endless support, while local drag legend Miss Loco Chanelle mentors him toward his debut stage performance. But Jamie also has to contend with an

unsupportive father, an uninspired careers advisor, and some ignorant school kids who attempt to rain on his sensational parade. In rousing and colorful musical numbers, Jamie and his community inspire one another to overcome prejudice, be more accepting, and to step out of the darkness into the spotlight.

“This is our kickoff to the International Pride Month celebration and are presenting this in partnership with Keene Pride,” says Sam Clark, director of development at The Colonial Theatre. “I would like to thank Amazon Prime Studios for giving us the opportunity to present this heartwarming film to the community for free. We also have support from Fireworks Restaurant, Oster & Wheeler, and Deep Roots Massage & Body Works.”

To reserve tickets online (recommended), visit www.thecolonial.org or pick up the night of the show.

Series Of Classes On Understanding Children’s Behavior Set For Thursdays

A series called “Understanding Children’s Behavior: An overview of behavior using a trauma-informed lens” will take place Thursdays, May 23rd, and 30th, June 6th and 13th, from 9 to 10 a.m. at The Samuel E. Paul Community Center at 61 South Street in Troy.

The series will be put on by Healthy Monadnock Alliance and Monadnock Family Services.

Staci Branon, MSW, Child & Family Clinician at Monadnock Family Services, will lead this four-part series on the significance of attachment and trauma. These free one-hour classes are designed to help parents and caregivers better understand common behaviors exhibited by children and the underlying

ing reasons behind them.

Branon has worked with children and families in the Monadnock region for the past 15 years. Before earning her MSW and joining Monadnock Family Services (MFS) she was a home visitor throughout Cheshire and Hillsborough counties, providing parent education and concrete support to community members. Branon is also the parent of two teenage children. She enjoys learning from the people around her and sharing experiences to help herself and others grow.

To register, scan the QR code on the ad on page 4 or visit <https://tinyurl.com/56wzycdx>

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All advertising and news for the May 29th issue of The Monadnock Shopper News must be in our office by **Thursday, May 23rd** at 3:00 pm. *Thank You!*

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Page 2

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- SATURDAY, JULY 6 AT 7p: RUMBOAT CHILI**
- SAT, AUGUST 3 AT 7p: THE KELLY PROJECT**
- SAT, AUGUST 17 AT 6p: THE LAKE EFFECT**



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Who Has the Best Voice in Keene? Find Out This June at *The Best Voice in Keene* Singing Competition



A local karaoke singer performs on the stage at Bender's Bar & Grill where *The Best Voice in Keene* competition will be held this June.

Who has the best voice in Keene? A new singing competition being held in Keene this June is looking to answer that question. The amateur singing competition, aptly named *The Best Voice in Keene*, will be held at Bender's Bar & Grill on Saturdays, June 8, 15, 22, and 29.

Auditions for this exciting event will take place this Thursday, May 23, from 8 to 10 p.m., and Saturday, May 25, from 2 to 5 p.m., at Bender's Bar & Grill, Emerald Street, Keene. Singers interested in participating can register to audition for free by visiting www.bestvoiceinkeene.com. Walk-in auditions will also be accepted.

During auditions, contestants will perform one song of their choice. From these auditions, the producers will select 20 adult contestants and 8 youth contestants to compete. The competition will span four weeks in June, with audience voting and judges' scores determining which contestants advance each week. Adults must be available to perform all four weeks of the competition if chosen, while youth contestants will perform in weeks 2, 3, and 4 only.

The event, organized by Hannah Mansson of Keene-based Karaoke Queen Entertainment, is not just for Keene residents. Mansson encourages singers from across New England to audition. Inspired by feedback from local karaoke nights, Mansson decided to create *The Best Voice in Keene* competition to provide a platform for talented singers in the community.

Adult contestants will compete for a grand prize of \$2,500. The four-week competition will be held at Bender's Bar & Grill and will be open to the public. Tickets to the show will be available online beginning May 26. Bender's will offer a full dinner menu and cash bar during the show. For more details about the competition, please visit the official website at www.bestvoiceinkeene.com.

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Blockbuster Art Exhibition At Historical Society Of Cheshire County

The Historical Society of Cheshire County will be a destination this summer for lovers of history, art, and art history. An exhibition titled "Mountain as Muse" will be on display at the historical society at 246 Main Street in Keene from May 24th through August 30th.

For almost 100 years artists have focused on the landscape of Mount Monadnock as a subject for their canvases. For these artists Monadnock has been a source of inspiration for their art – a muse of sorts. For some of them it may have been the focus of a single painting; for some it was one of many subjects on which they focused, and for a few, such as William Preston Phelps, it was their main subject and source of inspiration.

The Historical Society of Cheshire County's Director of Education, Jenna Carroll, is curating the exhibit. She said,

"Paintings are arriving at the historical society from all over New England for this exhibition. We are pleased with the level of excitement among artists and collectors well in advance of the exhibit, and we feel fortunate to have such an excellent selection of art to work with."

The exhibit will include the art of more than 50 painters who looked to the mountain for inspiration over the last 180 years. It will also review the history of their lives and their work in the region. The exhibition will investigate what the art tells us about the mountain, the region, and the artists themselves.

The Historical Society of Cheshire County will hold several public events in conjunction with "Mountain as Muse." On Wednesday, June 26th at 7 p.m. the Historical Society will offer a free viewing of the 2023 documentary

Monadnock: The Mountain that Stands Alone. The event will include a Q&A and a panel discussion with filmmaker Daniel White, Historical Society Director Alan Rumrill, and Joyce Haywood, Abenaki descendant with ties to the Monadnock Region.

Admission for "Mountain as Muse" is \$5 and members of the Historical Society of Cheshire County can attend the exhibit at no charge. For more details, visit www.hscnh.org.

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Jaffrey Memorial Day Observance

The Town of Jaffrey, the Veterans of Foreign Wars Post 5613, and the John Humiston American Legion Post 11 will host a Memorial Day observance on Monday, May 27th.

This is a day for honoring and for giving thanks to the countless number of men and women who gave their lives for the country.

At 7:30 a.m., Honor Guards and troops from the local veterans organizations, John Humiston American Legion Post #11, and Jaffrey Veterans of Foreign Wars Post #5613 will visit cemeteries in town. Prayers will be offered, taps played, and a salute rendered in honor of those departed veterans. Copies of the schedule of events are available at the town office building

and library, as well as at stores in town.

A parade will form at the Blake Street parking lot at 10:30 a.m. The main parade will step off at 10:45 a.m. and will proceed to the Civil War Memorial in front of the library, the Korean-Vietnam Memorial Park, and proceed with ceremonies at the Buddy Monument on the common where the flag will be raised at noon. The speaker is Chief Warrant Officer David Hedman.

All veterans are invited, especially those veterans who may have moved to the community recently or who have been here for a time and haven't marched with them, and to active duty personnel home on leave. Veterans who would prefer to ride should call Marc Tieger ahead of time at 603-532-8765.

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Memorial Day Events In Marlborough Sunday, May 26th

In honor of Memorial Day, American Legion Post 24 of Marlborough will hold events on Sunday, May 26th.

There will be a memorial ceremony

at noon at Pine Grove cemetery. At 1:30 p.m. a parade will assemble on Terrace Street. The parade will step off at 2 p.m.

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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Cocoa



Hello there! I'm Cocoa, and I'm here to tell you a little about myself. First, I want to make it clear that I'm not a fan of dogs. They make me feel nervous and uncomfortable, so it would be best if I found a home without them. However, I might be okay with cats as long as they're supervised and we have our own safe spaces to retreat to. Now, when it comes to kids, I'm cool with them as long as there's someone keeping an eye on us. I can be a bit shy at first, but once I warm up to you, I'm pretty social and even hand-friendly. I like to have things to do. Enrichment activities are super important for keeping my mind stimulated and happy. Oh, and I can get a bit territorial over my space, so having a spot that's all mine would be awesome. When I feel comfortable and settled in, I'm quite active and playful. So, I'll definitely need a spacious enclosure where I can hop around and explore to my heart's content. Overall, I'm a sweet and sociable rabbit who just needs a loving home with understanding humans who can provide me with the right environment and enrichment. If you think we could be a match, I'd love to meet you.

Cocoa is a female, one and a half year old New Zealand Mix rabbit.

