



# The Monadnock

# SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 66th Year of Community Service / May 29-June 4, 2024

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## Keene SwampBats Kick Off 27th Season Wednesday, June 5th Fireworks Finale!



Up to bat during one of last year's SwampBats home games is player #28, Evan Goforth.

By Lori Catozzi Cook

Baseball is America's favorite pastime. It's a celebration of culture as much as a sport. Now in their 27th season, the Keene SwampBats has been bringing people from all walks of life together to share the thrill of the game, the excitement of the continuous

entertainment, and delicious concession foods.

Opening Night for the SwampBats is Wednesday, June 5th vs. the North Shore Navigators. All home games are held at Alumni Field on Arch Street in Keene with the first pitch at 6:30 p.m.

SWAMPBATS, page 8

## Keene ArtWalk – May 31-June 9 – Worth Every Step ArtWalk Festival Is This Saturday, June 1st

Beauty is in the eye of the beholder, and the Annual Keene Art Walk guarantees beauty for every eye to behold!

For the 34th consecutive year, Downtown Keene will transform itself into an outdoor art gallery, providing an opportunity for local artists to showcase their work and connect with the greater Keene community from Friday, May 31st through Sunday, June 9th. This year, more than 100 artists will fill downtown storefront windows with creative displays featuring mediums such as oil, pastel, acrylic, photography, watercolor, fiber, mixed media, ceramics, woodturning, and most recently pyrography and digital art.

ArtWalk Director Molly Fletcher, who is also an art teacher at St. Joseph's Regional School, has been at the helm of the volunteer committee for the past three years. "Our community should be so proud of the ArtWalk and its history," she says. "This event was established nearly 35 years ago with the goal of supporting local artists and giving them a venue to publicly display their work, sometimes for the first time."

ART, page 8



Awed and Amazed – Students from Our Lady of Mercy Academy (from left) Layla Mason, Elio Saba, Sullivan Murray, and Andreea Rusu express their delight at seeing their artwork on display in the windows of the Colonial Theatre last year.

## NH Gives Holds 24-Hour Online Fundraiser For Local Non-Profits

NH Gives is a statewide 24-hour online fundraising event that gives a boost to non-profits. This year, the "flash mob" will take place on Tuesday and Wednesday, June 11th and 12th at [www.nhgives.org](http://www.nhgives.org).

This fundraiser provides eligible non-profits the opportunity to reach potential new donors. It is designed to build community, connect people to local non-profits, and generate excitement about these non-profits.

ment about these non-profits.

The *Monadnock Shopper News* is promoting charitable organizations in the issues of May 29th and June 5th. For more details, call 603-352-5250.

For donors, this is a great way to reach out to those non-profits who do so much to build and support the community. For more details, visit [www.nhgives.org](http://www.nhgives.org).

## Funny Money Performances In Marlborough

Branch River Theatre will present *Funny Money*, a farce written by Ray Cooney and directed by William Thorndike, in six performances at the Marlborough Community House.

In 1994, it premiered at The Churchill Theatre, in London, England, followed by a successful two-year run in the West End. In 2006 the play was adapted into a movie starring Chevy Chase.

Henry Perkins is a mild-mannered

accountant living a mundane, middle-class life, until one day when he accidentally switches briefcases with someone on the subway commuting home. When he opens it up, he finds that it is full of cash. Naturally, he does what any reasonable person would do in this situation – books the first international flight and plans to start a new life in a new country.

FARCE, page 15

## Smokehaus Bbq: Putting The Zing Into Wings



Dave Mielke, Pit Master at Smokehaus BBQ, preparing an order of chicken wings.

According to the National Chicken Council (yes, there really is such a thing), the idea of cooking chicken wings in a "peppery sauce" started in 1964, at the Anchor Bar in Buffalo, NY. As the story goes, the bar's co-owner, Teresa Bellissimo, cooked some leftover wings in hot sauce as a late-night snack for her son and his friends. It was so well received that she added the dish to the menu the very next day, and thus, "Buffalo Wings" became a thing.

Fast forward to the 1980s, when the influx of sports bars with multiple TVs took America by storm, raising the already-fervent love of chicken wings to a whole new level.

Why chicken wings? Simply put, when it comes to mouth-watering finger food, you'd be hard pressed to find anything better. Chicken wings are affordable, easy to eat, easy to share with friends, and they're a perfect match with your favorite beer. "Our wings are smoked to perfection, and then we fry them in peanut oil for an amazing crispy outside that holds in the smoky flavor," says Dave Mielke, Pit Master and co-owner of the multi-award winning Smokehaus BBQ in Dublin.

As any wing aficionado will tell you, when it comes to the tastiest chicken wings, it's all about the sauce, which is why Mielke has worked tirelessly to create his own homemade sauces (and sides) that have kept his customers coming back for more.

WINGS, page 13

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**Shillow**



Hello there, potential family! I'm Shillow, a two-year-old black domestic shorthair cat. I may be small, but I've got a big personality!

First off, I'm not a fan of sharing my space with other cats. Dogs make me a bit nervous, so a dog-free home would be purrfect for me. When it comes to kids, I'm okay with the older ones. They understand boundaries better. I'm a bit shy at first, so you might hear a little hiss from me when we first meet. But once I get to know you, I'll show you my sweet side. Oh, and food? I can be a bit of a picky eater, but I'm sure we can find something that we both agree on.

I thrive in a calm and quiet environment. I'm an independent girl who likes her space, but I also love when someone sits with me and gives me pets. I have to admit, I can get a bit carried away during playtime. If I get overstimulated, I might play a little rough and give a nip or two. But I promise, it's all in good fun! So, if you're looking for a furry friend who's a bit shy but full of love once you get to know me, then I think I might be the purrfect match for you.

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

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# Fibromyalgia: The Invisible Illness

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

This is life with Fibromyalgia.

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

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

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

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

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

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

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

Until now!

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

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

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

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

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

## Free Book Discussion Led By Local Adoptee Counselor

For those whose lives have been affected by adoption, there will be a Free Book Discussion led by Adoptee Counselor Abby Jacobson on Sunday, June 2nd at 3:30 p.m. at ByWay Books at 399 Canal Street in Brattleboro, VT. Rebecca Wellington's, *Who Is a*

*Worthy Mother?: An Intimate History of Adoption*, will be the book discussed. Reading the book is suggested and can be ordered from ByWay Books. Reserve a seat for this event at [www.abbyjacobson.com](http://www.abbyjacobson.com).

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## Keene Craftfest Features Artisan Treats, More



Artisan Hill Treats is a small batch, hand crafted confectionery business located in the foothills of Mt. Monadnock in Dublin.

Sherrie Paltrineri and her husband Bill create delicious, uniquely flavored homemade marshmallows, chocolate treats, and sweets that are made with the highest quality ingredients. These will be available at their booth at the Annual Keene Outdoor Craftfest & Classic Car Exhibition at the Keene Middle School on June 8th (rain date June 9th) from 9 a.m. to 3 p.m.

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# Home Alone This Summer

As the school year ends, many parents are contemplating the idea of letting their kids stay home alone during weekdays this summer. For some parents, this might sound unthinkable, while others not so much as they might have older children.

I was the youngest growing up, so there was always an older sibling around, and by the time I was 12, I was doing childcare. But you know your child. Is she mature enough and acts responsibly? Does she understand what to do in case of an emergency? Is there someone – a close friend or relative – that lives nearby? These are some of the questions you might ask yourself whatever your situation may be.

Your first thought as a parent making this big decision is probably “safety.” Does your child have a good grasp of what to do in case of an emergency? Are they comfortable asking for help when there are troubles? Basically, can your child make good decisions? They should know where the fire blanket or fire extinguisher is kept and how to use it. They should have a phone to be able to call 911 as well as a nearby friend, relative, or neighbor. Not only have this information written down but make sure to also put these numbers into your kid’s phone.

Another thing to do to ease the mind is to make sure your first-aid kit is fully equipped with Band-aids, Bactine spray, and Neosporin. Also, keep a few heating and cooling patches on hand. Go over the uses for everything in the kit. Check out [www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html) for a free Red Cross First Aid App for instant expert advice.

Rules need to be established from the get-go. Being safe means not using the stove or oven (unless there is an older teen with experience in the kitchen), no one else is allowed over to the house while you are out, or not opening the door to anyone. Also, let them know your expectations of their actions. Talk to them about horsing around or anything irresponsible that will get them into trouble, or someone hurt. You need to feel comfortable – your children, your rules.

During the day, have a line of communication open with your children. They should not only have your phone number but your work number as well. At first, you might want a text check-in every couple of hours until you are feeling comfortable and perhaps checking in with them at lunchtime or halfway through the day after that. If they have grandparents or aunts or uncles in the area that could drop by now and then – especially at first – that will help put your mind at ease. Because you’ve told your children nobody is in the house while you are out, you’ll need

to let them know that a particular person could show up at any time.

Answering telephone calls and being on social media have their safety issues. The one in charge should be the only one to answer the phone. He or she should know to never tell someone on the phone that their parents aren’t home, but rather “busy right now.” Also, if your children are allowed on social media websites, they are never to talk about being home alone or sharing information about where they are located.

**Monadnock Family**  
with Lori Catozzi Cook



Left to their own means, your kids could very well be watching television or playing games on their phones all day. So, parents will want to establish rules for screen time and which devices can be used while you are out. You could plan activities, movies, games, and food that will make it fun for your children to be on their own. You’ll probably need to start with a full schedule for them to follow just so there is some kind of structure, because if boredom sets in it could possibly go downhill from there. Activities and games could include setting up a scavenger hunt, tie-dyeing T-shirts, making slime, or having a silly string fight outside.

