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## The Colonial Announces 2024-2025 Season Incredible Names, Great Shows Coming To The Region



Veteran comedian Lewis Black's farewell tour September 20th at The Colonial.

The Colonial Performing Arts Center, one of the Northeast's premier non-profit performing arts centers and a leader in both arts education and community outreach, recently announced the 2024-2025 season of its organization's historic main stage. The Colonial Theatre at 95 Main Street in downtown Keene celebrated its 100th birthday in January and will be offering special anniversary events all season.

With its calling to bring the cultural and creative spirit of the community to life, The Colonial will kick off the season with a wide array of popular musical entertainment to include:

Croce Plays Croce with A. J. Croce paying homage to his legendary father, Jim Croce (9/13); multi-

platinum singer/songwriter Andy Grammer (9/15); Grammy-winning country music chart-topper Josh Turner (9/29); extraordinary music ensemble Zach Nugent's Dead Set (10/11); the return of quintessential Led Zeppelin tribute band, Get The Led Out (11/1); and the sublimely creative Pink Talking Fish (11/23).

The Colonial will host performances that celebrate jazz, folk, and singer-songwriters as well, with the inspired poetry and guitar playing of Bruce Cockburn (11/2); Peter Yarrow and Noel Paul Stookey of Peter, Paul and Mary (11/15); Scott Bradlee's Postmodern Jukebox, bringing the classic stylings and sounds of jazz and Motown to mainstream music (12/13); and Canada's reigning couple of Celtic music, Natalie MacMaster and Donnell Leahy (3/14).

And paying tribute to some of the greatest musical acts of all time this season will be Classic Albums Live performing the entire album *The Beatles – Abbey Road* (10/5); the #1 Neil Diamond performer, Jay White, starring in *The Sweet Caroline Tour* (10/26); *Evil Woman*, the American ELO with their multimedia concert celebration (4/4); and longtime favorite, the world-renowned *One Night Of Queen* (4/17).

Family entertainment abounds in the 2024-2025 season including the world's most talented four-legged performers in an uproariously funny comedy dog spectacular, *Mutts Gone Nuts* (11/17); the world-renowned New York Theatre Ballet, presenting a kid-friendly version of the classic holiday favorite *The Nutcracker* (12/7); and the spectacular puppets and fantastical wonder of *Dragons and Beasts* from the creators of the smash hit *Dinosaur World Live* (4/5).

THE COLONIAL, page 20

## The Insurance Source Celebrates 40 Years Serving The Community

### Trusted Advice And Insurance Solutions To Protect What Matters Most



Ready to meet the insurance needs of the community are (L to R): Reed Graves, Ryan Barcome, Cheryl Belair, Pam Lynch, and Lori Bourassa of The Insurance Source in Keene.

By Lori Catozzi Cook

In life, we need financial safety nets – insurance to help when something unexpected happens. Insurance covers accidental expenses and your most valuable assets. It isn't a luxury; insurance is a necessity. But nobody wants to pay for extra features that they don't need. So, finding an insurance agency that helps its clients find the right coverage for their needs at an affordable price is important.

The Insurance Source, Inc. has been finding insurance solutions to protect people from what matters most for 40 years. This full-service independent agency located at 82 Court Street in Keene serves the Monadnock Region with a variety of personal and business insurance needs.

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INSURANCE SOURCE, page 8

## Local Food And Drink Featured At Rise Fundraiser

Rise for baby and family will be holding its annual Tastes of the Season event on Wednesday, June 19th from 6 to 8 p.m. at the Keene Country Club at 755 West Hill Road.

Guests will sample beer, wine, spirits, and fine food from local producers and distributors, including: 21 Bar & Grill, Amoskeag Beverages LLC, Bellavance Beverage Co., Boston Beer Company, CC&D's Kitchen Market, Centeur Imports, Copper Cannon Distillery, Fireworks Restaurant & Mobile Bar, Granita Enoteca, Granite Roots Brewing, the Keene Country Club, Keene on Cookies, The Long

Drink, Martignetti Companies, Modestman Brewing, Monadnock Food Co-op, Mummas Cakes & Confections, Muse Bistro, Northeast Wine Company, Pine State Beverage New Hampshire, The Summit Winery, Two Fruits and a Nut Farm Winery, Vermont Distillers, Inc., West LA Beer Company, Woodchuck Cider, and Woodstock Inn and Brewery.

This event includes live music and a series of raffles. This event is a benefit for the local non-profit Rise for baby and family. For more details about this event or to purchase tickets, call 603-357-1395 or visit [www.riseforbabyandfamily.org](http://www.riseforbabyandfamily.org).

## Monadnock Food Co-op In Keene Launched Round It Up Donation Drive For The Daily Good

The Monadnock Food Co-op at 34 Cypress Street in Keene launched a month-long Round It Up Donation Drive to benefit The Daily Good. This program empowers shoppers to positively impact their community by rounding up their change to support local non-profits and initiatives that align with the co-op's mission.

“The Daily Good has four primary objectives: to

bring change and connect community in the Keene region by promoting diversity and inclusion, food security, health and well-being, and literacy; [www.dailygoodnh.org](http://www.dailygoodnh.org).