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.monadnockhumanesociety.org.

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Understanding Children's Behavior
An overview of behavior using a trauma-informed lens

Join Staci Branon, MSW, Child & Family Clinician at Monadnock Family Services, for a four-part series on the significance of attachment and trauma. The series will focus on better understanding our approach to addressing challenging situations. These *free* one-hour classes are designed to help parents and caregivers better understand common behaviors exhibited by children and the underlying reasons behind them.

Classes are held May 23rd, & 30th, June 6th & 13th
9:00 to 10:00 am
 The Samuel E. Paul Community Center
 61 South Street in Troy, NH



Scan to Register

Or Visit <https://tinyurl.com/56wzyoda>

About the presenter:

Staci Branon has worked with children and families in the Monadnock region for the past 15 years. Before earning her MSW and joining Monadnock Family Services (MFS) she was a home visitor throughout Cheshire and Hillsborough counties, providing parent education and concrete support to community members. Staci is also the proud parent of two teenage children. She enjoys learning from the people around her and sharing experiences to help herself and others grow!

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Online Safety And Parenting In The Digital World

In today's world, kids' use of technology is to be expected. It is a modern tool that we rely upon for communication, entertainment, socialization, and more.

The younger generations gravitate to the newest apps and online activities, leaving parents behind in the dust. This can be a problem, as it is so important for parents to have a solid understanding and awareness of how their kids and teens are using technology in order to keep them safe.

When kids are younger, monitoring their online activity tends to be easier. As they move into adolescence, teens are looking for more independence and privacy in all aspects of their lives, including online activity. Parents want to maintain a positive relationship with their children and want to see their teens develop into independent young adults, so monitoring technology becomes more difficult.



Instead of taking an invasive approach to monitoring, try showing interest and curiosity in what you kids are doing. Ask them about the apps they are using and the types of content they are exposed to in a non-judgmental way. Parents who immediately react negatively to what their teens are sharing are going to create an environment where they don't feel comfortable sharing. Ask about what they like about a certain app or let them share a funny video. The more you can keep that conversation open, the more likely your teen will be willing to talk with you about things that they may be concerned with in their online activity.

Get to know the apps that your child is using. Download the newest apps and games so you have a better understanding of how they work and what the content looks like. Use parental control software,

router monitoring, and time scheduling to set appropriate boundaries around usage. Your kids may balk at the control, but there are a lot of ways kids can get themselves into trouble when using technology. Parents need to have some oversight, understanding, and controls to ensure safety.

Engage your kids in discussions of online safety. In my work, I see countless times when children have been taken advantage of by people they met online. The danger is real and predators can access kids too easily through online activity. Make sure your kids are aware of the potential dangers and how to avoid getting into dangerous situations.

Be supportive about your kids' online behavior. Before making assumptions and criticizing what you think is going on, take time to ask your kids about what they are doing. Ask open-ended questions and encourage your kids to talk about their online activity. You may find out more about their interests and learn that they have specific reasons for being online.

If you notice that something your child has posted is inappropriate, take time to explain why you are concerned rather than just getting upset. Kids are trying to figure out how to create an online image and may need a supportive adult to help them think through some of their rash decisions. Remember that the part of the brain that controls logical decision making isn't fully developed until they are in their mid-twenties, so they are likely to make some bad decisions on their own.

Be a good example for your kids. Model responsible digital behavior and share with your kids how you use technology in a balanced and healthy manner. Show your kids how you prioritize face to face communication and offline activities through your own actions. When spending time with your kids, don't allow devices to distract your attention from them. Make it a point of turning off your phone when you can to really give your kids your full attention. It won't work to teach your kids the importance of not being attached to devices 24/7 if you aren't able to do it yourself.

We live in a digital world, and kids are going to find opportunities to engage in various online activity. Give them the tools to use technology safely

and responsibly, support them in making good decisions, help them learn from mistakes, and keep the communication open so you have the best chance of helping them navigate their online activity to maintain safe and healthy interactions.

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.

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Toddlerfest: A Free, Fun Event For Children And Families

Rise for baby and family will be holding its annual Toddlerfest event on Saturday, June 1st from 9 a.m. to noon at its 147 Washington Street location. Rise has been holding this event for many years and it is popular in the community.

Toddlerfest is a morning of free and fun activities for young children. Planned activities include games, music and song, farm animals to pet, creative play, and a visit from a fire truck (barring fire emergencies.)

All are welcome at this free, outdoor event, which is held rain or shine.

Rise's mission is to support families with young children who experience or are at risk for developmental delays or disabilities and to be a resource and advocate for inclusive early childhood systems throughout the Monadnock Region.

For more details, call 603-357-1395 or visit www.riseforbabyandfamily.org.

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Jeffrey P. Smith Farm Camp Scholarship: Fifteen Years Of Connecting Local Youth To Agriculture

The Cheshire County Conservation District recently announced that 20 local youth have been awarded the 2024 Jeffrey P. Smith Farm Scholarship award. This scholarship endeavors to connect young people with agriculture and the natural world around them. All scholarship recipients demonstrated a desire to learn more about farming and gardening. Through the scholarship they will have the opportunity to attend a farm camp of their choice this summer.

For more details about the program, visit www.cheshireconservation.org/jps-scholarship.

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Stoking Our Creative Fires

I have been having a lot of fun lately playing with new ways to stoke my creative fires. We are all creative beings, although for many of us this joy of creating something can get a bit dampened in the day-to-day challenges of modern-day life.

Now, the creativity I am talking about is not some final product that is marketable or even well done in the standard sense of the term. By creativity I mean creating something with heart that only you, and no one else, can make. Creating something that manifests an aspect of your heart and soul.

Children are great at this kind of creativity. One of the things I most enjoyed when my children were little was sitting in the plastic chairs with them as we colored away with gay abandon. Maybe the house would be purple, or mommy's hair pink, or the bunny rabbit red, or just a squiggle that – of course – was really a flower.

I am sure you have many such memories of your own childhood creativities.

Of course, this kind of creativity is not just the bailiwick of young people. It is something open to all of us, as

creative beings that are always creating our own life. The kind of creativity I am talking about doesn't have a price tag attached to it. In fact, it is one of the free things in life that we can partake of, if we choose.

There was a period in my life where I was visiting Cuba quite often. I spent one summer in an apartment in Havana with my two children running a study away program. We rented a small apartment in a neighborhood where we were the only foreigners.

In our building, we probably had the best apartment, and it was very modest. One floor down was a family with two children about my kids' ages. The children slept on bunk beds in the living room. The one bedroom was about the size of the bathroom of my house. This is where the parents slept. The kitchen was tiny. Their food, like all Cubans, was rationed. In a word, life was not easy for them, materially speaking.

Cuba also is known to have some of the best music education in the world. When a blackout hit Havana one evening in July, I walked home in the dark to find all our neighbors out on the street playing guitars and singing. They

had chosen to sing Beatles songs because my kids were there sitting in the circle of music in the middle of all the amazing musicians. Everyone was having a great time creating music in the midst of what could have been a scary and depressing moment for all.

Not long afterwards, I took the US students on a site visit to a high school where the Cuban students were rehearsing a dance. We sat on the floor, observing them for a good long time – mesmerized by the kinetic talent of the Cuban teenagers. When asked, they said this was the first time they had practiced the dances. The US students were duly impressed.

Healing Perspectives
with Skye Stephenson



Which brings me back to creativity. Our creativity can be a tremendous force of resilience, as well as a deep reservoir we can draw upon – no matter what our external life circumstances might be.

This also brings me back to children and our childhood. Of late, I have been asking myself, what kind of creativity did I have as a child? What made my heart sing? What do I still remember getting so much pleasure from all these years later?

And then, I am slowly reconnecting with this creativity in a new and different way – for I am not the person I was when I was six or 10 or even when I lived in Cuba some years ago. For our creativity, like our bodies and our minds, is always changing, yet durable as well.


Right now, I am feeling called to try out Japanese calligraphy. Years ago, when I was 21, I did a few classes and then dropped it. Maybe I will give it a try again. It could be fun.

What creative stirrings are you feeling, right now? Wishing you a creative month, and a healthy one.