Don’t forget to slip in a daily chore for each child. This not only helps the parents keep the household moving forward but also teaches the children responsibility. You can rotate the chores (take the garbage out, do the dishes, bring all the dirty clothes to the laundry room) so a child isn’t doing the same thing every day. It’s always nice to mix it up.

Make sure to throw in some downtime to the schedule during the day, like reading, writing in a journal, doing a puzzle, sorting through a collection – anything to help them chill for a bit. A schedule might go something like this: breakfast, chores, gaming or television for an hour, craft or some kind of fun activity, go outside – the yard or driveway – to get exercise (basketball, soccer, tag), lunch, an hour of quiet time, gaming or television for an hour, board game or activity together, set the table for dinner.

The older child that is left in charge is certainly taking on a lot of responsibilities, so make sure that they know how much you appreciate their time and care. Reward them in different ways throughout the summer, like a weekend sleepover or day at the ocean with some of their friends, taking them to an outdoor concert to hear a band that they love, or giving them a gift certificate to their favorite shopping place.

It’s natural for parents to worry when first leaving kids without supervision. But by being prepared for anything, staying home alone can be a positive experience for them, and you.

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

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**May 30, 2024**  
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Avery Ferrando, daughter of Casey Koziara & Ethan Ferrando, Spofford, 1  
Allison Ferreira, daughter of Alicia & Jim Ferreira, Merrimack, 8  
Adam Goodnow, son of Adam Goodnow, Marlow, 3  
Aiyana Goodnow, daughter of Adam Goodnow, Marlow, 3  
Spencer Gail Kelley, daughter of Rick & Ryka Kelley, Surry, 8

**May 31, 2024**  
Nova Violet Warner, daughter of Rachel Ross & Seth Warner, Hinsdale, 5

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Allison Ferreira, Merrimack, 8  
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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)



A NH state highway is now located in front of this farmhouse. In what Cheshire County town is it located?

The winner of last week's mystery photo contest was John DiBernardo of Keene. The Keene School in this class photo from the 1950s was Cleveland School.



## Faith Festival In Keene Saturday

There will be a Faith Festival on Saturday June 1st, from 4 to 6 p.m. in Keene. This is an engaging event for people that enjoy music, art, dance, and learning about others' faith traditions. The event encourages a culture of learning, respecting and honoring each other's faith traditions. The theme is "Love Your Neighbor."

This is a family-friendly event including Christian, Jewish, Muslim, Buddhist, Bahai, and other spiritual perspectives. The event will include musical performances, poetry, dance, games, food, prayer, and fellowship.

People are invited to bring cans of food to donate. There will even be a can stacking contest for the kids.

People that enjoy singing can come early at 3 p.m. to join an interfaith pick up choir. Together people will learn a musical piece to perform at the Festival.

The Festival will be held at the Horseshoe Pavilion at Wheelock Park in Keene. It is sponsored by Monadnock Interfaith Project, a non-profit coalition of congregations and wholehearted individuals working together to foster interfaith community, understanding, and systemic change that benefits the region.

People can RSVP on the Monadnock Interfaith Project webpage: [www.mipnh.org](http://www.mipnh.org) to help anticipate numbers, or just come by.

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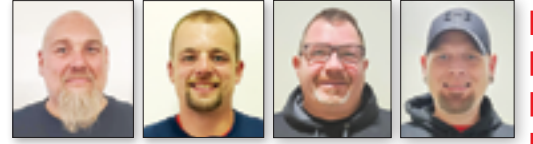
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# Monadnock Food Co-op Shoppers Raise Over \$5700 For Stonewall Farm

During the April month-long Round It Up donation Drive, shoppers at the Monadnock Food Co-op collectively donated \$5,769.31 to Stonewall Farm in Keene. Customers rounded up their purchases, contributing their change to support Stonewall Farm.

"I extend my heartfelt gratitude to our incredible community and the Monadnock Food Co-op for your unwavering support and generous contributions. Your dedication and belief in our mission empower Stonewall Farm to make a meaningful impact. Together, we are fostering community, sustainability, and the environment. Thank you for being an essential part of our

journey," says Gina De Santis, executive director of Stonewall Farm.

Stonewall Farm encourages the adoption of regenerative practices to foster a vibrant, diverse, and plentiful food system for the well-being of people and the planet. As a non-profit agricultural education center, they spearhead innovative solutions to address the challenges of our food system and climate crisis. Students from elementary to graduate level, alongside farmers and landowners, gain insight into the critical connection between land stewardship and the future of humanity and Earth. Learn more at [www.stonewallfarm.org](http://www.stonewallfarm.org).

# Community Wealth Building: Transforming Local Economies

By Jen Risley

"Amid the chaos and breakdown of our time, imagining such a thing as economic system change can seem daunting, overwhelming, impossible," said Marjorie Kelly, a distinguished senior fellow at The Democracy Collaborative. "The truth is system change is already emerging all around us. It's beginning in our own backyards, in the form of Community Wealth Building, a form of local economic development that transforms local economies through communities having direct ownership and control of their assets."

last September. Let's take a closer look at this approach.

## What is Community Wealth Building?

"When 50 percent of the population can't put its hands on \$1000 in an emergency, and 50 percent of the private workforce has retirement assets of zero, wealth insecurity is a severe problem in this country, and we need a way to build wealth," said Corey Rosen, founder of the National Center for Employee Ownership.

Community Wealth Building calls for a "great ownership transition" – shifting ownership from the hands of a few to many. Who owns and controls a city or town's businesses, buildings, and other assets profoundly impacts community members' health and wealth. So, Community Wealth Building calls for broadening ownership through diverse strategies like forming cooperatives; moving money to community banks, public banks, and credit unions; cultivating land trusts; and much more. This approach also reimagines how wealth is invested to serve community needs over building billionaires. With a shift in wealth comes a shift in power.

"[While] we've built superhighways for speculative investments, productive local investments travel dirt paths," said Kelly. "We need new infrastructure to make local and impact investing easy. Much of that innovation is coming at warp speed from the impact investing world, where countless funds are springing up to invest in marginalized communities, decarbonize buildings, and advance sustainable development goals."

LOCAL, page 12



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### Keene Jazz Orchestra Spring Concert June 8th



Joe Conti, trumpet soloist, director of bands at Keene High School

The Keene Jazz Orchestra has announced its upcoming Spring Concert of traditional and contemporary big band music, including two guest soloists.

The event will take place Saturday, June 8th at 7:30 p.m. at Keene Middle School.

This year's concert features renowned trumpeter, arranger, composer and educator Greg Hopkins. A soloist/composer with the Buddy Rich Orchestra, 50-year teaching veteran at the Berklee School of Music, and collaborator with Herb Pomeroy, The Temptations, Stevie Wonder, Eugene Friesen, and the Prague Radio and Reykjavik Jazz Orchestras, Hopkins will share beautiful arrangements, original compositions as well as his iconic soloistic voice on the trumpet and flugelhorn. Hopkins's website can be found at <https://www.summitrecords.com/artist/greg-hopkins/>

Fronting the band will be acclaimed KJO vocalist Bella Holtz, performing the music of Diane Schuur, Greg Hopkins, and more. The concert program includes a mix of classic and contemporary big band classics, including

the music of Greg Hopkins, Count Basie, Don Sebesky, Steely Dan, and more.

Founded by Scott Mullett, the Keene Jazz Orchestra's mission is to perform, propagate, and provide education for American Big Band music. The 17-piece band is composed of the Monadnock region's finest instrumentalists, educators, and students, and boasts a résumé of performances and collaborations with some of the greatest living performers and repertoire in big band music. KJO operates under the musical direction of founding member and bassist Steve Cady, who directs Jazz Ensembles at Keene State College, is the Performing Arts Chair at Vermont Academy, and performs and teaches regionally as a bassist and music educator.

KJO invites music fans of all ages to listen and be joyful in the company of an authentic big-band orchestra. New and returning fans of Keene Jazz Orchestra will be rewarded with a truly exciting, impressive, and impactful musical experience.

Tickets are available at Toadstool Bookstore & Prime Roast in Keene as well as online at [keenejazzorchestra.org](http://keenejazzorchestra.org). Tickets will be available at the door on concert evening. Keene Jazz Orchestra offers free attendance for all regional student musicians. Students do not need an advanced ticket, they can pick-up their no cost ticket at the door on concert night. [keenejazzorchestra@gmail.com](mailto:keenejazzorchestra@gmail.com) for more information.

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# Keene SwampBats Kick Off 27th Season Wednesday, June 5th

SWAMPBATS, Continued from page 1



Enjoying last year's camp experience with the Keene SwampBats are (L to R): Wyatt Guinane, Finley Hamilton, Benjamin Carson, and Kadon Wright.

During this opening event, the NNDI Super Seniors Dance Troupe will be performing a baseball dance. Doug the Devil Stick Man will be there to provide balloon animals, and KBK Sports will have a table to sell sports memorabilia.

"We will bring you our outstanding baseball every game this season," says SwampBats President Kevin Watterson. "We also know our fans come to our games to be entertained – it is what we do best! In fact, for the first time the SwampBats are kicking the season off with a spectacular fireworks display on Opening Night, immediately following the June 5th game."

New this year is Tito's Taco Wednesdays. This locally operated taco truck will be set up for Opening Night – and at every Wednesday home game – through the season. This first game night is sponsored by Monadnock Ford.