As an all-volunteer non-profit, we connect directly with the people we serve,” says Rich Wallace, The Daily Good co-founder. “Every cent we raise goes to support our programs.”

## City Of Keene To Celebrate Juneteenth With Series Of Events June 13th To 19th

This year, in commemoration of Juneteenth, the City of Keene, Keene Family YMCA, and W.S. Badger Company have organized a series of events from Thursday, June 13th through Wednesday, June 19th.

To kick off the weekend-long celebration the Keene Family YMCA will be opening their Freedom Journey Trail,

an interpretive trail on the YMCA grounds that takes visitors on a historical journey through the Black American experience. The trail at the Y will be open beginning on Thursday, June 13th and will remain open through Sunday, June 23rd.

JUNETEENTH, page 20

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## PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

### Maizy



Hello, I'm Maizy!  
I'm a bundle of joy with boundless energy and an insatiable zest for life. If you're looking for an adventurous spirit to join you on hikes, runs, and outdoor escapades, I'm your girl!  
My journey to this shelter began when I was found as a stray and transferred here from another shelter. Even though I faced a lot of uncertainties, I've proven to be resilient and adaptable. Now, I'm eagerly waiting for the opportunity to find my forever home where I can truly thrive. While my exuberance is infectious, I do have some OCD behavior that the wonderful staff here is currently helping me manage with treatment. So, I'll need a family that's ready to provide me with the support and structure I need. I also have herding tendencies, which means I'd do best in a home with older children who understand and respect my instincts. Oh, and I'm not a fan of cats, but with proper introductions, I might be able to live harmoniously with another dog.  
I absolutely love exploring the great outdoors and soaking up all the sights and smells of nature. I'm a true adventurer at heart and would thrive in a home with a yard where I can run and play to my heart's content. I'm searching for an active and experienced family who can keep up with my energy and provide me with plenty of mental and physical stimulation. My perfect adopter would be committed to continuing my training and providing me with a structured environment. I dream of a forever home filled with love, patience, and plenty of opportunities for outdoor fun. If you think we'd be a great match, I can't wait to meet you and start our adventures together! Call Monadnock Humane Society at 603-354-4004 to schedule a meet or come down and learn more about Maizy during open hours: Thursdays through Sundays 11 a.m. to 3 p.m.

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## Chesco Yard Sale Friday, June 14th On Gilbo Avenue In Keene

Chesco, Inc. will be holding a Yard Sale to raise funds for community activities on Friday, June 14th at 145 Gilbo Avenue in Keene from 8 a.m. to 4 p.m.

This locally based non-profit agency helps people of all ages to live and work successfully in their community. All services are creatively developed to respond to the specific needs, requests, and dreams of the individual served.

In the decades of service, Chesco has assisted individuals in a wide

range of ways, all of which are needed to fully participate in community and home life. These include finding and keeping a job, developing and expanding relationships, making choices and advocating for yourself, using community services, learning new skills, home management, personal care, transportation to and from appointments, and whatever other creative supports that are needed to help individuals reach their goals and dreams.

## Ceremonial Gathering And Forest Project Day At Gemmo Forest

Celebrate the Summer Solstice with a Ceremonial Gathering and Forest Project Day at Gemmo Forest 136 Hurricane Road in Keene on Saturday, June 22nd from 9 a.m. to 2 p.m. This is free and open to the public.

This unique event invites the community to welcome the expansive season of summer and to discover the wonders of the 12.5-acre Gemmo Forest.

After a Welcome Summer Solstice Ceremony participants can join one or more of the five planned activities tailored for varied abilities, including creating chop-and-drop mulch, preparing a Hugelkultur bed for the Tea Garden, tending a guild, assisting with barn repairs, and building a Bugg Hugg.

From noon to 1 p.m. there will be

a lunch break at the "sandwich bar" (gluten-free and vegan options). Then from 1 to 2 p.m. everyone can tune into summer with A Sound Healing Workshop led by Janet Kessenich, M.M. – a renowned workshop and retreat leader, holistic practitioner, and author who helps participants connect with their essence self.

"We are excited to welcome the local community to celebrate the Summer Solstice with us," says Lauren Hubele, founder of Gemmo Forest. "This event offers a perfect blend of hands-on activities, learning opportunities, and spiritual connection, all set in the intentional natural laboratory that is the Gemmo Forest."

To RSVP, email [lauren@lauren-hubele.com](mailto:lauren@lauren-hubele.com). For more details, visit [www.gemmoforest.com](http://www.gemmoforest.com).



Ann's Studio of Dance presents it's 48th Annual Recital

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## Homestead Thrift Shop In Marlborough Holds 3rd Anniversary Sale

Homestead Thrift Shop at 221 Main Street in Marlborough will hold its 3rd Anniversary Sale from Wednesday, June 12th through Saturday, June 15th. The sale includes 50 percent off storewide (some exclusions apply).

The shop carries clothing and accessories, kitchenware, furniture, home and holiday décor, jewelry, craft supplies, frames, games, albums, and more.