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

Trauma Tips
Why is everyone so angry and depressed?
In trauma work, I often question, is it you the adult that's angry or is it one of your younger parts within that has been frozen in time? Allow yourself to fall into a place of deep rest. Sink deeper and deeper into your body. Allow your attention to move slowly through all parts of the body, internal and external, and openly listen.
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An Evening Of Poetry And Pie With Paul Hostovsky



Paul Hostovsky

The Hancock Town Library will offer an evening of poetry and pie with one of Hancock's favorite poets, Paul Hostovsky. The event will take place Thursday, May 23rd at 7 p.m. at the library.


Hostovsky is the author of numerous books of poetry, most recently *Pitching for the Apostates*. His poems have won a Pushcart Prize and he has been featured on *Poetry Daily*, *Verses Daily*, and 25 times on *The Writer's Almanac*.




Hostovsky makes his living in Boston as a sign language interpreter at the Massachusetts Commission for the Deaf and Hard of Hearing. The evening is free and open to all.

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SUMMER CAMPS

Keene State College's Kids On Campus Summer Camp Offers Learning And Fun

For Kids Ages Pre-School Through 10th Grade

Keene State College is offering its 19th year of Kids on Campus summer camps. Classes are held from 9 a.m. to 4 p.m. at Keene State College. Camps run five weeks starting the week of June 24th with their collaborative camp with New Hampshire Dance Institute (NHDI) through August 2nd.

People should register soon, as some classes have already filled. Each week and age group offers different themes and topics, which can be found online at www.keene.edu/kids. Kids on Campus is an approved Rekindling Curiosity camp (rekindlingcuriosityeducation.nh.gov/). Email continuing-ed@keene.edu for more details about registering using Rekindling Curiosity funds.

A few highlights include:

Students in grades six to eight can learn how to save a life. This camp takes place in the KSC nursing lab and is taught by nursing faculty. Students will finish the week with a certification in CPR/AED and basic first aid. This session will be held the week of July 8th to 12th.

Pride in Motion is a great opportunity for sixth to eighth graders who identify as gender diverse to engage in physical activity. Sports and fitness are known for being separated by gender, but there are so many activities where gender doesn't have to be included at all. This session is held the week of July 15th to 19th.

Third through fifth graders will enjoy learning about DC and Marvel superheroes as they write and illustrate their own Super Hero book during the week of July 8th to 12th.

Gigantic puppets: two, three, or even four times the size of a human, are the focus of Parade Puppets for grades three to five during the week of July 29th to August 2nd. Children will get to take home their creations.

Classes for first and second grades are almost full, but there are a few seats left in classes like Dog Gone Fun, Ocean Adventures, and Math+Games=Fun2!

Register online at www.keene.edu/kids. Email questions to the office of Graduate and Extended Studies at Keene State College continuing-ed@Keene.edu.



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Dollars And Coins Versus Digital Currency

Would It Be Good For The Planet If We Ditched Bills And Coins?

As the digital transformation of our economy accelerates, it is vital to examine not just the economic ramifications but the environmental impacts associated with both physical and digital currencies.

The physical form of US currency, specifically coins and banknotes, makes up a significant portion of the total currency in circulation today. As of the end of 2020, there was approximately \$2.04 trillion worth of US currency in circulation. This amount represented about 50.3 billion individual notes, spanning various denominations from \$1 to \$100 bills, and the balance coins. In contrast, a substantial portion of the central bank's money supply is in digital form. As of late 2021, digital balances at the Federal Reserve amounted to \$4.18 trillion, compared to \$2.21 trillion in circulating cash.

The production of physical currency, including coins and bills, involves resource-intensive processes. Mining for metals like zinc and copper is necessary for coin production, while the creation of banknotes often requires paper, which is linked to deforestation and other environmental issues. For example, it now costs more to produce a penny than its face value, underscoring the inefficiency and environmental cost of producing physical currency. As highlighted by Kathiann M. Kowalski of *Science News Explore*, "the metals then go to a factory, where copper coats each side of a thicker zinc layer," illustrating the complex and energy-intensive processes involved in minting coins.

Conversely, digital currencies eliminate the need for physical materials used in coins and banknotes. However, the operation of these technologies predominantly depends on electricity generated from

fossil fuels, contributing to greenhouse gas emissions and other environmental impacts. The shift toward digital currency systems like Bitcoin has highlighted concerns regarding their sustainability due to the high energy consumption of blockchain technologies and mining processes.

When comparing the environmental impacts of physical and digital currencies, it's apparent that both systems entail significant environmental costs. Physical currencies require extensive raw materials and energy for production and transportation, contributing to pollution and resource depletion. On the other hand, digital currencies, while reducing physical waste, increase the demand for energy, potentially exacerbating carbon emissions unless powered by renewable energy sources.

This all suggests a need for both policy intervention and technological innovation. Policies could encourage the adoption of more sustainable practices in currency production, such as using recycled materials for banknotes or improving the energy efficiency of minting processes. Similarly, innovations in digital currency technologies could help reduce their energy consumption, making them a more sustainable option in the long run.

Money and Payments: The U.S. Dollar in the Age of Digital Transformation, <https://www.federalreserve.gov/publications/january-2022-cbdc.htm>; How we choose to pay has hidden costs for the planet, <https://www.snexplors.org/article/money-currency-plastic-paper-cash-credit-environmental-cost>.

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Granite State Market Match Season Has Begun

The Granite State Market Match season has begun and includes 50 percent off fruits and vegetables through the summer at participating local farm

stands, farmers' markets, and CSA programs for SNAP and EBT customers.

SNAP and EBT customers will receive a dollar-for-dollar match. For example, spend \$10 in SNAP/EBT benefits at a farmers' market and receive an additional \$10 to spend of fresh, locally grown vegetables and fruits.

Locations include (but are not limited to): Pete's Stand in Walpole, Green Wagon Farm Stand in Keene, Picadilly Farm in Winchester, Whittaker's Homestead in Alstead, Farmers' Market of Keene, TEAM Jaffrey Farmers' Market, and Hillside Springs Farm CSA Program in Westmoreland.

For questions about this program, call 802-518-0993 or email benee@cheshireconservation.org.



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Sullivan Holds Indoor/Outdoor Yard, Plant, And Book Sales Friday, May 24th And Saturday, May 25th

There will be Indoor/Outdoor Yard, Plant, and Book Sales on Friday and Saturday, May 24th and 25th at the Sullivan Congregational Church, Sullivan Fire Department, and (Saturday only) Sullivan Library.

This rain or shine event includes a yard sale at the church at 4 Church Street from 9 a.m. to 2 p.m. and includes assorted items like furniture, household

items, clothing, toys, and more.

The fire department at 440 Centre Street will hold its yard sale from 9 a.m. to 3 p.m. and is said to have something for everyone.

The library at 312 Centre Street will hold a plant and book sale, with perennials in many varieties and colors for \$3 each, from 9 a.m. to 1 p.m.

Painter Alicia Drakiotes Honored By DAR



Alicia Drakiotes receives the DAR Women in the Arts Recognition Award. From left: State Regent Kay Sternberg, Chapter Member Alicia Drakiotes, State Librarian and Chapter Regent Nancy Joslin Howard. (Photo by Deborah Lytle Plimmer)

Local painter Alicia F. Drakiotes received the Women in the Arts Recognition Award from the Elizabeth G. Blake chapter of the Daughters of the American Revolution recently. This award is an art award, designed to recognize worthy women for outstanding achievements in the non-performance arts.

The American Heritage Committee may present the award to DAR members and non-members. The recipient is expected to have contributed to her artistic field in an outstanding manner beyond mastery of technique. This may include innovative design work, featured exhibitions, publication, research, and technique development.

The criteria for this award are strict. Drakiotes submitted five original oil paintings, two letters of reference, published articles recognizing her achievements, and a narrative written by her chapter regent recommending her for the honor.

Monadnock United Way Announces New Board Members

Monadnock United Way announces two new board members: Richard Towne, Career & Technical Education (CTE) Director at Cheshire Career Center at Keene High School, and Kristen Noonan, Community Engagement Manager at Savings Bank of Walpole.

Michelle DellaVita, who is serving her second year as board chair, expressed excitement for the addition of Richard Towne and Kristen Noonan to the

board. With the launch of MUW's refreshed strategic plan, DellaVita emphasized the importance of having Towne's experiences in high school education and talent development represented on the board as well as Noonan's longstanding contributions and enthusiasm for the community. She looks forward to working closely with them to advance the organization's vision, value, and mission.