"Monadnock Ford is proud to once again be one of the major sponsors of the SwampBats – not just for the love of the game, but because they embody the spirit of community and generosity," says Vadim Makhlis dealer principal of Monadnock Ford. "The SwampBats team dedicates itself to bringing joy to kids and adults of all ages while enriching our community through every game and every event. Without support from sponsors and donations, such treasured experiences simply wouldn't be possible."

"As someone who has attended many SwampBats games over the years, I can attest to the excitement and camaraderie they bring to our community," adds Larry Monson, general manager of Monadnock Ford.

The opening week continues with a Thursday, June 6th game vs. Upper Valley Nighthawks. Home Healthcare, Hospice, and Community Services will sponsor this evening that will feature costumed Marvel characters, a demo by Elements MMA, Milla's Magic Treasures for glitter tattoos and balloon animals, two face painters, and City Express with Touch-A-Bus. Also at this game, Coca-Cola will bring a hug-a-machine: instead of cash the vending machine takes hugs for payment!

The Saturday, June 8th game vs. Sanford Mainers will be sponsored by C&S Wholesale Grocers. The excitement that night includes the Happy Face Painter and Games2Go. Also included this season will be The Luxury Photo Booth, Fairy Hair by Jess, and three nights of bouncy house entertainment by Bounce Above The Rest.

New theme nights added to the roster include Juneteenth Celebration on June 19th, Keene Pride Night on June 25th, Autism/Inclusion Night on July 9th, and Faith Night on July 10th. Admission to SwampBats games is \$6 for adults, \$4 for seniors, and free for military/veterans and children 10 and under.

Concessions at SwampBats games include everything from a hot dog, cheeseburger (also veggie burger), and pizza to cotton candy, root beer floats, popcorn, and ice cream from Rick's Ice Cream.

Let's not forget the actual game of baseball. Newly added to the game this year is a velocity pitch clock which will monitor the velocity of every pitch thrown by the SwampBats pitchers. This new clock has been added to the SwampBats games by Ted's Shoe & Sport and Jack of All Blades.

"Pursuing our 6th NECBL Championship, Coach Shaun McKenna returns to lead the SwampBats for his fourth season," says Watterson. "This year's roster is represented by players from the leading conferences and teams in the country, including Pennsylvania State, Wake Forest, Mississippi State, Louisville University, Rutgers, University of Maryland, and Indiana University, just to name a few. We will offer three nights of limited edition jerseys, worn by the players, which the fans can purchase immediately following the games."

He continues by saying that the SwampBats have sent 40 former players into the Major Leagues and hundreds into Minor League baseball.

SWAMPBATS, page 13



## Keene ArtWalk – Worth Every Step ArtWalk Festival Is This Saturday, June 1st

ART, Continued from page 1



Labor of Love – Demonstration Artist Adam Schepker relaxes on the Heart Bench that he created during the 2023 ArtWalk festival on Railroad Square.

This opportunity is also extended to students who can display their artwork beyond the classroom and beyond the family refrigerator."

On a more serious note, Fletcher adds, "This year, ArtWalk continues stronger than ever, thanks to the support we receive from our generous sponsors, the City of Keene, and of course, the Keene Downtown merchants."

It's also important to point out that the Downtown Keene footprint extends beyond Main Street to include Emerald Street, Roxbury Street, Washington Street, West Street, Court Street, and Winter Street. Merchants on these streets also have beautiful exhibits worthy of the walk.

The ArtWalk will kick-off with a community reception at 5 p.m. on Friday, May 31st at Mon Amie Fine Jewelry located at 87 Main Street in Keene. All are welcome to attend.

On Saturday, June 1st, ArtWalk continues with a free festival in Railroad Square from noon to 4 p.m. that includes interactive art activities for all ages, live painting demonstrations, a community mural project, live music, theatrical make-up face painting, and more.

This year marks the third time that the ArtWalk festival coincides with the Keene Young Professionals' Taste of Keene Food Festival. The first time was a coincidence, but now the collaboration is purposeful and powerful. The Taste of Keene Food Festival is happening downtown on Saturday, June 1st from 11 a.m. to 3:30 p.m.

To watch a brief video recap of the 2023 ArtWalk and Taste of Keene Food Festival, and for a schedule of this year's events and the ArtWalk map, visit [monadnockartsalive.org/keene-artwalk](http://monadnockartsalive.org/keene-artwalk).

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## KEENE ARTWALK FESTIVAL




**Saturday, June 1, 2024**  
**Railroad Square**

**Artist Demonstrations & Music Performances**

**MUSIC PERFORMANCES**

<b>TENT 1</b>	Noon - 12:30 pm	OLMA/Our Lady of Mercy Academy High School Jazz band
<b>TENT 2</b>	12:30 - 1:15 pm	Sebastian Smith - Acoustic Guitarist
<b>TENT 1</b>	1:15 - 2:00 pm	Know Your Program - Bass-centric Avant-pop
<b>TENT 2</b>	2:00 - 2:45 pm	Gavin Key - Guitarist/singer-songwriter
<b>TENT 1</b>	2:45 - 3:30 pm	Danny Kamps - Guitarist /Experimental Musician

**ARTIST DEMONSTRATIONS**

Noon - 1:30 pm	Annie Rule - Pyrography
Noon - 4:00 pm	Adam Schepker - Playful, Interactive Sculptures
Noon - 4:00 pm	Shawn Durham/Craig Roach
	Community Paste Paper Mural...Join in on the fun!
Noon - 4:00 pm	MAXT Makerspace Interactive activity
Noon - 4:00 pm	Caitlen Brown - Makeup/Face Painting

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**May 31-June 9**

Business	Artist(s)
Anne Henderson Interiors	Sue Weller/Jackie Griswold
Art for Life	Brittany Willett/Leila Meehan
Beeze Tees	Courtney Robb/Carrie Kidd
Brewbaker's	Pete Jahn
Cheshire Glass	Marcy Chapman/Marisol Von Hardenberg
Cholly and Waldo's	Bob Seaman/Carmela Azzaro
City Barber	Mary Woolverton/Heather Ells
City Hall	Gathering Waters
Clark Mortenson Insurance	Sarah Larson/Liz Winchester Larson
Colonial Theatre	Keene Middle School/Sue Ann Hum/Heidi Halford
Comic Boom	Dana Carley/Tania Colmant Donabedian/Spencer Fisher
Concord Medspa	Emily Russman/Edward Kingsbury/Kurn Hattin
Crabtree	Woodturners/Kate Corr-Frime/Georgia Cassimatis
Eat More Cake	Miranda Nelken/Kristin Froling
Former Chaos and Kindness	Maggie Cahoon/Michael Skahan
Edward Jones (central square)	Nancy Ann Belsky/Bob Englund
Edward Jones (lower main)	Karl Brenneman/Liz Dinowitz
Everglow Wellness	Annie Rule
The Farm Café	Denise Simard
Financial Solutions	Eileen Doll/Christine Pellerin
Fireworks	Monadnock High School
Good Fortune	Mark O'neil/Martha Behrens Temple
Green Energy	Jonathan Mattoon
Greenwald Realty	Deborah Lloyd Kaufman
Hannah Grimes Marketplace	Alicia Drakiotis/Malcolm Alter
Indian King Framery	Nicole Melanson/Nat Wood/Jennifer Hebert Ward
In the Company of Flowers	Hallie Driscoll/Emily Bialek
Introspect Wellness	David Olmstead/Hope Butler

Business	Artist(s)
Keene Housing Comm. Connections	Keene Housing Residents
Keene on Cookies	John Matthews
La Peche Lingerie	Anne DeCosta/Liz Gallacher
Life is Sweet	Bill Whyte/Bonnie Martino
Local Burger	Keene High School
Lounge at Luca	Molly Fletcher/Gene Klein
Luca	Covenant Living of Keene
Machina Kitchen and Art Bar	Shannon Perry/Jax Perry
Main Salon	Kevin Messerschmidt
Mirandas on Main	Erika Radich/Medora Hebert
Moe	Mary Iselin/Anne Ward
Monadnock Family Services	Monadnock Family Services
Monadnock Shutter and Shade	Aletta Remillard
Mon Amie	Forrest Bencivenga/Janet O'Malley
Muse Bistro	Eva Lynn Loy
Prime Roast	Marcy Schepker
Puggy's	Ann Powers
Retro Music	Mariah Briones
Rymes Propane & Oils, Inc	Gail Shelley/Emily Sadders
Shadow and Soul Emporium	Jazmine Carroll/Kristi Dompier
Sole's B.A.R	Neveen Soliman/Jim Weishaupt
Synergy	Ruth Sterling
Teds Shoe and Sport	Jim Murphy
Toadstool	Sarah Breisch/Rachel French
Urban exchange	Candace Hardy/Craig Roach
Wicked Glass Art	Ellen Edson/Emily Lang
Ye Goodie Shoppe	Elijah Fisher/Ella Bogdonoff
21 Bar & Grill (formerly Country Life)	Paula Darmofal/Curtis McGill/Russell Brandwein/Kali Zaffrann

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## Harrisville Designs Is Holding A Warehouse Sale

The first annual Harrisville Designs/Friendly Loom Warehouse Sale will be held on Saturday, June 8th from 9 a.m. to 3 p.m. This special sale will be held outside the Harrisville Designs Retail Store along 4 Mill Alley in Harrisville.



Bethany Witten is buried in loops.