This community-operated, non-profit thrift store donates funds that get distributed to local non-profit organizations that provide support to residents of the local community and county. Since opening, \$211,824 has been donated. They have a grant application for a local non-profit 501c3



Some of the many community volunteers at Homestead Thrift Shop include (L to R): Mariah Greenwood, Sharon Smith, Alice Rokes, and Marcia Kayser.

organization that is seeking funds. Homestead Thrift Shop is open Wednesdays through Fridays from 10 a.m. to 4 p.m. and Saturdays from 10 a.m. to 2 p.m.

## Sacred Circle Dance In Peterborough

The Peterborough Unitarian Universalist Congregation will host an hour of participatory Sacred Circle Dance on Friday, June 14th at 6 p.m. All dances are taught, and beginners are welcome. No partner is necessary. Attendees should wear comfortable shoes. The program is free, and donations are

appreciated and will benefit "End 68 Hours of Hunger."

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

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

## Storytime At The Richmond Public Library

The Richmond Public Library, on Winchester Road, will be hosting storytime events on Wednesdays in June at 10 a.m. These events include stories,

songs, and an easy craft for toddlers and preschoolers.

For more details call the Richmond Public Library at 603-239-6164.

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## Larry Pimental Named ConVal Director Of Athletics And Co-Curriculars

The ConVal School District announces that Larry Pimental will assume the role of director of athletics and co-curriculars. Pimental, who has served as principal of Peterborough Elementary School for six years, will take this position on July 1st.

Pimental began his career in education in 1999 as an academic support teacher in New Hampton, later serving as assistant/associate dean of students. He joined the Jaffrey-Rindge Cooperative School District in 2009, serving as assistant principal and principal at Conant High School, as well as athletic director from 2009 to 2011.

He brings an extensive coaching background to the new position, having coached Varsity and Junior Varsity football and baseball at New Hampton School, as well as youths in the Mount Monadnock Little League, ConVal Cal Ripken Baseball, and the ConVal Soccer Club.

He holds a Bachelor's degree in communications from Eastern Nazarene College and a Master's degree in Educational Leadership from Plymouth State University.



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The Richmond Public Library will be hosting knitting circles on Saturdays in June from 10 a.m. to noon.

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For more details, call the Richmond Public Library at 603-239-6164.

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On Tuesday, June 18th at 6:30 p.m., the 20th Century Pops will perform at Marlborough Town Pavilion on Fitch Court, shine only.

## Pulled Pork \$5 Takeout Dinner

On Saturday, June 15th, a Pulled Pork \$5 Takeout Dinner will be held at Samuel E. Paul Community Center at 61 South Street in Troy from 4 to 6 p.m.

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## Swanzy Senior Coffee Connections

A Swanzy Senior Coffee Connections group will be held at the Swanzy Grange Hall (opposite the Mt. Caesar Library) from 9 to 11 a.m. on Wednesdays. All are welcome for coffee and discussions.

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## STOCK WATCH

Listings At Close of Market June 7, 2024 • Courtesy of RBC Wealth Management  
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	208.78	6.59	Danaher Corp. (Kollmorgen)	263.08	6.28
Becton Dickinson (C.R. Bard)	240.63	8.66	Merck (Hubbard Farms)	130.67	5.13
Toronto Dominion Bank (TD Bank)	55.59	-0.33	Deluxe (NEBS)	21.80	-0.93
PC Connection	65.08	-2.56	Teleflex (Jaffrey)	212.57	3.50
Bank Of America (Fleet)	39.78	-0.21	Timken (MPB Corp.)	83.57	-3.32
Corning Inc.	36.93	-0.33	M&T Bank Corp. (People's United)	146.82	-4.78
Ametek, Inc. (Prcitech)	170.00	0.42	Dover Corp. (Markem)	177.22	-6.60

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver (\$ per ounce)	29.28	-1.27	Wheat (cents per bushel)	627.00	-53.00
Gold (\$ per ounce)	2,310.70	-37.00	Corn (cents per bushel)	449.00	3.25
Platinum (\$ per ounce)	971.10	-73.40	Soybeans (cents per bushel)	1,178.00	-27.00
			Cattle (cents per pound)	177.00	-1.00
			Crude (\$ per barrel)	75.29	-1.87

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## Trusted Advice And Insurance Solutions

INSURANCE SOURCE, Continued from page 1

can help you find the right insurance for your needs," says the owner of this locally owned and operated business, Cheryl Belair. "We understand the immense responsibility we have to protect what you've worked your whole life to build. Whether that's your home, family, or business, we know it means a lot to you. It is our job to understand those needs and find the best fit possible with a reputable insurance company."

The Insurance Source team is made up of people who truly care. They exist to help others in their time of need. These licensed insurance advisors represent multiple insurance companies to find the right coverage for each client's circumstances. "And we are by your side every step of the way," adds Belair. "We are honored that you've put your trust in us, and we'll honor that trust by helping you find comprehensive insurance solutions that bring you the protection you deserve."

She continues: "We have always prided ourselves on our personal service. When you call our office, we

don't have a machine answering your calls, it is a real person. When you are discussing your needs, you are talking to a local, licensed, knowledgeable team member. We understand the uniqueness of living in Cheshire County because that is where we live!"