A Visit To The Garden Center At Allen Brothers Farms

PLANTS, Continued from page 1

"This is a truly incredible place with an inventory of absolutely breathtaking plants," says Sammi Medina. "My business is so beyond fortunate to be working with this establishment and their team."

We all know that knowledge is power when it comes to keeping and maintaining a garden. The garden center employees at Allen Brothers Farms are informative, so customers can feel confident when asking questions. And other than watering and sun requirements, there are other things to think about when it comes to plants – namely good bugs versus bad bugs.

Benefits to plants like helenium, achillea, aster, and coneflowers are that they are essential for pollinators like bees and butterflies, whereas lavender, peppermint, and lemon balm have medicinal properties. But to maintain these "beneficial" plants you will need to consider the use of banker plants – such as marigolds, sweet alyssum, sunflowers, and native plants – that provide an alternative food source for beneficial insects that help with the pest (bad bugs) population in your garden.

Though your first instinct might be to destroy bugs that you find on your plants, that's not always the best course of action. Some insects are destructive and should be controlled, but of all the known insect species in the world, it is said that "more than 97 percent are beneficial to gardens," according to GardenTech.com.

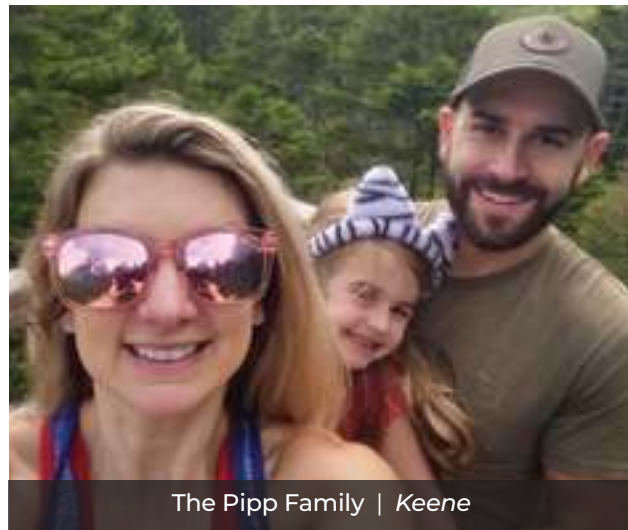
"Instead of pesticides you use insects," says the Nursery Manager at Allen Brothers Farms, Dan Snyder. "Good bugs eat bad bugs." He continues by saying that the garden center releases beneficial bugs throughout the season. This is a biological control method needed to effectively control the pest population, minimizing the harm done to the plants. "One way or another all of our plants are treated with beneficials."

Besides the selection of plants, trees, and shrubs available at the garden center at Allen Brothers Farms, customers will find vegetable and herb plants, gardening implements, statues, and planters and pots in various shapes and sizes.

Allen Brothers Farms is located at 6023 US Route 5 (just 20 minutes from Keene) and includes a farm market, bakery, deli, convenience store, ice cream shop, gift shop, tree farm, and so much more.

"We love Allen Brothers," says Zola Luebckema. "From the doughnuts to the daffodils, it's all wonderful!"

Allen Brothers Farms is open seven days a week: Mondays through Saturdays from 6 a.m. to 8 p.m. and Sundays from 7 a.m. to 8 p.m. For more details, call 802-722-3395 or visit www.allenbrothersfarms.com, or see the ad on page 15.



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Rindge Music At The Museum Open Mic

On Saturday, May 25th at 1 p.m., Rindge Historical Society will offer an open mic event, Music at the Museum, featuring the energetic duo, Ahlborn-Hsu and Shapiro. This will be held outdoors at the Rindge Historical Society at 24 School Street. A \$5 donation benefits the museum. Desserts, light lunch refreshments, and non-alcoholic beverages will be

provided. No reservations are required.

Anyone interested in performing during the open mic portion of the event should email Ray Siekierski at nooniekirk52@gmail.com. Musicians, poets, and spoken word artists are encouraged to perform. The following Music at the Museum will be Saturday, June 29th with Jerry Wile.

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Blood Drive 1-5:30pm. Rindge Meeting House, 6 Payson Hill Road, Rindge. To make appointment call 800-733-2767. www.redcrossblood.org.
Poetry & Pie with Paul Hostovsky 7pm. Hancock Town Library. Free and open to the public.
AI-Anon Meeting 12-1pm. United Church of Christ, 2nd floor, 23 Central Square, Keene.

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New Hampshire Humanities programs are made possible in part by a grant from the National Endowment for the Humanities.

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Sullivan Holds Indoor/Outdoor Yard Sale 9:00AM-2:00PM. Indoor/Outdoor Yard, Plant, and Book Sales, Friday and Saturday, May 24th and 25th, Sullivan Congregational Church, Sullivan Fire Department, and (Saturday only) Sullivan Library. Rain or shine.

Saturday, May 25
ARTS, MUSIC & THEATER
Rindge Music at the Museum: Open Mic Features Tom Ahlborn-Hsu and Laurie Shapiro 1-4pm. Rindge Historical Society Museum, 24 School St., Rindge. A \$5 donation at the door benefits the Rindge Historical Society's museum. Desserts, light lunch refreshments, and non-alcoholic beverages will be provided. Events at the museum will be held outdoors. In the event of inclement weather the show will move to the barn or the Meeting House.
FAIRS & SALES
Hinsdale Farmers Market 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park.
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.
15th Annual Brattleboro Brewers Festival 12:30-4:30pm. SIT World Learning Campus, 1 Kipling Road, Brattleboro VT. Local food, brews, music, and games. Tickets at www.brattleborobrewersfestival.com.
MISCELLANEOUS
Blood Drive 9am-1:30pm. Dublin Community Center, 1123 Main St., Dublin. To make an appointment call 800-733-2767. www.redcrossblood.org.

CHESHIRE COUNTY SHOOTING SPORTS EDUCATION FOUNDATION

UPCOMING EVENTS/CLASSES
30/30 Gun Raffle Underway
 Steel Challenge Match - Saturday, May 25
 600 Yard Rifle Match - Sunday, May 26

Regularly Scheduled
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 Open Trap - Wednesdays and Saturdays
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For more details about any of these events, check out the calendar at www.ccsfef.org
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Sunday, May 26
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Bus Trips Are Back! Adventure Limousine & Transportation. Mohegan Sun. \$49 per person. 603-357-2933. www.advlimo.com.
Memorial Day Parade Assembly 1:30pm. Terrace St., Marlborough. Parade steps off at 2 PM. John: 603-209-5267.
AI-Anon Meeting 5pm. St. James Episcopal Church, 44 West St., Keene. Help and hope for friends and families of alcoholics. For questions call or e-mail 603-369-6930. district7@nhal-anon.org. www.nhal-anon.org.
Memorial Ceremony 12pm. Pine Grove Cemetery, Marlborough.

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Tuesday, May 28

ARTS, MUSIC & THEATER

KHS Spring Choral Concert 7pm. KHS Auditorium, Keene High School Choirs present their end-of-year concert. Free admission. mleese@sau29.org.

MISCELLANEOUS

Red Cross Blood Drive 9:30am-3pm. Park Theatre, 19 Main St., Jaffrey. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Red Cross Blood Drive 11am-5pm. Keene Family YMCA, 200 Summit Road, Keene. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Wednesday, May 29

DINING PLEASURES

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

MISCELLANEOUS

Discovering New England Stone Walls: Kevin Gardner 5pm. Community House of Federated Church, 160 Main St., Marlborough. Free and open to the public. robinsonjoann07@gmail.com.

Thursday, May 30

MISCELLANEOUS

Swanzey's Wetlands: Natural Benefits for a Changing Climate 6:30pm. Whitcomb Hall, 17 Main St., West Swanzey. Learn about what wetlands provide and about the Wetlands Evaluation being done this summer in Swanzey. Cheri Domina, Chair of the Swanzey Conservation Commission: cheri.domina@gmail.com.

Friday, May 31

ARTS, MUSIC & THEATER

100th Birthday Event – Everybody's Talking About Jamie, Kickoff to International Pride Month 7pm. The Colonial Theatre, 95 Main St., Keene. Doors open at 6:15 PM. Free community event. Reserve tickets ahead of time at www.thecolonial.org..