Popular items for sale include potholder looms and loops, peg looms, yarns, cones, and fleece. These are factory seconds and mill-ends, so the prices are low. Fiber art kits and yarns will be available at a discount. Supplies are limited. To help limit waste, bring your own bag.

Harrisville Designs is the maker of high quality, natural 100 percent wool yarns and hand-crafted floor looms. Their Friendly Loom product line includes weaving, knitting, felting, and metal looms and cotton looms for weaving potholders.

Woolen yarn has been spun in the water powered, brick mill town of Harrisville since 1794. This small village is the only industrial community of the early 19th century that still survives in America in its original form.

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# CELEBRATE LOCAL

## Win \$50 Gift Certificate To One Of The "Celebrate Local" Businesses

To enter, solve the word search. Hidden in the puzzle are 15 words – to celebrate ArtWalk, they are the names of local artists!

Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to [shopper@shoppernews.com](mailto:shopper@shoppernews.com), or fax it to 603-357-9351. Don't forget to choose one of the businesses on the Celebrate Local pages (8 to 13) as your preferred \$50 gift certificate! Deadline is Friday, June 14th.

Last month's winner was Karen L. Lovejoy, who chose a \$50 gift certificate to La Peche.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Preferred Gift Certificate \_\_\_\_\_

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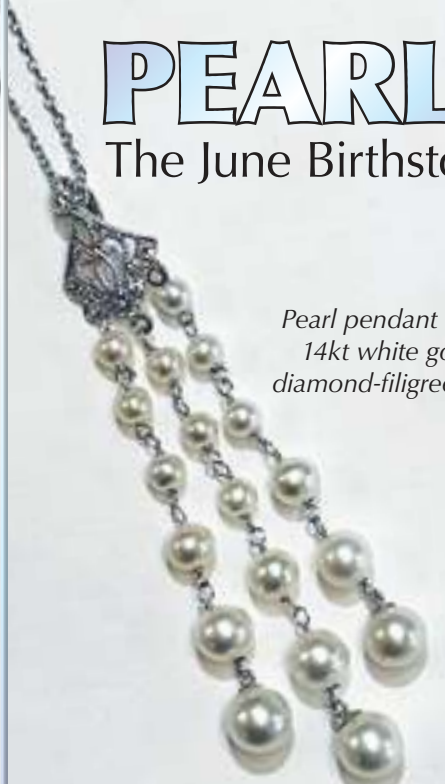
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# CELEBRATE LOCAL

## Community Wealth Building: Transforming Local Economies

LOCAL, Continued from page 6

**Rebalancing Wealth: Baby Bonds**

Connecticut launched America's first baby bond in 2023, depositing \$3200 in an account for each newborn enrolled in the state's Medicaid program. Over time, each account will grow to as much as \$24,000 per child. When these children reach 18, they can use this money for college, a down payment on a home, to start a business, or to save for retirement. Baby bonds represent a long-term approach to reducing the wealth gap in future generations: prosperitynow.org/baby-bonds.

The University of Wisconsin Population Health Institute offers a compelling case in support of baby bonds (bit.ly/baby-bonds-CWB), "Experts suggest that addressing equity and closing the racial wealth divide would add more than \$2 trillion in GDP annually, increasing economic development and improving the health of the economy, which is an area of common ground for political parties. In general, making equitable adjustments to existing tax subsidies that disproportionately benefit the highest-income earners could generate enough savings to pay for baby bonds."

**Recirculating Wealth: Anchor Institutions**

Another example of Community Wealth Building is Evergreen Cooperatives, which blends the economic power of anchor institutions with employee ownership. Anchor institutions are large non-profits that, once established, usually stay in one place – think of hospitals, universities, and government entities. By connecting the goods and services offered by locally owned businesses to the needs of anchor institutions, both the individual companies and the entire local economy benefit.

In 2008, The Cleveland Model in Ohio started Evergreen Cooperatives with an employee-owned green laundry service to meet the needs of local hospitals:

evgoh.com. Evergreen now includes four more cooperatives focusing on weatherization and manufacturing, plus an employee ownership investment fund. In our region, hospitals are coming together to explore Community Wealth Building through the Healthcare Anchor Network: healthcareanchor.network.

**Spreading Wealth: Employee Ownership**

Employee ownership, another Community Wealth Building strategy mentioned above, gives workers their own shares in the company they work for. There are multiple forms of employee ownership, from employee stock ownership plans to worker cooperatives: nceo.org/what-is-employee-ownership.

King Arthur Baking Company in Norwich, VT became 100 percent employee-owned in 2004: kingarthurbaking.com/impact. Owners Frank and Brinna Sands wanted to retire, but without family members to take over the business, they turned to their employees to keep the company's mission intact. Workers earn company stock, giving them a path toward a better retirement.

"These jobs are not going to be sent overseas when it's an employee-owned company," said King Arthur employee-owner Rosie Wawrzyniak. "That's why politicians, no matter what side of the aisle they're on, they always support employee-owned companies. You know, people really care about getting meat from happy cows or happy chickens; why would you not want products from happy people? Customers benefit when they're getting a better-quality product from happy people."

"If you have time for just one book this summer, please read Marjorie Kelly's *Wealth Supremacy*," shared local economist Michael Shuman. "She's an astute critic of what we are getting wrong in our economy, but she also has lots of ideas about what we can get right." Pick up your copy today at the Toadstool Bookshops in Keene or order it online at toadbooks.com. There's so much more to learn about Community Wealth Building. Learn along with us at democracycollaborative.org/publications.

Before we wrap up this month's article, we wanted to announce that we're partnering with Monadnock Food Co-op to launch our third annual Staycation Challenge!

**What's a Staycation?**

Summer means vacation for many of us. However, taking a vacation doesn't have to include traveling far from home to get away. Take a Staycation and experience all the Monadnock Region has to offer. You'll save money at the gas pumps and make new connections to nurture throughout the year. The money you spend recirculates in our local economy, building more community health and wealth.

**What's the Staycation Challenge?**

Enter TLC Monadnock's Staycation Challenge by pledging to spend your dollars only at locally owned businesses for one day, one week, or the entire month of July. Learn more at tlcmMonadnock.com/indie-month. Take our pre-survey now and then a post-survey coming in late July. Complete both surveys for your chance to win our Staycation package.

**What's this year's Staycation Package?**

This year's winner of our Staycation Package will receive a two-night stay at the Bridges Inn Whitcomb House, a \$25 West LA Brewery gift card (both in Swanzy), a gift basket of summer necessities (sun-screens and anti-bug products) from Badger Balm in Gilsun, and more treats from locally owned businesses. We'll announce our winner in mid-August.

Happy staycationing!

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

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# CELEBRATE LOCAL

## Smokehaus Bbq: Putting The Zing Into Wings

WINGS, Continued from page 1

"We've created four signature varieties of wings, including: Smoked & Fried; Buffalo, made with Buffalo sauce married with our homemade Lil' Spicy barbecue sauce; Raspberry Chipotle, with a sweet and smoky flavor; and Chicken Dust, featuring a dry rub made in-house for all of our smoked chicken."

As an early summer special, Mielke has created "Wing Wednesday," a

chance for customers to sample the Smokehaus BBQ wings at a ridiculously low price, or, more appropriately... chickenfeed.

Smokehaus BBQ is a multi award-winning eatery located at 13 Main Street (Rt. 101) in Dublin. For more information about their offerings, they can be reached at 603-876-3320. Visit them online at [www.smokehausbbq.com](http://www.smokehausbbq.com).

## Keene SwampBats Kick Off Season

SWAMPBATS, Continued from page 8

The SwampBats are not only about entertainment and "the thrill of the game," they are also about community involvement. SwampBats' kids, interns, and volunteers recently celebrated by marching in the Keene Memorial Day Parade. Ribby – the SwampBats' mascot – works with schools to promote a Reading With Ribby program. (A parade will be held at the games on June 11th and 12th to celebrate those who completed the program.) Ribby can also be found at gatherings, events, festivals, or wherever he is needed.

And for those kids who would love to celebrate their birthday with their friends and Ribby at a game, check out [www.swampbats.pointstreaksites.com/view/swampbats/youth-programs/birthday-parties](http://www.swampbats.pointstreaksites.com/view/swampbats/youth-programs/birthday-parties) for more information on birthday parties.

"The SwampBats are proud to present a special night of family entertainment to our fans 22 nights this summer at an affordable price and surrounded by future major league players," Waterson closes.

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The potato beds were ready: composted, disced, and harrowed, thanks to our new team of horses, Willow and Fern, and to our old team of horses, Molly and Clyde, who accomplished the more precise bed- and furrow-making.

But where were the seed potatoes? We hadn't gotten an email or a call about the delivery.

"Did you order the potatoes?" I asked my fellow farmer worriedly.

"Yes," he answered. "I always do."

"But I don't see them on the order form." I was checking the computer.

"I'll find it," my fellow replied confidently.

A few minutes later, he said, "I can't find it either," much less confidently.

"This is bad," he went on. "I'll order more, fast. I hope there's some left." Already my fellow was filling out a new order form. "Or maybe I should call them?"

"Wait, wait," I said, trying to slow my speedy fellow down. "I'm going to call the farm where we pick them up first."

Happily, there were three bags of seed potatoes waiting for us at Walker Farm in Vermont. It turned out Fedco, the seed company, had our email address wrong, and Walker Farm would only call if weeks went by and we hadn't picked up our order.

We hurried over the next day, bringing our puppy along for our traditional picking-up-the-potatoes spring farmer date.