"Cheryl, Ryan, and the entire team at The Insurance Source are not only great to work with, they're totally committed to their community," says Derek Andrew. "It's great working with a company that not only provides a high level of guidance and expertise but also shares the same compassion for their neighbors."

Belair is one of the original agency founders and now runs the business with her son, Ryan Barcome. She was named as one of Keene Sentinel's "2020 Extraordinary Women" and most recently received the Paul Miller Sports Citizenship Award.

"Community Service is extremely important to us," she says. "As an organization, we find ways to give back, both individually and as a group."

In 2023 alone, The Insurance Source team had over 300 volunteer hours supporting 15 local human services organizations.

"We have found ways to involve our company partners as well, including being the recipient twice of the Safeco Insurance Company 'Make More Happen' award, which allowed us to donate \$10,000 to Keene Elm City Rotary for their annual Move Everyday Sneaker Project. We have also been awarded the Main Street America Community Impact Award which allowed us to make a \$1000 donation to Keene Family YMCA."

The group can be seen volunteering at the Monadnock United Way's Day of Caring and helping with the annual MUW campaign with 100 percent participation and a corporate match. They have delivered and served meals at the Community Kitchen and have participated in the MUCH (Monadnock Understands Childhood Hunger) program and the Bike Safety Day with the Keene Kiwanis Club.

"I am proud of my amazing co-workers who are working shoulder to shoulder with me on community projects. Without their support, I could not do what I do. I am proud of Ryan and the work he is doing with The Insurance Source and our community, and I am thankful for the love and support (my husband) Steve has always given me – even when I've over-extended myself with volunteer opportunities!"

The Insurance Source is open Mondays through Fridays from 9 a.m. to 4 p.m. For more details on the various insurance, call 603-357-2219, email info@insurancesource.com, or visit www.insurancesource.com.



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# Family Vacations = Well-Rounded Kids

Family trips and vacations have a long-lasting impact on a child's happiness. These are opportunities to make memories, give children a broader perspective of the world, help them learn to adapt to new situations, build self-confidence, allow family bonding time, and help de-stress everyone.

## Monadnock Family

with Lori Catozzi Cook



### Build Memories

Building memories is important to families and vacations do just that. You are all sharing something at the same time – a location, a unique experience, something funny that happened – that will be remembered and retold in your children's adult years. Memories made with the family are emotional ties that bind us all together and get passed down through stories and photographs.

### Broaden Perspective

Family vacations are excellent ways to open up how they view the world. Each trip gives the children a chance to explore beyond what they already know, which means their world gets a little bit bigger. Travel gives kids hands-on experience that they wouldn't have gotten otherwise. And the further out your travels take the family the more experience they will get with new languages, new foods, new customs, and new cultures.

### Adapt To New Situations

Vacations and travel also take children out of their daily routines. Traveling away from home will show them how things can be unpredictable, which teaches them a valuable life skill – how to just go with the

flow. And for parents, your children are watching how you handle those unpredictable situations and will learn from you how to be flexible.

### Build Self-Confidence

Family vacations expose your children to new experiences that teach them to be less afraid, which helps build self-confidence. Even preparations for the getaway – packing, mapping out the trip, exploring the stops along the way – can help them with self-assurance. New environments teach children what they do and don't like, and facing unfamiliar situations also helps build their confidence.

### Family Bonding

Vacations also allow for family bonding time. Things can get busy during our normal daily schedules, so having time to relax and have adventures together helps us to build a deeper level of family bonding. Have the kids search online for that vacation destination – or the journey along the way – to find fun spots for the family to check out during their time together. Giving kids some choices in what they see and do will help them build confidence and make those family bonds grow even stronger.

### Stress Buster

Family vacations also help release family members from the everyday stress and tension in their lives. Vacation allows the family to unplug and unclutter their minds. Vacations also provide an opportunity to generate a boost in mood. This time away is an excellent way to relax and just enjoy each other without any worries.

Family vacations are happy times. As a family, you get to explore and experience new things together. Children prepare for the future while they learn new skills, get a new perspective, and become adaptable and confident through their vacation experiences.

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

## HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

June 11, 2024

Emily Frowein, daughter of Eric Frowein & Magan Smith, Keene, 9

June 14, 2024

Maverick John Carey, son of Rebecca Carey & Mark Carey, Keene, 2

Goldie Goddard, daughter of Dallas Goddard, Fitzwilliam, 1

June 16, 2024

Remington Longley, son of Kate + Trevor Clark and Jason Longley, Walpole, 9

## HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Picture Unavailable



Remington Longley, Walpole, 9  
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The annual Summerfest Celebration will be held at Alyson's Orchard on Route 12 in Walpole on Saturday, July 20th from 10 a.m. to 5 p.m.

The event includes vendors, food trucks, touch a truck, Monster trucks, wagon rides, live music all day, kids and family activities, a bouncy house, water balloon fights, and much more.

They are actively seeking vendors and entertainers. Call Brendalee at 603-756-9800 or email [events@alysonorchard.com](mailto:events@alysonorchard.com).