The Memoir Workshops With Pam Bernard Ongoing Eight-Week Sessions



Pam Bernard
(Photo by Beck Paffrath)

Award-winning author and writing mentor Pam Bernard is offering nurturing yet rigorous memoir workshops. Several sections of these workshops will offer scattered openings throughout May.

Email for days and times, and visit pambarnard.com for more details about other ways of working with Bernard, and the fee schedule.

The writer of memoir begins with raw material of the past, honing language with the same craft strategies as a fiction writer – including character development, theme, plot, description and image. But instead of creating a story as a fiction writer does, the memoirist discovers a story, discovers who she is now by virtue of who she was then.

The writer does not know beforehand what that story will look like. To those new to the genre, this may sound improbable, perhaps impossible. In fact, the writing process itself acts as the catalyst. The more a writer writes, the more she remembers, the more she discovers. What holds a writer to the work of memory and reflection teaches that writer about curiosity and grace when hard moments rear up.

Pam Bernard is author of four books, the latest a verse novel titled *Esther*. She is a poet, painter, editor, and retired adjunct professor. She received her MFA from Warren Wilson Graduate Program for Writers and BA from Harvard University. Her awards include fellowships from the National Endowment for the Arts and the Massachusetts Cultural Council. Across the Dark was a finalist for the National Poetry Series.

Email pam@pambarnard.com or call for more details, including days and times, 603-756-4177.

Adult Community Potluck Luncheon In Swanzey

An Adult Community Potluck Luncheon will be held at First Congregational Church of Swanzey from 11:45 a.m. to 1:15 p.m. on Wednesday, May 29th.

Participants should bring a salad, main course, or dessert to share.

A Free **BOOK DISCUSSION** on Rebecca Wellington's *Who Is a Worthy Mother?: An Intimate History of Adoption* **Sunday, June 2** at 3:30 PM
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Scott's Cleaning Service: Helping You Make Time For Yourself



Shown from left to right, back: Scott Thibeau, Tabatha LaFrennie, Marysah Valcourt, Shelly Thibeau, Brenda Dude and Danielle Cronin; front: Julie Labert, Jaxson Alvarez, Denyel Chalke, and Nevaeh Cook.

By Marcia Amidon Lusted

Many of us struggle with trying to balance work, family, and taking care of a home. And too often, we sacrifice self-care in order to make everything else happen.

With this in mind, in 2016 Shelly and Scott Thibeau started Scott's Cleaning Service in Gardner, MA. "We began when we realized that offering people the opportunity to have their homes cleaned gave them more time for what is really important in life, such as family, time for friends, and especially self-care." And now Scott's Cleaning Service has opened a new location in Peterborough, to help even

more people find the time they need for the important things in life.

Scott's Cleaning Service found themselves with a growing number of New Hampshire clientele, so it seemed like Peterborough would be a good place for a central office. "We're blessed to be part of the Peterborough community and surrounding areas," says Shelly Thibeau. "We're excited to be here and to see what we can do for people here." They offer their services in a 30-mile radius from either the Peterborough or Gardner office, although they can travel further for a one-time cleaning.

CLEANING, page 20

Maple Hill Nursery Is Stocked And Ready

Joan Carney and Ben Hale of Northfield, MA look over the rhododendron plants after browsing through the annuals in the greenhouse at Maple Hill Nursery and Greenhouses. Maple Hill is stocked with a colorful variety of annuals, perennials, hanging baskets, vegetable plants, roses, trees and shrubs.

Carney and Hale buy many of their plants at Maple Hill and love reading *The Monadnock Shopper News* every week.

Maple Hill is located off Rt. 10 South in Swanzy. For more details, call 603-357-2555 or visit www.maplehillnursery.com.



Preventing Lyme Disease While Still Enjoying The Outdoors

By Deb Paul

New Hampshire has an amazing quality of life outdoors with all four seasons, each one with different outdoor activities.

I love getting out of the house and getting some fresh air, however, my relationship with the outdoors has changed since having been diagnosed with Chronic Lyme Disease.

Since summer is around the corner and Lyme Disease Awareness Month is May, it's time for an annual refresh regarding ticks and Lyme disease.

Most people feel that you need to have a bulls-eye rash to develop Lyme Disease, this isn't always the case. Typically, when a person first contracts Lyme Disease, they will develop flu-like symptoms about

seven to 21 days after the tick bite, with or without the rash. Lyme disease can spread to most organ systems including the heart and the central nervous system, hence the nickname "The Great Masquerader" since it could develop symptoms that mimic most any other disease.

Lyme disease can cause symptoms as serious as cardiac arrhythmias and even sudden cardiac arrest. It can cause neurological symptoms that often appear like Multiple Sclerosis or Parkinson's disease. Aside from the flu-like symptoms, some other less obvious signs of Lyme include a buzzing or tingling sensation on the skin, a burning nerve pain, a great amount of joint pain, muscle pain, and incredible muscle stiffness.

TICKS, page 20

North Country Metal Roofing Sales Offers Top-Notch Sales & Service



Dave Schueler, owner of North Country Metal Roofing Sales

When it comes to metal roofing, many myths abound. They're heavier than asphalt shingles. They're hotter in the summer. They take longer to install. Truth be told, a metal roof is often 50 percent lighter and no additional framing is needed; they can be about 100 degrees cooler on the surface than a traditional shingle; and an experienced crew can install a standard gable roof significantly faster than shingles, helping to cut down on labor costs.

Dave Schueler, owner of North Country Metal Roofing Sales, specializes in helping contractors and homeowners with the metal roofing materials they need. As an official dealer

of metal and trims for AB Martin, a Pennsylvania-based roofing company, he's acutely aware of the advantages of a metal roof. "Metal roofing has come a long way in its development of new styles and colors," he says. "It is always being improved and AB Martin is among the best companies. Their standard metal roofing is a thicker gauge than the competition and their service is outstanding."

Schueler stocks various colors of roofing screws, closure strips, roll caulking, as well as some metal roofing panels, including panels custom-cut for particular jobs.

ROOFING, page 18

Iconic Home Showcases Taste And Sophistication From Black Designers

The sofa will go over there.

Sitting slightly forward from the edge of a rug, flanked by two chairs at an angle to the fireplace, it'll be the focal point of the room. Add the right paint and that plushy blanket you bought on vacation last year, and you'll never want to leave. Making your home a welcoming retreat is always a goal and in the new book *Iconic Home* by June Reese, BID, you'll welcome some fresh ideas.

As a young girl growing up in Texas, June Reese wished for a way to make her passion for art into a career. Few opportunities existed, "not many career paths," but she saw design school as a way to her dreams. Still, it was hard and she thought about picking a different career until she met designer Kimberly Ward, founder of the Black Interior Designers Network, and everything fell together. Reese began to meet and collaborate with other Black designers, fifty of whom she profiles in this book.

Designer Leah Alexander says scale and size are of the utmost importance when decorating a room. Alvin Wayne adds: take it easy with throw pillows.

Arianne Bellizaire decides the color of a room after she notes "any historical and geographical parameters that are integral to the design." Elaine Griffin says that "color reigns supreme..." Christopher Charles believes that "paint samples are a homeowner's best friend."

What you hang on a wall is important, and Danielle Colding recommends "dynamic art!" Layer the room, say several designers here. Some advocate having a focal point, while others say it's unimportant. Choose lighting carefully and bring nature inside. Mix texture, but remember functionality. Catasha Singleton says that accessories should be the "very best" part of any room.

DESIGNERS, page 18

Garage Door Sales And Service By Champion Overhead Door



The crew at Champion Overhead Door are seen putting up security gates at the new dispensary in Brattleboro, VT. They include (L to R): Harley Banis, Ben Airher, Ed Dews, Paul Sherburn, and Janet Penfield. This local business offers expert garage door services for residential and commercial customers. For more details, call 802-251-0900 or 603-363-8800.

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Aloha Raises Over \$500 For The Monadnock Sustainability Hub



Shown (L to R) are Catherine Koning, secretary and board member, Josephine Russell of Aloha, and Ann Shedd, program committee chair and board member.

The Monadnock Sustainability Hub strengthens the sustainability and resilience of the region by working collaboratively to reduce greenhouse gas emissions and reach 100 percent clean energy. They are helping to address the Climate Crisis.