The puppy was amazed by:

1) the big red barn, full of many things with interesting smells, including the bags of potatoes;

2) the traffic, which was impressively loud and fast, especially the truck with jig brakes that thundered by;

3) the nice man who was so intent on checking our names off his list that he let out a surprised "Oh!" when he realized there was a puppy around his ankles. Then he offered to bring the farm's puppy out to play;

4) the farm's puppy, who was preceded by an adult Border Collie that came out of the farmhouse in its intense driven Border Collie way, which then stirred up the farm's puppy, who barked and barked. Our puppy whimpered, and tucked behind our legs. But pretty soon everyone settled down for friendly dog greetings.

At home again, the puppy took a nap, and the farmers hustled out to the potato field. We got two 200-foot beds planted before lunch. Then the puppy had lunch, a walk, and a play session, followed by the brand-new treat of a chicken thing-a-ma-jig to chew

on, which got us through two more beds. Then the puppy had another nap. Thank goodness puppies need a lot of sleep.

At about 5:30, we had just the last one of the six beds to go, and now I was whimpering, as my skimpy lunch of carrots and peanut butter had worn



off long ago.

"We could get a snack," suggested my fellow, "or even eat supper."

"No, no, we can't," I said, "The puppy's still asleep. We have to keep planting!"

We got the last bed in, in a burst of desperate energy. After our initial lack-of-seed-potatoes panic, I was more than pleased to have gotten them all planted in one day, a rare occurrence.

In fact, I was so pleased I said I was going to order a pizza.

"Yeah, right," said my fellow, knowing the frugal nature of the Budget Committee (i.e., me). In a few minutes he asked, "Who were you talking to on the phone?"

"I was ordering the pizza. Ready in 15 minutes. Better hurry!"

"What, what?" my fellow said. "I can't believe it!" He would have fallen right over, if he hadn't already been on the floor resting his potato-planting back while the puppy, refreshed from his nap, crawled over him.

Thus our puppy had another fun experience, as we brought along his supper dish to the pizza shop. We all had a picnic on the grass, and watched the traffic go by. (No jig brakes, but three motorcycles.)

Also, since we were celebrating, we dropped a tiny bit of cheese in the puppy's dish. The puppy was amazed.

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

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## Things To Do In The Monadnock Region

EVENTS, Continued from page 18

### Sunday, Jun. 2

#### RELIGIOUS

**Worship With Us** 10am. First Congregational Church of Swanzey, 679 Old Homestead Hwy. **603-352-6689**. [office@swanzeyucc.org](mailto:office@swanzeyucc.org). [www.swanzeyucc.org](http://www.swanzeyucc.org).

### Monday, Jun. 3

#### MISCELLANEOUS

**The Monadnock Food Co-op Community Book Club** 6-7:30pm. Monadnock Food Co-op, Patio - weather permitting. For June the group will read James: A Novel by Percival Everett. Megan Lafaso Hercher: [community@monadnockfood.coop](mailto:community@monadnockfood.coop).

**Blood Drive** 12-5pm. Best Western Plus, 401 Winchester St., Keene. **800-733-2767**. [www.RedCrossBlood.org](http://www.RedCrossBlood.org).

### Tuesday, Jun. 4

#### ARTS, MUSIC & THEATER

**Art Show Reception: Sharon Doubleday Patnode** 6pm. Conant Public Library, 111 Main St., Winchester. Patnode's artwork will be on display June 4th-22nd. Her work includes painting, clay sculpture, and jewelry pieces. Richmond Public Library: **603-239-6164**.

#### MISCELLANEOUS

**Blood Drive** 12-5pm. Best Western Plus, 401 Winchester St., Keene. **800-733-2767**. [www.RedCrossBlood.org](http://www.RedCrossBlood.org).

### Wednesday, Jun. 5

#### ARTS, MUSIC & THEATER

**Coffee with the Classics Book Club** 6pm. Conant Public Library, 111 Main St., Winchester. In June, The Hound of the Baskervilles, by Sir Arthur Conan Doyle, will be discussed, with multiple copies available at both the Richmond and Winchester Libraries. Richmond Public Library: **603-239-6164**.

#### FAIRS & SALES

**Senior Health Fair: Balance with Brian Stoning** 10am-2pm. Covenant Living of Keene, 100 Wyman Road, Keene. **603-352-3235**.

#### FAMILY FUN

**Storytime** 10-10:30am. Richmond Public Library. Wednesdays in June. Stories, songs, and an easy craft for toddlers and preschoolers. **603-239-6164**. [library@richmondnh.us](mailto:library@richmondnh.us).

#### MISCELLANEOUS

**Day Trips in Luxury Motorcoach** Adventure Limousine & Transportation. Sunapee MV Kearsarge Dinner Cruise. **603-357-2933**. [www.advlimo.com](http://www.advlimo.com).

**Richmond Reminisces** 11am. Richmond Public Library. These memories will be recorded for future generations to enjoy. **603-239-6164**. [library@richmondnh.us](mailto:library@richmondnh.us).

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## Container Gardening – Fresh Produce All Season Long

I have developed an enormous appreciation of having potted plants on my deck, right outside my kitchen door over the past few years, and I'd like to share some of the significant benefits of container gardening.

Container gardening is ideal for those with limited space, apartment dwellers, or homeowners with small, shady yards. By taking advantage of an open space on a sunny balcony, patio or deck, you can still enjoy an abundant harvest of herbs and vegetables. Put containers anywhere, on an outdoor windowsill, in a hanging basket, or on the deck or porch rail. Planting your herbs and vegetables in containers allows you to control their environment to a greater degree than plants in the ground.

Some plants, such as celery, benefit from partial shade during the day, and you can reposition the pots as needed.

pest infestations by being up close and personal to your plants, such as an aphid infestation before it gets out of hand.

The vegetables are lovely to look at in a variety of colorful pots on your deck especially if you add pollinator flowers in some of the pots, scattered among the vegetables like zinnia and echinacea.

Container gardening is so simple and satisfying. To reduce soil use in planters 15 inches or deeper add a layer of empty plastic nursery pots in the bottom. Most crops need no more than 12 inches of soil for roots.

Elevate pots on 'feet' to allow excess water to drain out. Direct the spotlight on one plant that you want to highlight. Taller plants like eggplant are a natural for this. Give supporting roles to a complementary cast of compact or trailing herbs.

And plant a few pots of tomatoes from sweet, juicy grape tomatoes, Roma tomatoes for sauce, to the large beefsteak kind, great on burgers or salads and for recipes for salsa. It's like having your own produce section right on your porch or deck to enjoy all season long. Bon Appetit!

*Thank you, Carol Rowe, for bringing it to my attention that the butterfly bush is an invasive and non-native plant. There are native plants like the Orange Butterfly Milkweed and Whorled Milkweed that attract butterflies and are proven to aid their survival better in the US than the invasive butterfly bush. Caterpillars can feed and grow as well as provide nectar for the adult butterflies on these plants in preference to the butterfly bush.*

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

### Woods and Gardens

with Rose Kowaliw



Others, such as tomatoes, need full sun at all times. During heavy periods of rain, it's easier to protect vegetables in pots from becoming waterlogged for days.

In fact, container gardening opens the door to people with a wide variety of disabilities, from back injuries to people using supportive devices to walk like canes and walkers, to those needing wheelchairs or scooters.

To help reduce reach and bending over challenges, I also recommend buying small plant stands to set some of your smaller pots on for peppers, green beans, and even eggplants. They come in a wide variety of sizes and styles.

Perhaps you can set up a potting bench of some sort, even if it means just using a small space on a table on your deck or in your garage.

It's easier to spot problems more quickly in a container garden to prevent

Why waste precious space when you can use unlimited vertical space? Add a trellis behind a long planter for pole beans on your deck and leave room in front for bushy and trailing vegetables and herbs. Pole beans like the violet

podded ones can dangle from vines and are easily harvested daily to keep production ongoing. To ensure they retain their vibrant color, soak them in lemon juice and just give them a quick steam, or eat them raw in salads.

Plant oregano in the foreground and trim the trailing stems to encourage fresh growth. Lemon thyme is another trailing herb that can spill over the edge of the planter. You can substitute these leaves in recipes that call for lemon zest.

Scented geraniums like peppermint will trail down your planter, too, and pineapple mint cascades over the edge of anything it's planted in.

Kale's puckered blue-green leaves add texture and contrast. They are best eaten when the leaves are eight to ten inches long. Try planting your favorite lettuce, too: crisphead or iceberg, Boston or Bibb lettuce to name a few for crisp salads on a hot summer day.

## Funny Money Performances In Marlborough

FARCE, Continued from page 1

His wife, who is happy with their mundane middle class life, decides that this is too much for her and that this is the perfect opportunity to take up drinking as a hobby. Before long, a police officer shows up, and another police officer shows up, and the cab that's supposed to drive them to the airport shows up, and a couple that was invited to dinner arrives. Everything gets ever more twisted as people try to keep their stories straight about who knows which fake identity, all while trying to avoid getting caught by the police – and the person looking for their

briefcase full of cash!

The cast includes Sherri Hudson, James Duffy, Ivy Love, Robert Wellington, Lori Goldring, Grant Love, Jennifer Zakrzewski, and Samule Tuttle.

Showtimes are June 8th, 13th, 14th, and 15th at 7:30 p.m. and June 9th and 16th at 2 p.m.

Tickets are \$18 general admission, or \$15 for senior (62+)/students. For ticket reservations, call: 603-876-6131, email: tickets@branchrivertheatre.org, or Paypal: <http://www.branchrivertheatre.org/tickets.html>.