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# Happy Father's Day To All Dads

*"My father taught me not to overthink things, that nothing will ever be perfect, so just keep moving and do your best" – Scott Eastwood, actor and son of actor-producer Clint Eastwood*

This Sunday is Father's Day. Why not get dad off his feet, into a comfortable chair with his favorite beverage in-hand, and take over the grilling or cooking chores. Cater to dad's comforts by preparing a meal around his favorite foods. Keep the emphasis on big flavors and simple, casual eating enjoyment. Finish up with dad's favorite pie or dessert.

**Cooking Corner**  
 with Nancy Adams



**Pork Burgers**

Ground pork can be purchased from your favorite butcher or supermarket for these flavorful pork burgers, a delicious change-of-pace treat for grilled burger fans. Ingredients:

- 1 lb. ground pork
- salt and pepper
- Worcestershire sauce
- 4 poppy seed burger buns or others of choice
- mayonnaise
- 4 slices cooked bacon
- blue cheese or 4 slices of other favorite cheese
- arugula

Portion the pork into four patties and season generously with salt, pepper and Worcestershire sauce. Cook the burgers on the medium-cool side of your grill, about six minutes on one side and five minutes on the other, for medium-done pork. Grill buns until nicely browned; spread each with mayonnaise, stuff with a burger and top with bacon, blue cheese and a bit of arugula.

**Beef Kebabs**

If dad loves his beef, get the kids to help assemble this foil-packet meal for four that can be either grilled or roasted in the oven.

- Ingredients:
- 1¼ lb. sirloin tips, cut into 1-inch chunks
  - 8 small potatoes (about 1½" size)
  - 1 medium zucchini, cut into chunks
  - 8 cherry tomatoes
  - 1 red or green pepper, seeded and cut into 8 chunks
  - 1 onion, cut into 8 chunks
  - 4 medium-sized whole mushrooms
  - 4 tablespoons chopped fresh parsley
  - 3 cloves garlic, minced
  - 2 teaspoons salt
  - 4 small pieces of bay leaf
  - freshly ground black pepper
  - 2 teaspoons each dried oregano, mint and thyme; 1 teaspoon sugar (combine all in small bowl)

Place meat in the center of a 12x18-inch piece of heavy-duty aluminum foil. Cover and surround the meat with the vegetables, parsley, and garlic. Season evenly with remaining ingredients, sprinkling over all. Seal foil tightly and grill over medium-high heat, turning occasionally, or place foil packet on a cookie sheet and roast in 375 degree oven, 45 to 60 minutes.

**BBQ Chicken**

A simple homemade sauce keeps this chicken moist and juicy. Use a whole cut-up chicken or assorted parts, and cook this on your covered grill. Perfect with potato salad, baked beans and/or coleslaw. Serves eight but recipe may be halved, if desired.

- Ingredients:
- 2 cloves garlic minced
  - 2 teaspoons butter
  - 1 cup ketchup
  - 4 tablespoons brown sugar
  - ¼ cup bottled chili sauce
  - 2 tablespoons Worcestershire sauce
  - 1 teaspoon celery seed
  - 1 tablespoon prepared mustard
  - 1/2 teaspoon salt
  - 2 dashes hot pepper sauce
  - 2 broiler chickens (3½ to 4 lbs. each), cut up, or equal amount desired chicken parts

In large saucepan, sauté garlic in butter until tender. Add rest of sauce ingredients, except chicken.

Bring to a boil, stirring constantly. Remove from heat; set aside. Lightly oil grill rack; grill chicken, covered, over medium heat for 30 minutes, turning occasionally. Baste with sauce. Grill until a thermometer reaches 170 degrees, about 15 minutes longer, basting and turning a few times.

**Pickled Market Slaw**

Instead of mayonnaise, why not try this lighter salad with lots of texture and flavor from a sweet-sour dressing that's reminiscent of bread and butter pickles. Refrigerate this salad at least 24 hours before serving. Makes six servings.

- Ingredients:
- 4 tablespoons apple cider vinegar
  - 1 tablespoon orange juice concentrate
  - 1 tablespoon Dijon mustard
  - 1 tablespoon honey
  - ¼ cup olive oil
  - 1/2 head green cabbage, thinly sliced
  - 1 cup red cabbage, thinly sliced
  - 2 large carrots, shredded
  - 3 scallions, thinly sliced
  - 1/4 cup chopped fresh parsley
  - salt and freshly ground black pepper to taste

In a small bowl, whisk together vinegar, orange juice, mustard, honey, and olive oil; set aside. In large bowl, combine remaining ingredients except salt and pepper. Drizzle a small amount of dressing over the slaw and toss. Add more dressing to taste and season with salt and pepper.

**No-Bake Rhubarb (or Strawberry) Bars**

Choose dad's favorite, rhubarb or strawberry. Enjoy these bars chilled or frozen; may be made a day or two ahead of when you plan to serve it.