Adding solar panels to the Aloha Healthy Living building last fall is one example of what the hub encourages in the community. Aloha raised over \$500 recently to help support this non profit. Much of these funds were raised during Aloha's "by donation" classes/workshops.

Adding solar panels to the Aloha

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Discovering New England Stone Walls Is Talk May 29th



Author Kevin Gardner

On Wednesday, May 29th at 5 p.m. there will be a free talk, Discovering New England Stone Walls, at Marlborough Community House at 160 Main Street.

Kevin Gardner, author of *The Granite Kiss*, will explain how and why New England came to acquire its thousands of miles of stone walls, the way in which they were built, how their styles changed over time, and their significance to the famous New England landscape.

Looking For Crafted Items For Documentary

A documentary project is in production documenting heritage craft in New Hampshire. As part of an exhibition happening this fall, the exhibitionist is photographing and interviewing people who have a treasured hand-crafted item from a past generation. This item should have been made by someone who is known by the object's owner and someone they are able to speak about (relative, friend, famous figure).

The object should also have a known

provenance that's able to be recounted.

Items of interest include fabric objects, baskets, furniture, metal functional items (hinges, horseshoes, utensils, etc.), and instruments.

People able to submit items must be willing to appear on camera as part of a public exhibition. If interested, email holloway.h@gmail.com. More about the project can be found at <https://hhproducer.com/heritage-craft-documentary>.

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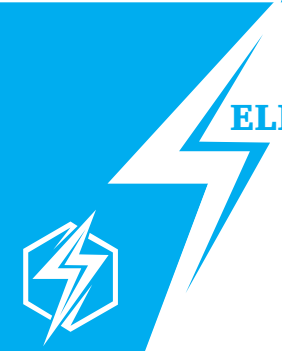
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MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

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

(Prepared by the Historical Society of Cheshire County)



What Keene School is shown in this class photo from the 1950s?

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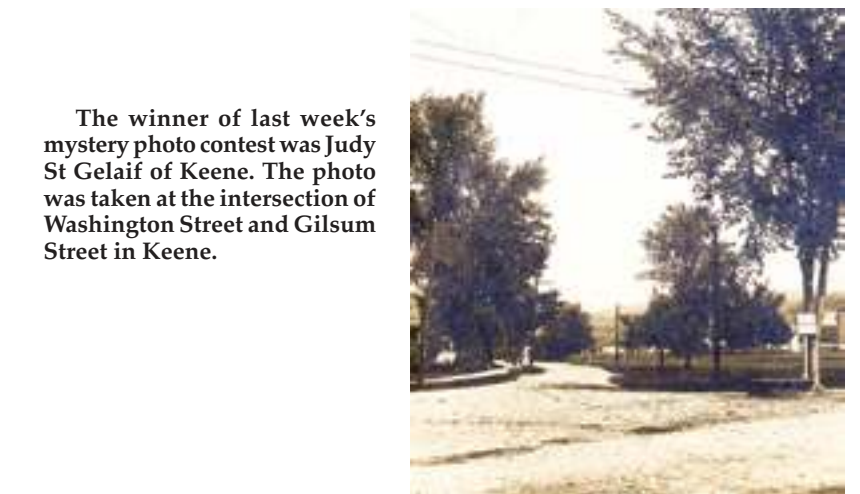
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The winner of last week's mystery photo contest was Judy St Gelaif of Keene. The photo was taken at the intersection of Washington Street and Gilsum Street in Keene.



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Of Lilacs, Birds, Bugs, and Salamanders: Our Earlier, Crazier Springs

May! Time to enjoy the birds, bees, and flowers of spring. First the forsythias, then the azaleas, and then my favorite, the lilacs. Native plants, too, put on a show: red maple flowers, shadbush and cherries color up the spring landscape. As the climate changes, spring is coming faster each year. Climate change is not just about warmer temperatures, of course, it is increased heavy rainfall and crazy cold snaps at odd times of year. Who can forget the May 18 freeze of last year which froze the newly forming apples and peaches, as well as my tomatoes and basil. Fruit trees and other plants flower earlier in response to these “false springs”, but cold snaps rob them of energy and nutrients as their early leaves and buds are killed by the frost.

over the last 24 years. Meadow-nesting grassland birds such as the savannah sparrow and the bobolink are arriving to find that the farmers who maintain those meadows are responding to the lengthening growing season by cutting the hay as much as 10 days earlier – leaving them without any place to nest.

Another big problem for birds is the food, particularly insects, that these migratory birds are flying hundreds or thousands of miles to eat. Insects in the Northeast are emerging three to 12 days earlier in 2014 than they did in 1989, with aquatic insects hitting a peak of metamorphosis as early as May 15. Insect-eating birds like tree swallows, bluebirds, wrens and flycatchers need to have those fleshy grubs and other juvenile insects to feed their babies, but the eggs are not hatching early enough to take advantage of these caterpillar buffet bonanzas. By the time they have hatched, the protein-rich larvae have metamorphosed into their adult form. Birds that don't migrate far, such as phoebes, appear to be able to adjust the timing of their arrivals to match up with the insects, but long-distance migrants, like many of our warblers, have not been able to make the change.

And our local amphibians don't know what to think! Salamanders and frogs emerge from the mud of the ponds or their underground burrows in the forest, and some of them migrate to temporary woodland ponds called vernal pools. Warmer weather and earlier springs have enticed them to travel much earlier, but the wild swings in temperature have them a bit confused. According to Brett Thelen of the Harris Center who organizes “crossing brigades” to help these amphibians

avoid becoming road kill, the first amphibian migration was in late February. Brett writes, “The season is starting earlier and earlier each year due to our warming winters and thinner snowpacks; however, it doesn't seem to be ending any earlier because late-season snowstorms or cold spells occur after our first migration night or two, slowing down the migration. Another climate change concern is whether our low-snow winters and unseasonably warm springs will cause the breeding pools to dry out before young salamanders and frogs are ready for life on land. These species are adapted for periodic dry spells, but if those dry spells happen year after year, that could spell trouble for our beloved amphibians.”

As we enjoy these lovely signs of spring, remember that not all of our fellow creatures may be able to survive the earlier warming and crazy weather of climate change. To find out what you can do to help, get on the mailing list of one of the groups working on finding affordable, practical ways to address the climate crisis, such as the Monadnock Sustainability Hub – the regional catalyst for climate solutions: www.monadnocksustainabilityhub.org.

Catherine Owen Koning is a Professor of Environmental Science at Franklin Pierce University, where she is part of the Institute for Climate Action. She is also a member of the Monadnock Sustainability Hub's Board of Directors.

Green Monadnock

with Catherine Owen Koning



The earlier onset of spring is generally well documented. For example, comparing 1951 through 1960 to 2011 through 2020, lilacs are blooming four to eight days earlier in much of New England, and more than eight days earlier in the Midwest and western states. Earlier flowering can be pretty, and longer growing seasons could have an upside for farmers, but it is also producing longer allergy seasons and allowing invasive pests to flourish.

Birds are migrating earlier, showing up at migration stopover sites and then getting to their breeding areas earlier, especially in warmer years. North American bird species, collectively, are showing up four days earlier

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Iconic Home Showcases Taste And Sophistication From Black Designers

DESIGNERS, Continued from page 13

Justina Blakeney reminds readers to "have an open mind."

Byron Risdon says, "Don't overthink it." Amhad Freeman says, "Don't over do it." Delia Kenza says, "Have fun, don't be afraid to try, and make sure the space tells a story."

To paraphrase designer Linda Hayslett here, for many decades, the assumption has been that Black homeowners didn't have taste, sophistication, or need for interior design. Absolutely, *Iconic Home* proves the opposite.

The feature you'll notice first about this book is the abundance of gorgeous pictures. Author and compiler June Reese includes many elegant examples of her subjects' work in full-color photos that will satisfy anyone looking for ideas, wishing for their own special room, or merely hoping to satisfy home voyeurism. Beware, they're addictive.

When you're done with the photos, turn back to the beginning and start reading about design as a career and the legacies these designers hope to leave. It's here where you'll find plenty of hints on deciding what to add or subtract from your space, and tips to make any room in your home a place you'll want to be.

This is the kind of book for dreaming, the kind in which you'll find something different every time you open it. Get *Iconic Home* and take it to the sofa over there.