## Federated Church Of Marlborough Welcomes Mark Polifrone As Music Director



Mark Polifrone

Mark Polifrone joined the Federated Church of Marlborough as Music Director. He will direct the church's choir, coordinate and manage all weekly music selections, and help in organizing any additional music needs.

Polifrone has been teaching music in public schools for more than 40 years. He studied organ with Bruce Porter and Beverly Caldon at the UCC on Keene. He is also a private piano, organ, and bagpipe instructor.

"We welcome Mark to our congregation and are so glad he will be sharing his extensive musical talents with us," said Marge Shepardson, church moderator.

Polifrone has lived in Marlborough for more than 30 years.



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# ENTERTAINMENT

and DINING

## Electric Earth Concerts' "To A Child Dancing"



Harpist Tomina Parvanova Lyden

On Saturday, June 8th at 7 p.m. at the First Church in Jaffrey, Electric Earth Concerts will present a moving concert featuring composers from three different musical realms: Finnish, English, and German. Artistic directors Laura Gilbert and Jonathan Bagg join soprano Rebecca Farley and harpist Tomina Parvanova Lyden.

The program features John Tavener: To a Child Dancing in the Wind (poetry of W.B. Yeats), Harald Genzmer: Trio for flute, harp, and viola, and Kaija Saariaho: New Gates.

Bulgarian harpist Parvanova Lyden is one of the most sought-after musicians in the New York metropolitan area. As a soloist, she has performed with New York Repertory Orchestra, Pazardzhik Symphony Orchestra (Bulgaria) and the Boston Conservatory Wind Ensemble. She was a harp fellow at the Tanglewood Music Center where she performed under the baton of world-renowned conductors including Jaap van Zweden, Kurt Masur, Rafael Frühbeck de Burgos, and worked closely with Pulitzer Prize-winning composer Charles Wourinen. Lyden has won multiple awards. To hear her

play, go to <https://www.tominaparvanova.com/watch>.

Farley, American soprano, has been praised for her poise and her flexible soprano. Upon earning a master's degree from The Juilliard School, Farley began coming into her own as a full lyric soprano. In January of 2018, she performed scenes from Mozart's three Da Ponte operas with the Buffalo Philharmonic Orchestra, taking on Countess Almaviva (Le Nozze di Figaro), Fiordiligi (Cosi fan tutte), and Donna Anna (Don Giovanni) all in one night. Later that year she made her west coast debut as Countess at the Granada Theatre in Santa Barbara conducted by James Conlon. Last season, Farley premiered her first full Fiordiligi in her debut with the Lyric Opera of Kansas City conducted by one of our foremost Mozart scholars, Jane Glover. To hear her, go to: <https://www.rebeccafarley.com/>.

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

## Dance/Potluck Supper Features "Champagne Jam" This Saturday

Monadnock Tri-State Dance Club will hold a dance and potluck supper on Saturday, June 1st at ELMEM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Champagne Jam. The potluck will start at 5:30 p.m. and the dance will run from 7 to 10:30 p.m. There will be free refreshments, a 50/50 raffle, and all are welcome.

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

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 Mini Palma Tryouts **Sunday, June 2**  
 Practical Comp. Shooting **Saturday, June 15**  
 Sniper Match 600/300 **Sunday, June 23**  
 Steel Challenge Match **Saturday, June 29**  
 USCCA Introduction To Handguns And Firearms Safety **Saturday, June 29**  
 Aim 4 NH **Sunday, June 30**

For more details about any of these events, check out the calendar at [www.ccsfef.org](http://www.ccsfef.org)  
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Dance/Potluck Supper (5:30) with "Champagne Jam" June 1st, 7-10:30 pm  
 @Monadnock Tri-State Dance Club  
 ELMM Hall, Durkee St., Winchester  
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 All ages welcome, Info: Rich 603-398-8539

Cheshire Village at Home Social/Talk  
 ALAN RUMRILL: "Cheshire County Then and Now"  
 Keene Senior Center  
 June 6th at 1PM  
 603-903-9680 for info

## 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](http://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](mailto:robinsonjoann07@gmail.com).

## Thursday, May 30

### MISCELLANEOUS

**Day Trips in Luxury Motorcoach** Adventure Limousine & Transportation. LaBelle Winery/Mall of NH or Filimoto. **603-357-2933**. [www.advlimo.com](http://www.advlimo.com).  
**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](mailto:cheri.domina@gmail.com).

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## 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](http://www.thecolonial.org).  
**Walt Whitman's 205th Birthday Celebration** 7pm. Hancock Town Library, 25 Main St.,

Hancock. Readers present Whitman's powerful Song of Myself -- I celebrate myself, and sing myself. The four readers -- Jane Eklund, Henry Walters, Sy Montgomery, and Howard Mansfield -- are joined by Steve Schuch playing violin and guitar.

**Everybody's Talking About Jamie** 7:00PM. Colonial Theatre, Main St. Award nominated film to kickoff International Pride Month! Doors open at 6:15PM. [www.thecolonial.org](http://www.thecolonial.org).

## Saturday, Jun. 1

### ARTS, MUSIC & THEATER

**5th Annual Owl Artists Fly Home: Exhibit Opening** 3-4:30pm. Thorne-Sagendorph Art Gallery, Keene State College. KSC Alumni artists reunite to exhibit during Alumni Reunion. The gallery will be open June 3rd - 8th from 11am - 2pm.

**Monadnock Tri-State Dance/Potluck Supper** 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Supper 5:30. Live music by "Champaign Jam". Everyone welcome. \$10 Members/\$12 Nonmembers. Rich: **603-398-8539**.

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

### DINING PLEASURES

**Buffet Bean Supper** 5-6:30pm. The United Church of Winchester, 99 Main St. Two kinds of beans, hot dogs, coleslaw, potato salad, dinner rolls, and choice of homemade pie. Tickets are \$12 adults, \$6 children under 12. To preorder take home meals call before 3pm. **603-239-4465**.

### FAIRS & SALES

**Hinsdale Farmers Market** 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park.

**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](mailto:winchesterfarmersmarket@gmail.com).

### FAMILY FUN

**Toddlerfest** 9am-12pm. Rise for baby and family, 147 Washington St., Keene. Games, music, snacks, petting zoo, and fire truck visit. Rain or shine. **603-357-1395**. [www.riseforbabyandfamily.org](http://www.riseforbabyandfamily.org).

### MISCELLANEOUS

**Afternoon Retreat: Josephine Russell** 1:30-4pm. Elm Farm, 149 Hurricane Road, Keene. Walking meditation, mindful eating and yoga. Bring appropriate clothing, footwear, a yoga mat, water, sunscreen, and bug spray as needed. Fundraiser for Cooper's Crossroad. \$50. Register [www.cooperscrossroad.com](http://www.cooperscrossroad.com).

**Drop-in Knitting Circle** 10am-12pm. Richmond Public Library. Drop-in group for handcrafts of all abilities. Richmond Public Library: **603-239-6164**.

## Sunday, Jun. 2

### FAIRS & SALES

**Used Book Sale** 11am-3pm. Richmond Community United Methodist Church, 11 Fitzwilliam Rd., Richmond. Pam: **603-239-4790**.

### MISCELLANEOUS

**Day Trips in Luxury Motorcoach** Adventure Limousine & Transportation. Newport Mansions. **603-357-2933**. [www.advlimo.com](http://www.advlimo.com).

**Free Book Discussion: Adoptee Counselor Abby Jacobson** 3:30pm. ByWay Books, 399 Canal St., Brattleboro, VT. Rebecca Wellington's, Who Is a Worthy Mother?: An Intimate History of Adoption, will be the book discussed. Reserve a seat for this event at [www.abbyjacobson.com](http://www.abbyjacobson.com).

**Shubalananda Friends & Family Kirtan Band** 4:30-6pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Ecstatic chanting. By donation. Suggested donation is \$20. **603-762-3129**. [www.vagaro.com/alohakeene](http://www.vagaro.com/alohakeene).

**Vow Renewal Ceremony** 10am. Cathedral of the Pines in Rindge. Patricia Trow Parent, officiating. Donations appreciated. To make a reservation call **603-899-3300**.