- Ingredients:
- Crust:
- 10 full graham crackers, 1 sleeve
  - 1 tablespoon brown sugar
  - 6 tablespoons butter, melted
- Filling:
- 2 cups rhubarb, chopped in 1-inch pieces (or fresh strawberries)
  - 3 tablespoons sugar
  - 6 tablespoons water
  - 1 teaspoon vanilla
  - 1 tablespoon lemon juice
  - 1/2 cup sweetened condensed milk
  - 1 cup cold heavy cream

Combine the graham crackers, sugar, and melted butter together until fully combine. Press crust firmly and evenly into the bottom of a buttered 9x9-inch square baking pan. Chill the crust while you make the filling. Put chopped rhubarb (or strawberries) and sugar in a saucepan along with the water. Bring to a boil and simmer until thick and soft, about eight to 10 minutes, stirring occasionally so fruit doesn't scorch. Blend in the vanilla and lemon and set aside to cool. When rhubarb is cool, blend in the condensed milk. Whip the cream to stiff peaks; fold it into the rhubarb mixture gently but completely. Spread evenly over the crust and put back in the refrigerator to chill for at least two to three hours. Makes nine to 12 servings.

*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.*

**Richmond Public Library Summer Reading Program**

A Summer Reading Program will be held at Richmond Public Library at 19 Winchester Road on Wednesdays beginning June 12th at 9 a.m. and continuing through August 14th.

Each week will be a different nature adventure for the family. Pick up the activity sheet and nature journal page at either the library or the Town Beach (materials to make the craft will be available at the library). Explore Richmond's ponds, rivers, and forests and make notes on the week's nature journal page. At the end of the summer, turn in at least five journal pages to the library and receive a gift card to Toadstool Bookshop. For more details, call 603-239-6164.

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# Perspectives

When life has so many questions, who do you go to for the answers? I am asking as much for myself as for the people I work with. For years I studied with teachers who changed my perspective about life – teachers who taught me to see myself in a much larger picture of life, who taught me to see myself as a divine being living in a physical reality. To see problems as challenges for my spiritual growth. And to see that I always have choice.

If you are still uncertain, wait and watch. As you observe yourself and others, answers will emerge. Let your own truth shine. This is not the truth of your ego but that of your heart. Avoid anger as it darkens you, but if you need to get anger out go somewhere where you can pound a rock. Get to where your energy moves easily through you. Exercise to focus your awareness on these flows of energy. Being stuck in your own emotional whirlwind limits your potential. Get to where you can see the big picture again.

I realize I need to grow up about some stuff. At 71 I'm still holding off on some of my emotional maturity. It's the hard stuff. For me it is healing the wounds of childhood that have clouded my perspective of self. Letting go of my resentments may be key to realizing the destiny that I chose. I am free to be me and so are you free to be you.

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

## Healing Perspectives

with Rosie Carey



I have learned to create change through investigating possibilities that might seem beyond my reach. I have learned to consider all options and not be reactive. I have learned also to be considerate of others knowing their happiness affects me. It's part of the bigger picture.

I have been blessed with having someone to guide me with the big questions. For the past 15 years, though, I've pretty much been on my own. My teachers now are guides in spirit who work with me and through me. Recently, I've gotten a little rattled about direction. My challenges and those of my loved ones have moved me toward uncertainty. We all get there at times.

The question is, how do you get back to your center? How can you know that the path you are on is the path you are meant to walk? We are wisdom seekers by nature. The easy answer is to go within, but this is not always possible when you are unclear or overly stressed. So, we often seek the counsel of people who are wiser.

Things I know: If you are standing on shifting sands, try to be steady. Carefully assess change and the benefits and detriments of each. Know that there really are no wrong choices. Essentially, each direction brings its challenges and its joys. Do your best not to hurt or limit others. Value people and the love you have in life as treasures for your soul. Remain peaceful with your choices and honor yourself in the path you have chosen.

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# 2024-2025 SEASON

## SEPTEMBER

**IT'S BRITNEY!**  
Keene Pride Tribute SEP 7  
**AJ CROCE-CROCE PLAYS CROCE**  
50th Anniversary Tour SEP 13  
**ANDY GRAMMER** SEP 15

**LEWIS BLACK: Goodbye Yeller Brick Road,**  
The Final Tour SEP 20

**JOSH TURNER**  
The Greatest Hits Tour SEP 29

## OCTOBER

**CLASSIC ALBUMS LIVE**  
Beatles: Abbey Road OCT 5  
**ZACH NUGENT'S DEAD SET** OCT 11  
**MAGIC ROCKS!**  
Illusionist Leon Ettienne OCT 18  
**THE SWEET CAROLINE TOUR**  
Featuring Jay White OCT 26  
**ROCKY HORROR PICTURE SHOW** OCT 30

## NOVEMBER

**GET THE LED OUT** NOV 1  
**BRUCE COCKBURN** NOV 2  
**THE GILDED STAGE - FALL GALA** NOV 9  
**PETER YARROW & NOEL PAUL STOOKEY** NOV 15  
**JUSTON MCKINNEY** NOV 16  
**MUTTS GONE NUTS** NOV 17  
**PINK TALKING FISH** NOV 23

## DECEMBER

New York Theatre Ballet's **THE NUTCRACKER** DEC 7  
**SCOTT BRADLEE'S POSTMODERN JUKEBOX**  
The 10th Year Anniversary Tour DEC 13