"*Iconic Home: Interiors, Advice, and Stories from 50 Amazing Black Designers*" by June Reese, BID, foreword by Amy Astley, c.2023, Abrams.



The Bookworm is Terri Schlichemmeyer. Terri has been reading since she was three years old and never goes anywhere without a book. She lives with two dogs and 11,000 books.

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NH Audubon Launches NH Bird Guide Online

The NH Audubon's State of the Birds website is up and running. The new site features all the familiar species one might find in the backyard, plus many birds of conservation interest. Currently, there is over 200 avian species included with more to come.

The website addition is the brainchild of Dr. Pamela Hunt, NH Audubon's senior biologist for avian conservation. "This is the first time that New Hampshire specific information on most of the species of birds that occur in New Hampshire is accessible in one place," Hunt explains. "It takes you further than a field guide."

Each species account on the site includes a map of their range in the state, long-term population trends, a seasonal occurrence graph, and stories about the birds relative to New Hampshire.

"The reason I made it is to have this all in one place so that people interested in conservation could learn more about our birds," says Hunt. "We've covered all of the familiar and some of the less familiar birds that occur in the state at some point in their lives..." Visit stateofthebirds.nh.audubon.org/birds-a-z.

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ROOFING, Continued from page 13

The addition of trim machines in his shop allows him to serve his customers better, with a quick turn around on custom jobs as well as the ability to make extra trims onsite, if needed. "Customers typically order their metal roofing and pick it up at our shop, although we've been known to deliver metal roofing into Massachusetts and Connecticut. We're not far from Vermont or New York, either."

Homeowners often have questions about how to measure their roof and what trims and accessories

they need to complete their project. "Even though a person may not have installed metal roofing before, with a bit of research it is amazingly easy," says Schueler, who enjoys helping his customers with the process. For those who may be unsure if they can do it, Schueler has list of roofing contractors he can recommend to take charge of the whole project. His business motto is the Golden Rule: do unto others as you would have them do unto you.

For more details about the metal roofing products and services that Schueler offers, North Country Metal Roofing Sales can be reached at 603-558-4338.

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It's Planting Time

It is the second to last week of May, and it is time to get the gardens planted. If you haven't already planted out your cool crops, you still have plenty of time. They are cool crops because they can survive the cooler temperatures, so a head start can happen for those of us who get itchy fingers, but they will grow very happily in the warmer weather, except lettuce. That does not like hot summer weather.

Now is the time to start planting all the warm season vegetable crops, like tomatoes, basil, peppers, eggplant, and all of those crops that we wait all winter to have straight out of the garden. Seedlings are readily available from farmers markets, garden centers, and possibly a neighbor who started way too many and can't bear to throw them out. I can hardly wait to have vine-ripened tomatoes and peppers, and if you don't know the excellence of fresh-off-the-plant yet, there really is a difference.



Woods and Gardens
with Allison Kerwin

If you don't have a vegetable garden, there are many varieties out there that will grow well in pots. If you have black nursery pots, they may not look beautiful, but that black really is great for warming up the soil. I know of someone who plants their heat-loving vegetables in big black nursery pots, and then puts them in the wagon and moves the wagon to the sunny parts of the yard. It also raises up the plants so you don't have to bend down so far to work, and an even better bonus is far fewer weeds. Add some nasturtiums to hang over the pot and it isn't so ugly anymore. And then you can use the flowers as garnish for your salad, use the leaves for zing in your salad, or pick the flower seeds later in the season and pickle them to make a caper-like substitute.

Besides growing vegetables, pots can also be used for a flower garden or an herb garden. The pots can be decorative or, again, recycled large nursery pots, but seek out small varieties of flowers. I wouldn't suggest planting cosmos in a pot because of their size, though I do believe that there are varieties of shorter cosmos. There are so many interesting plants out there that do well in pots that will certainly give you great flowers in less space. If you are looking for some creative ideas for flowering pots, Sarah Raven has some fabulous books on plant combinations. Check to see if your library has a copy for you to borrow and get inspired.

I think that the coolest thing about planting in pots is that it doesn't take up much space, and really no garden space is required, just a level space for the

pots to sit. You can create a different-looking garden every year because they are mostly annuals, and it is easy to rearrange the design just by moving the pots around. You can also swap out the plants to create something different as the seasons change. Oh, the possibilities are just endless!

I get giddy just thinking of the possibilities of what can be planted and created just by planting in pots. Oh, the freedom. Happy planting.

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

Swanzey's Wetlands Discussion May 30th

The Swanzey Conservation Commission is inviting residents to come out to learn and discuss what the area wetlands provide and about the Wetlands Evaluation being done this summer in Swanzey. This community forum will be held on Thursday, May 30th at 6:30 pm at Whitcomb Hall on Main Street.



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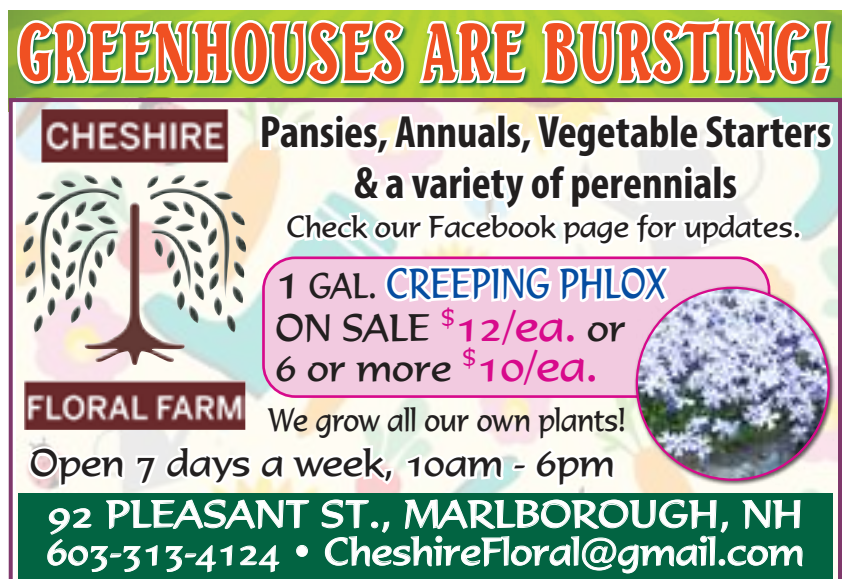
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Exterior Window Shades act as sunglasses for windows, filtering sunlight and reducing glare while maintaining a sleek aesthetic inside and out. Insect screens, patio shades, and exterior sun solutions offer the perfect balance of comfort and outdoor enjoyment, shielding against bugs, heat, and glare for a seamless transition between indoor coziness and outdoor serenity.

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

Scott's Cleaning Service: Helping You Make Time For Yourself

CLEANING, Continued from page 13

Scott's Cleaning Service has a wide variety of services to offer. Residential cleaning includes top to bottom cleaning, sanitizing, dusting, floors, and thorough cleaning of kitchen and bathroom spaces. Additional options include deep cleans, window washing, carpet cleaning, maid service, dishwashing, and laundry.

But this isn't all that Scott's Cleaning Service has to offer. Additional services include commercial cleaning, cleaning for rental properties such as Airbnbs, market cleaning of properties before they are listed for sale, and construction cleanup for new builds or renovations. Whatever your cleaning needs are, Scott's can help you.

Part of the success of Scott's Cleaning Service is an amazing team of employees. They are carefully selected to make sure that they are not just experienced, but also share a passion for creating clean and healthy environments. They have extensive training in top to bottom cleaning, including tough cleaning jobs. They also learn about who their clients are, through customized work orders that are specific to the client's home, wants, and needs.

"We have a very dedicated team of professionals, and their goal is to provide exceptional cleaning services and make each client 100 percent happy," Thibeau states. "We use state-of-the-art equipment and eco-friendly cleaning products to ensure that our services are of the highest quality."

When it comes to cleaning Airbnb rental properties, she adds, "Our client's five-star renter review is our five-star review. A lower rating means that we are not doing our job."

Scott's Cleaning Service can also accommodate the cleaning needs of clients, which may fall outside of their usual 8-5, Monday through Friday cleaning hours. Commercial properties are usually cleaned before or after business hours. Weekend cleanings can be scheduled by appointment, as in customers with rental properties who may need weekend cleanings.