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<p><b>29</b> <b>VOTED #1 APPLIANCE SALES &amp; SERVICE STORE</b> KORVIN APPLIANCE 65 ROXBURY ST., KEENE 603-352-3547</p>	<p><b>8</b> <b>VOTED BEST FINANCIAL PLANNER</b> NH TRUST/SAVINGS BANK OF WALPOLE 84 MARLBOROUGH ST., KEENE 603-352-1822, 603-352-1694, 603-756-4771 • WALPOLEBANK.COM</p>
<p><b>26</b> <b>VOTED BEST ITALIAN RESTAURANT</b> PAPAGALLOS RESTAURANT 9 MONADNOCK HWY., KEENE 603-352-9400</p>	<p><b>7</b> <b>VOTED BEST DENTAL CARE FACILITY</b> WELNAK DENTAL 19 ELM ST., #2 &amp; 681 COURT ST., KEENE 603-352-0118 • 603-352-0321</p>
<p><b>25</b> <b>VOTED FAVORITE CASUAL RESTAURANT</b> PAPAGALLOS RESTAURANT 9 MONADNOCK HWY., KEENE 603-352-9400</p>	<p><b>6</b> <b>VOTED BEST CHIROPRACTOR</b> CHESHIRE WELLNESS CENTER 103 ROXBURY ST., KEENE 603-357-5700</p>
<p><b>13</b> <b>VOTED BEST BANQUET/FUNCTION FACILITY</b> PAPAGALLOS RESTAURANT 9 MONADNOCK HWY., KEENE 603-352-9400</p>	<p><b>5</b> <b>VOTED BEST PET GROOMER</b> WICKED WAGS MOBILE PET GROOMING SERVING GREATER KEENE AREA 603-593-9371</p>
<p><b>6</b> <b>VOTED BEST WAITSTAFF</b> PAPAGALLOS RESTAURANT 9 MONADNOCK HWY., KEENE 603-352-9400</p>	<p><b>4</b> <b>VOTED BEST HAIR SALON</b> THE HAIRSPA OF KEENE 250 MARLBORO ST., KEENE 603-354-3628</p>
<p><b>2</b> <b>VOTED #1 IN DINING EXCELLENCE</b> PAPAGALLOS RESTAURANT 9 MONADNOCK HWY., KEENE 603-352-9400</p>	<p><b>4</b> <b>VOTED BEST ROOFING CONTRACTOR</b> A. L. JOHNSON &amp; SONS ROOFING, LLC. SERVING GREATER KEENE AREA 603-242-3846</p>
<p><b>23</b> <b>VOTED BEST VETERINARY HOSPITAL</b> CHESHIRE ANIMAL HOSPITAL 505 WINCHESTER ST., KEENE 603-352-8585</p>	<p><b>3</b> <b>VOTED BEST FUEL OIL SERVICE COMPANY</b> BOB'S FUEL COMPANY, LLC. 21 WARWICK RD., WINCHESTER 603-239-6721</p>
<p><b>20</b> <b>VOTED BEST NAIL SALON</b> CALIFORNIA NAILS 149 EMERALD ST., KEENE 603-357-6921</p>	<p><b>3</b> <b>VOTED BEST CARPET/FLOORING PROS</b> MARTIN AND SONS FLOORING 21 OLD KEENE RD., GILSUM 603-499-2078</p>
<p><b>17</b> <b>VOTED BEST ATTORNEY</b> CHARLES DONAHUE 143 WEST ST., KEENE 603-357-2363</p>	<p><b>2</b> <b>VOTED BEST SEPTIC SERVICE</b> STONES' SEPTIC SERVICE SERVING GREATER KEENE AREA 603-354-3391</p>
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<p><b>15</b> <b>VOTED BEST COMMUNITY BANK</b> SAVINGS BANK OF WALPOLE BRANCHES IN KEENE &amp; WALPOLE 603-352-1822, 603-352-1694, 603-756-4771 • WALPOLEBANK.COM</p>	<p><b>1</b> <b>VOTED BEST NEW BUSINESS</b> CHOLLY &amp; WALDO'S 39 CENTRAL SQ., KEENE 603-313-4867</p>
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## All You Can Eat Buffet

### Bean Supper

The United Church of Winchester at 99 Main Street will host an all-you-can-eat buffet Bean Supper on Saturday, June 1st from 5 to 6:30 p.m. in the Fellowship Hall.

The menu includes hot dogs, two kinds of baked beans, coleslaw, potato salad, dinner rolls, and homemade pie. Tickets are \$12 for adults and \$6 for children under 12. To order take-home meals call 603-239-4465 before 3 p.m.

## Serve New England Desserts With Pride

In the category of New England desserts this week, I'll include old and new recipes for pies, cakes, and puddings served at the end of a meal or for an afternoon snack with tea or coffee. Traditionally New England desserts have embraced seasonal favorites made with local ingredients such as cream, milk, and eggs, flour or leftover bread, and whatever fruits and berries might be available – often served warm from the oven or sometimes cold, and with a pitcher of heavy cream. Perhaps your family favorites were learned at the hand of a grandmother, mother or aunt, or from a good friend or cheerful neighbor. Whatever your favorite desserts, serve them homemade and often with pride and celebration.

### Etched-in-Stone Peach Cobbler

Believe it or not, this recipe for "Peach Cobbler" can be found on the gravestone of O'Neal Bogan "Peony" Watson, in New Ebenezer Cemetery in Castor, Louisiana. O'Neal's son loves this family recipe so much that he had it inscribed on his mother's grave after she died in 2005. While not a New England recipe, it's easily made when fresh peaches are in season; or use frozen or canned peaches, well-drained. Lovely served warm with some fresh vanilla ice cream.



A recipe for Peach Cobbler can be found on the gravestone of O'Neal Bogan "Peony" Watson.

Recipe: (as it is printed on gravestone)

- 1 cup flour
- 2 teaspoons baking powder
- 2/3 cup sugar
- 1/2 cup butter
- 1/4 teaspoon salt
- ripe peaches

Mix dry ingredients. Add 3/4 cup milk. Put fruit in pan. Pour on topping. Bake at 350 degrees until done.

*Notes for clarification: I combined all the dry ingredients in a bowl, then cut in the 1/2 cup butter until crumbly, and then mixed in the milk to make the topping. I covered the bottom of a 9x9-inch lightly buttered pan with cut up peaches (approximately one and a half cups), then poured the topping evenly over the peaches (topping is runny, not stiff). I baked it about 30 to 35 minutes until done.*

### Chocolate Crater Cake

This is a perfect cake for cookouts, picnics, and parties. It's easy to prepare (despite the long list of ingredients) and doesn't require a frosting, so it packs easily.

#### Ingredients:

#### Crater Filling:

- 3 tablespoons butter
- 3 tablespoons cocoa
- 2/3 cup powdered sugar
- 1 tablespoon milk
- 1/4 teaspoon vanilla

In small saucepan over low heat, melt butter. Add cocoa, stirring constantly until blended and smooth. In small mixing bowl, combine powdered sugar, milk and vanilla. Add the cocoa mixture; beat on high speed with electric mixer two minutes.

Cake: (12-15 servings)

#### one recipe Crater Filling

- 1 3/4 cups flour
- 1 1/2 cups sugar
- 2/3 cup cocoa
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 1/2 cups (12 oz.) dairy sour cream
- 1/2 cup (1 stick) butter, softened
- 2 large eggs
- 1 teaspoon vanilla
- 1/2 cup chopped nuts
- powdered sugar, optional for dusting top

Heat oven to 350 degrees. Grease and flour a 13x9x2-inch baking pan. Prepare crater filling and set aside. In large mixing bowl, stir together flour, sugar, cocoa, baking soda and salt. Add sour cream, butter, eggs and vanilla; blend on low speed and then beat on medium speed of electric mixer three minutes. Pour batter into prepared pan. Place one-half teaspoonfuls crater filling one-inch apart over top of batter. With fork, marble filling lightly over top. Sprinkle nuts over top. Bake in 350 degree oven for 35 to 40 minutes, until it tests done with toothpick in cake portion near the center. Cool completely in pan on wire rack. Sprinkle powdered sugar over top if desired.

### Mom's Apple Crisp

Everyone loved my mom's Apple Crisp and my recipe is so stained from use it's barely legible. This dessert is easy to make and nice topped with whipped cream

#### Ingredients:

- 1 quart sliced apples (any kind or mixture)
- 1/4 teaspoon salt
- 3/4 cup flour
- 1 cup sugar (half maple sugar is nice if available; otherwise use all granulated sugar)
- 1/2 cup butter
- 1 teaspoon cinnamon

Place sliced apples in a buttered baking dish and sprinkle with salt. In a bowl, work together the flour, sugar, butter and cinnamon until crumbly. Spread flour mixture over apples and bake, uncovered, in preheated 375 degree oven for 40 to 45 minutes.

*Nancy Adams is a native of Peterborough and resides in Hancock. 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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**Cooking Corner**  
 with Nancy Adams



### Blueberry 'Cream' Pie

This is not a 'cream' pie in the traditional sense. Instead, a flour-thickened cream is poured over the open-faced pie during the last 15 minutes of baking to meld with the berries. Use your own crushed cookie recipe for the pastry or a regular nine-inch pie crust.

#### Ingredients:

- 1 nine-inch pastry shell or crushed cookie crust
- 6 tablespoons sugar, divided
- 1 quart blueberries
- 1 cup heavy cream
- 3 tablespoons flour

Roll out or prepare the crust for the nine-inch pie dish. Sprinkle two tablespoons of the sugar on the bottom, then scatter the berries over, and sprinkle with another one tablespoon sugar. Bake in preheated 425 degree oven for 12 minutes. Whisk the cream, flour and remaining sugar together, then pour over the berries. Lower the oven heat to 375 degrees and continue baking about 15 minutes until the cream is bubbly. If crust seems to be browning too much, drape foil over the edges. Remove from the oven, let pie settle and cool a bit on a rack before serving warm, with ice cream if desired.

**HINSDALE FARMERS MARKET**  
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# Cultivating Flexibility

One of the great gifts of developing a mindfulness practice is the ability to face life with more flexibility. With practice, we can begin to listen to that small whisper that hints... maybe I can change, maybe I can soften and discover some part of my understanding I didn't know was there before.

Through meditation the warm, emotional intelligence we all have inside us can open up and become accessible. As the disturbing crises of adult life (cancer, diminished mobility, loss, isolation, change in status) come up, we often feel separated from that essence. Mindfulness affirms that presence within and retains faith that it is always possible to return to our essential basic goodness.