## FEBRUARY

**KEENE LIONS CLUB MUSICAL** FEB 7-9

## MARCH

**HYPROV: IMPROV UNDER HYPNOSIS**  
Starring Colin Mochrie And Asad Mecci MAR 1  
**NATALIE MACMASTER & DONNELL LEAHY** MAR 14  
**MOONDANCE** MAR 22

## APRIL

**EVIL WOMAN - THE AMERICAN ELO PRESENTS:**  
The Electric Light Orchestra Experience APR 4  
**DRAGONS AND MYTHICAL BEASTS** APR 5  
**APPLE HILL STRING QUARTET** APR 13  
**ONE NIGHT OF QUEEN** APR 17

**On sale to members only at the 2024-2025 Season Preview Party, June 18. On sale to the public on June 25. JOIN NOW!**

# SHOWROOM

**COMEDIAN KAREN MORGAN** Shiny Happy People Laughing JUL 26  
**FRIDAY THE 13TH** Classic Film SEP 13  
**HARRISON GOODELL and JAKE SWAMP & THE PINE** SEP 20  
**GOLDENOAk** SEP 27  
**MR AARON BAND** Family Halloween Bash OCT 27  
**PETER ANTONIOU** NOV 1  
**AYSANABEE** NOV 7

2024-2025 Season Underwriters



The Colonial Performing Arts Center is a 501(c)3 nonprofit organization



# ENTERTAINMENT

and DINING

## McGettigan & Gilbert Perform In Dublin At Open Mic Set Saturday, June 15th



McGettigan & Gilbert

The popular duo McGettigan & Gilbert will perform combined Coffee House & Open Mic from 6:30 to 9:30 p.m. on June 15th at the DubHub.

A coffee sponsor will provide the java, and sweet and savory snacks will be available. Attendees are also welcome to BYOB.

The featured performance takes place for about 45 to 60 minutes, with open mic slots available both prior and after.

Singer-songwriter Suzanne McGettigan composes poignant songs of love and life with a touch of humor. Her song *A Place in the Woods* was recorded by Canadian artist Lucie Blue Tremblay on her album *Transformations*. McGettigan is well known primarily as a folk artist with a flair for rock and jazz.

Guitarist Larry Gilbert has been a New England staple, known for blending superb guitar techniques with thoughtful interpretations in many different genres. Based just north of Boston, he has played with many top musicians. When teamed up together, this

duo has their own unique sound, creating originals and putting their own twist on cover tunes.

Email [info@dublincommunitycenter.org](mailto:info@dublincommunitycenter.org) to reserve a spot on the open mic sign-up, or just show up that evening to try finding an available spot on the list. A suggested donation starting at \$5 (or more) can be given at the door to help offset costs, and a hat will be passed during the performance for contributions to the featured performer(s).

The DubHub is located at 1123 Main Street in Dublin.



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<b>Garnet Rogers</b>	August 3 Bass Hall
<b>Paul Klempner Band</b>	August 11 Save the Date!
<b>Eileen Ivers Band</b>	August 17 Park Theater
<b>Crys Matthews</b>	September 8 Bass Hall
<b>Tom Paxton &amp; The Don Juans</b>	October 20 Park Theater
<b>John Gorka &amp; Lucy Kaplansky</b>	November 17 P'boro UU Sanctuary

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## Artist & Garden Tour

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**VS. VERMONT MOUNTAINEERS**  
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**WEDNESDAY, JUNE 19TH**  
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## Wednesday, Jun. 12

### FAIRS & SALES

**3rd Anniversary Sale** 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Sale runs through Saturday, June 15th. 50% off Storewide, some exclusions apply. **603-876-3415.**

### FAMILY FUN

**Library Summer Reading Program** 9am. Richmond Public Library. Wednesdays in June 12 - August 14th. Weekly different nature adventure. Pick up the activity sheet and nature journal page at either the library or the town beach. **603-239-6164.**

### LECTURES & WORKSHOPS

**Free Medicare & Social Security Workshop** 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details call **603-354-7770.** www.freemedicareworkshopkeene.com/upcoming-workshops.

### MISCELLANEOUS

**What is Somatic Experiencing (SE)?** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Daniel Lang. SE is a gentle, intuitive, body-based approach developed by Peter Levine, PhD, used to resolve trauma and reactivate our birthright of vitality.

## Thursday, Jun. 13

### ARTS, MUSIC & THEATER

**Community Sing Along: Rich Grumbine** 7pm. Putney Public Library, 55 Main St., Putney, VT. Participants will take turns choosing what to sing; binders with lyrics will be provided. Rich Grumbine: richgrumbine1@gmail.com.

**Branch River Theatre Presents Funny Money: A Comedy by Ray Cooney** 7:30pm. Marlborough Community House, 160 Main St., Marlborough. \$18/\$15 seniors & students. Tickets at **603-876-6131.** tickets@branchrivertheatre.org. www.branchrivertheatre.org/tickets.html.

### DINING PLEASURES

**Monthly Dinner Club** 6:30-8pm. Peterborough Town Library, 2 Concord St., Peterborough. Each month will feature a new cuisine or cooking theme, with the June theme being "Cookbook Favorites." Guests are invited to make and bring their favorite dish from a cookbook. **603-924-8040.** www.peterboroughtownlibrary.org.