Clients who might require a special cleaning outside of regular hours can call and make an appointment, such as someone who needs to schedule a cleaning before or after a big event or because of an unusual circumstance.

So if you feel like there aren't enough hours in the day to do everything that needs to be done, let alone doing things just for yourself, Scott's Cleaning Service is happy to help. There is a good reason why they call themselves "A Cleaning Company That Cares."

As Thibeau points out, "What would you do with the extra time you are no longer spending on cleaning? Perhaps read an extra book at bedtime, have a date night with your spouse, or meet a friend for coffee." This spring, make more of that time for yourself and leave your house cleaning in the hands of dedicated professionals!

Scott's Cleaning Service is located at 45 Main Street in Peterborough and can be reached at 603-808-1206. Office hours are Monday through Friday, 8 a.m. to 6 p.m., and Saturday and Sunday by appointment only. Additional hours are available upon request. You can also find them online at www.scottscleaningservice.com, or email them at scottscleaningservice@hotmail.com. Their Gardner MA office is located at 486 Chestnut Street, and the phone number is 978-424-6093. Call for a quote or schedule online today!

Preventing Lyme Disease While Still Enjoying The Outdoors

TICKS, Continued from page 13

Victims can experience a lot of "brain fog" resulting in poor memory, difficulty with language skills, and in some cases even out right dementia. Though they are most prevalent in the summer, ticks can bite every month of the year.



There are a number of ways to prevent being bitten. Permethrin, a common synthetic insecticide, can be applied to clothing to make them tick resistant. DEET or Lemon Eucalyptus Oil can also be used as insect repellent for the skin. Wearing light and bright-colored clothing can help make it easier to spot ticks. Tucking the bottoms of pant legs into socks can prevent the ticks from climbing and hiding on legs. Clothes can also be put in a dryer for 10 minutes on

high heat after coming in from outside to kill ticks.

If a tick becomes latched, remove it as soon as possible. The tick should then be placed in a sandwich bag with a small piece of damp paper towel with the date and name of the person who was bitten marked on the bag. It should then be brought to a doctor or sent to a lab to see if the tick was a carrier of Lyme disease or other infections.

Despite everything I still love to be outdoors, but now I usually do so in long pants sprayed with permethrin, and double up with a natural insect repellent for good measure. I also check for ticks even if I haven't been outside.

Enjoy the fresh air this season, but be sure take preventative measures from tick bites and seek prompt treatment if necessary. Stay safe!

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A Time For Gathering And Remembrance

Memorial Day, a solemn US holiday observed this year on May 27th, was first known as Decoration Day. Instituted in 1868 to honor those who died in the Civil War, it now commemorates all war dead. Today quite often, after a parade and graveside observances, families and friends might gather for the first barbecue of the season. Here are some recipes for that uniquely American pastime of outdoor cooking. Be sure to include some of your favorite grilled foods, as well as a few new ideas from Cooking Corner.

Roasted Veggie Salsa

Fire-roasted vegetables mixed with vegetables, beans and spicy seasonings make this do-ahead recipe a nice party starter when guests arrive. Makes six cups

Ingredients:

- 1 medium onion, cut into 1/2-inch slices
- 2 jalapeño peppers, halved and seeded
- 5 large plum tomatoes
- 1 small eggplant, cut in 1/4-inch slices
- 1 cup frozen corn, thawed and well-drained
- 1 can (15 oz.) black beans, rinsed and drained
- 2 cloves garlic, minced
- salt and pepper to taste
- 1/2 teaspoon hot pepper sauce, optional
- pita bread or corn chips for serving

Grill onion on oiled rack over medium heat for 10 to 12 minutes or until tender, turning occasionally. During last five to seven minutes of cooking, add peppers. Add tomatoes and eggplant during last three to five minutes of cooking. Cool vegetables slightly. Put the thawed frozen corn into a large bowl. Chop the remaining grilled vegetables and add to the corn. Stir in the beans, garlic, salt, pepper and hot sauce, if using. Serve the vegetable salsa with grilled pita bread cut into wedges or corn chips.

Strawberry-Rhubarb Salad

A nice, unexpected way to use two spring-fresh ingredients for a refreshing salad that pairs well with many grilled entrees. Serves six.

Ingredients:

- 1 cup water
- 1/3 cup sugar
- 2 cups 1-inch sliced rhubarb (about 3 large stalks)
- 2 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- about 3 cups fresh strawberries, quartered lengthwise
- 1/2 cup toasted slivered almonds
- 1/4 cup mint leaves, torn in small pieces

Stir together water and sugar in a small saucepan over medium-high heat; bring to a boil and cook, stirring occasionally until sugar dissolves. Add rhubarb to pan: Cook one minute and remove pan from heat. Cover pan and let stand until rhubarb is tender-crisp (it should have some crispness), about 13 to 15 minutes. Remove rhubarb with slotted spoon, reserving the syrup. Stir together orange and lemon juices and four tablespoons of the rhubarb syrup in a large bowl (save any extra rhubarb syrup for another use). Add rhubarb, strawberries, almonds and mint; stir gently to combine. Serve at room temperature or chilled.

Shrimp Clam-Bake Packets

These grilled packets, reminiscent of New England clambake-inspired flavors, are easily made and served without much fuss. Smoked mussels are optional but add a nice additional smokiness. Makes four serving packets.

Ingredients:

- 1 lb. (26-30 count) uncooked shrimp, cleaned but tails left on
- 4 oz. spicy sausage, such as chourico, linguica or kielbasa, cut into 1/4-inch rounds
- 8 (about 2-inch size) cut pieces frozen corn-on-cob, thawed and drained on paper toweling
- 2 medium red potatoes, thinly sliced
- 1 tin (4 oz.) smoked mussels (optional)
- 4 tablespoons butter, divided
- 4 cloves garlic, minced
- 1 teaspoon Old Bay seasoning, divided

Prepare your grill for heat of about 400 degrees. Lay four sheets of aluminum foil, each about 15-inches long, on your counter. Top each sheet of foil with an equal-sized sheet of parchment paper. Divide the shrimp, sausage, corn, potatoes, mussels, butter, garlic and Old Bay Seasoning equally among the packets; pile the seafood, sausage, and vegetables in the center and top them with butter, garlic and seasoning. Fold the foil and parchment paper up over the ingredients, pinching securely at the top to seal. Set the packets on the grill grate, cover and cook until the shrimp is fully cooked and the corn is tender, 15 to 20 minutes. Open carefully due to steam and enjoy with added melted butter for dipping, if desired.

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

Cooking Corner

with Nancy Adams



Pull-Apart Skillet Garlic Rolls

These buttery garlic rolls are definitely a crowd-pleaser. Bake them in a cast iron skillet on your gas or charcoal grill – just be sure to keep a close eye on them so the bottom doesn't burn before they are cooked. If they appear to be darkening too much, shift the skillet to a cooler spot on your grill. Alternatively, bake rolls in 400-degree oven for 25 to 30 minutes. Makes six to eight servings.

Ingredients:

- 3 tablespoons butter
- 3 tablespoons olive oil
- 7 cloves garlic, minced
- 1/4 to 1/2 teaspoon red pepper flakes
- 1 1/2 lbs. prepared pizza dough
- 1/3 cup plus 1/4 cup grated Parmesan cheese

Melt butter with olive oil in a 12-inch skillet over medium-low heat on your kitchen stove. Add garlic and red pepper flakes and cook about one minute. Remove pan from heat and cool 10 minutes while you mix the dough. Dust work surface with flour and divide pizza dough into four pieces, then roll each piece into a rope about one and a half inches wide. Cut each rope into two-inch lengths and roll each piece into a ball. Sprinkle one third cup grated Parmesan over the garlic butter in the skillet. Roll each ball of dough in this mixture and arrange the coated balls around the skillet. Leave room between each ball as they will expand. Cover skillet with foil and let rise for 30 minutes. Meanwhile, prepare your grill for heat (about 400 degrees). When dough has risen and grill is hot, set the skillet, covered with foil, over the cooler area of the grill. Close cover and cook 20 minutes, then remove foil and sprinkle with the remaining one quarter cup cheese. Check bottom to see it isn't burning, and with foil left off, continue to cook on the grill, cover down, until cooked through, five to 10 minutes more.

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