In times of crisis, the easiest thing to do is to cling to whatever we have used in the past to set things right. We tend to retract and stand our ground, relying on rigid learned habits of behavior. Those habits may or may not be helpful, but they are familiar. To admit that our understanding may be inadequate is to feel like the rug has been pulled out from under us. If anyone contradicts our understanding, we may feel misunderstood and lash out. Or our habit might be to cave inward and end up feeling isolated. The physical tension felt in these times can become intensely uncomfortable. And yet, we tend to double down and ignore what that tension is saying about how workable our old habits might be. In our fear and confusion, we can become adamant about what is going on and what has to be done.



**Healing Perspectives**  
with Ginnie Gavrin

As meditation teacher Ram Dass notes, "If you want to be free more than you want to be right, you have to let go of righteousness, of being right. There's no rush. Go on being right just as long as you can. You'll see that being right is actually a tight little box that is very constraining and not much fun to live in. Righteousness cuts you off from the flow of things."

Ram Dass has had a unique experience with confronting old habits and needing to find a new flexibility in life. For decades he was a much loved teacher. Crowds flocked to hear him. After a stroke left him partially paralyzed and struggling to speak, he wrote about how his meditation practice helped him reach deep inside to find a new way of relating to his students and his teaching.

We live in an age when belief systems can turn families and friends against each other. Ram Dass goes on to say, "Just allowing your humanity and that of others to be as it is, is the beginning of compassion. We are in a human incarnation. We can't walk

away." Mindfulness practice asks us to tune into the present moment and to experience how dissension actually feels. Can you breathe? Is your righteous attitude canceling out the humanity of the person in front of you – even if it is someone who has always been dear to you in the past? By taking a breath and stepping back to be quiet for a few minutes, the true nature of inflexible beliefs can begin to be felt.

Cultivating flexibility allows us to see that it is possible to disagree and still be kind. Further, if we don't have to be right all the time, we can acknowledge when we have hurt someone with our words or deeds. We can make amends which frees the heart from having to defend cruelty, whether deliberate or inadvertent. Meditation teacher Pema Chodron says, "When we do

something we wish we hadn't, we don't remain oblivious; we acknowledge it. Instead of condemning ourselves, we can connect with the openhearted tenderness of regret. Thus the habits of self-deception and guilt have a chance to wither away."

Regular meditation practice accepts the present moment as a guide to sense which old habits can softly be let go and which new habits can be nurtured.

*Ginnie Goulet Gavrin has been practicing meditation for 30 years. Currently, she teaches meditation and writing workshops at the Monadnock Mindfulness Practice Center where she is a facilitator and member of the board. Ginnie worked as a massage therapist for over 25 years before retiring.*

## Covenant Living Of Keene Is Offering Free Senior Health Fairs

Local area older adults have an opportunity to get basic health questions answered as well as have some assessment tests completed at Covenant Living of Keene's Senior Health Fair on Wednesday, June 5th.

The senior living community will have guest speakers and offer older adults check-ups on vital signs, blood pressure screenings, mini cognitive evaluations as well as information on stroke prevention, diabetes, nutrition, and more.

The senior health fair will be held from 10 a.m. to 2 p.m. Susan R. Abert, Esq., CELA, will offer a presentation on wills vs. trusts at 10:30 a.m. At 1 p.m., Jason Blanchette, director of Assisted Living, will offer a presentation on "What is Assisted Living?"

"We know that health education and preventive care are both important aspects of our well being for now and into the future," said Gregg Burdett, executive director at Covenant Living of Keene. "By offering this series of health fairs, it gives older adults in the area an opportunity to stay on top of the latest health information and the best news – it's all free."

Covenant Living of Keene, located at 100 Wyman Road, is a Continuing Care Retirement Community which offers older adults independent living, assisted living, memory care, and long-term care and outpatient therapies. For more details, call 603-352-3235.

## Trauma Tips

**So, the greatest attributes we can bring to our interior journey of healing are self-knowledge and humility.**

*Feel yourself relaxing into the breath.*

*Open your heart and soul. Ask for something of yourself to be revealed.*

*Embrace your awareness. Enjoy the summer.*

Please Call Richard at **603-400-8840** for more information on this practice.

**Richard C. Donovan**

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**For more information,**  
**call 603-352-4447**

## REQUEST FOR PROPOSAL TOWN OF HINSDALE, NH

The Town of Hinsdale, New Hampshire is soliciting proposals from qualified contractors to demolish buildings located at 54 Canal Street, old McGoldrick site. Demolition works shall wear protective equipment when on site due to dermal contact with the soils.

### CONTACT INFORMATION

All questions and inquiries regarding this RFP should be directed in writing to:

Kathryn Lynch, Town Administrator  
 P.O. Box 13, 11 Main St.  
 Hinsdale, NH 03451  
 Email: [townadmin@hinsdalenh.org](mailto:townadmin@hinsdalenh.org)  
 Phone: 603-336-5710, ext. 11  
 Fax: 603-336-5711

### PROPOSAL DEADLINE

Proposals shall be mailed or delivered to the Hinsdale Town Hall so that it is received no later than 3:00 p.m., Monday, July 1, 2024.

Proposal shall be submitted in a sealed envelope, addressed to the Hinsdale Town Hall at the above address, bearing the name of the proposer on the outside, and clearly captioned "Proposal for 54 Canal Street".

*The Town of Hinsdale reserves the right to accept or reject all proposals without further discussion of the proposals submitted.*

For more information regarding the scope of services, proposal requirements, and the award/decision guidelines, visit:  
<https://www.town.hinsdale.nh.us/>

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 **TOWN OF HINSDALE**  
**Wastewater Treatment Plant Assistant Operator**

The Town of Hinsdale seeks a Wastewater Treatment Plant Assistant Operator. The operator will be responsible to include the day-to-day operation of the Treatment Plant under the direct supervision of the Wastewater Treatment Plant Superintendent. The ability to obtain a NH Grade II Wastewater license. Some technical or mechanical work experience (preferred).

Starting salary range is \$21.00–28.35 based on experience and offers an excellent benefit package. Wastewater Treatment Plant Assistant Operator will work Monday–Friday, 40 hours weekly. Submit resume with a minimum of 3 letters of reference to Kathryn Lynch, Town Administrator, Town of Hinsdale, PO Box 13, 11 Main Street, Hinsdale, NH 03451. Resumes can be dropped off at Selectmen's Office at the Town Hall. Deadline: Until position is filled. EOE. [townadmin@hinsdalenh.org](mailto:townadmin@hinsdalenh.org)

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 Or email [rob@mworksource.org](mailto:rob@mworksource.org)

 **TOWN OF HINSDALE**  
**Program and Welfare Director**

The Town of Hinsdale seeks a Program and Welfare Director. The worker's responsibilities to include the day-to-day development, implementation, and administration of programs on a town-wide basis. Directly responsible for the supervision of programs both athletic and general at the Summer Camp; Municipal Pool; Heritage Park & Prentiss Taylor Field; and the Community Center. Oversees the day-to-day activities of the Welfare Office.

*Starting salary range is \$21.00 to \$25.00 based on experience and offers an excellent benefit package. Program and Welfare Director will work Monday – Friday and some weekends, 36 hours weekly. Submit resume with a minimum of 3 letters of reference to Kathryn Lynch, Town Administrator, Town of Hinsdale, PO Box 13, 11 Main Street, Hinsdale, NH 03451. Resumes can be dropped off at Selectmen's Office at the Town Hall. Deadline: Until position is filled. EOE. [townadmin@hinsdalenh.org](mailto:townadmin@hinsdalenh.org)*

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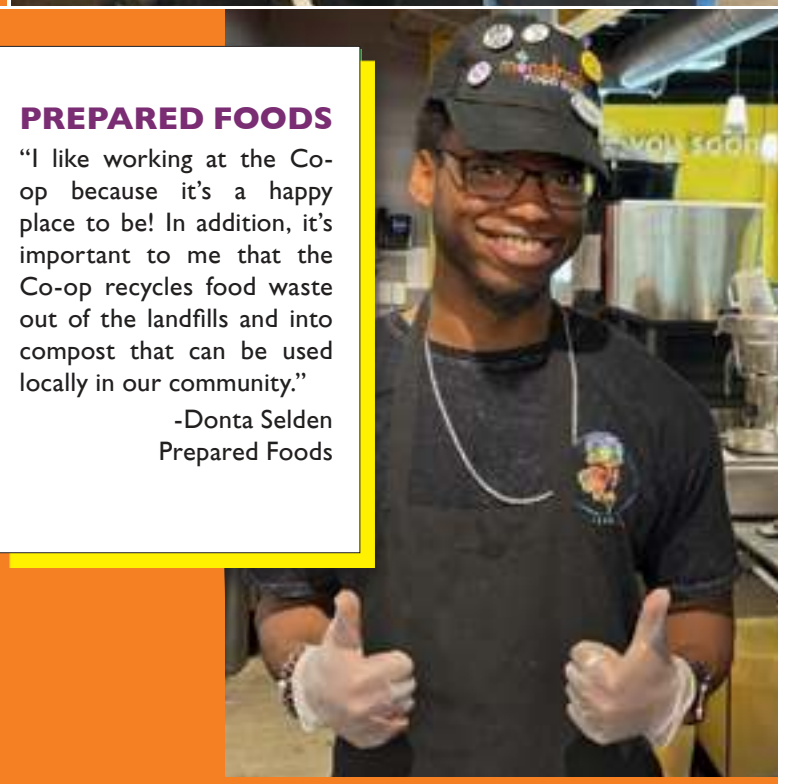
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 - Tim Sanderson, Kitchen Supervisor



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 -Donta Selden  
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