### FAIRS & SALES

**3rd Anniversary Sale** 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Sale runs through Saturday, June 15th. 50% off Storewide, some exclusions apply. **603-876-3415.**

### LECTURES & WORKSHOPS

**Free Medicare & Social Security Workshop** 6-7pm. Keene Public Library, 60 Winter St. Workshop presented by Steven Bergeron of Wealthcare Capital. For details call **603-354-7770.** www.freemedicareworkshopkeene.com/upcoming-workshops.

### MISCELLANEOUS

**Juneteenth: Special Events** Keene Family YMCA, Freedom Journey Trail. Kick off to a weekend-long celebration. An interpretive trail on the YMCA grounds that takes visitors on a historical journey through the Black American experience. Trail will be open through Sunday, June 23rd.

**Women Entrepreneurs Networking Event** 4:30-6:30pm. Tempesta's Restaurant, 401 Winchester St., Keene. Tuesday Perkins from the NH SBA and Julie Glosner from the NH SBDC will provide expert advice to women small business owners. RSVP to Laurie Nugent: lnugent@mtb.com.

## Friday, Jun. 14

### ARTS, MUSIC & THEATER

**Art Show: The Prism Painters 2** 5-7pm. Dublin Community Center, 1123 Main St., Dublin. View through June by appointment or during open hours. **603-563-8080.**

**Sacred Circle Dance** 6pm. Peterborough Unitarian Universalist Church, 25 Main St. All dances are taught. Beginners are welcome. No partner is necessary. Wear comfortable shoes. The program is free. Donations are appreciated and will benefit "End 68 Hours of Hunger." lucy@poetryofthedance.com.

## Ann's Studio Of Dance Presents 48th Annual Dance Recital

Ann's Studio of Dance will be presenting its 48th Annual Dance Recital on Saturday, June 22nd at 6 p.m. at Keene High School. on Arch Street. Dancers range in ages four to 44 years. Types of dance include classical ballet, lyric, modern jazz, tap, and national folk dances.

This 90-minute show will have awards at the end given to dancers who have studied with the local dance studio for three, five, eight, and 10 years. Tickets are available at



Dancers, as well as cousins (L to R): Hailey and Addison Peters, with Hazel, Emily, and Isabella Desrosiers.

the door: \$25 for adults and \$15 for children two to 11 years.

**JJ's Music: Free Concert** 6:30-8pm. Charlestown Senior Center, 223 Old Springfield Rd. Refreshments will be on sale and a 50/50 raffle. Be sure to bring a lawn chair.

**Branch River Theatre Presents Funny Money: A Comedy by Ray Cooney** 7:30pm. Marlborough Community House, 160 Main St., Marlborough. \$18/\$15 seniors & students. Tickets at **603-876-6131.** tickets@branchrivertheatre.org. www.branchrivertheatre.org/tickets.html.

### FAIRS & SALES

**Yard Sale** 8am-4pm. Chesco, 145 Gilbo Avenue. Raising funds for community activities.

**3rd Anniversary Sale** 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Sale runs through Saturday, June 15th. 50% off Storewide, some exclusions apply. **603-876-3415.**

### MISCELLANEOUS

**Day Trips in Luxury Motorcoach** Adventure Limousine & Transportation. New York City - Your Way! **603-357-2933.** www.advlimo.com.

**Flag Day Celebration** 4-6pm. Keene's Central Square. Bring your flag and hold it high in the spirit of American Patriotism. Do not bring any political signs or flags - this is a non-partisan event. There will be speakers, music and lots of fun. Marilyn Huston: **603-352-3302.** mlhuston2023@outlook.com.

## Saturday, Jun. 15

### ARTS, MUSIC & THEATER

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

**Branch River Theatre Presents Funny Money: A Comedy by Ray Cooney** 7:30pm. Marlborough Community House, 160 Main St., Marlborough. \$18/\$15 seniors & students. Tickets at **603-876-6131.** tickets@branchrivertheatre.org. www.branchrivertheatre.org/tickets.html.

### DINING PLEASURES

**Pulled Pork: Takeout Dinner** 4-6pm. Samuel E. Paul Community Center, 61 South Street, Troy. Pulled pork, roll, corn on the cob and coleslaw. \$5. Troy Recreation Department: **603-313-2243.**

### 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.

**3rd Anniversary Sale** 10am-2pm. Homestead Thrift Shop, 221 Main St., Marlborough. Sale runs through Saturday, June 15th. 50% off Storewide, some exclusions apply. **603-876-3415.**

### FAMILY FUN

**Spring into Summer Community Event** 10am-2pm. Hillsboro-Deering High School. Local vendors, games, food, and family fun. Free admission. www.hccnh.org/festival.

### LECTURES & WORKSHOPS

**Foot Health 101** 10am-12pm. Better Life Acupuncture, 180 Emerald St., Suite 204, Keene. Get rid of foot pain and build life-long foot health. RSVP by June 10th. Register today at **603-239-2475.**

### MISCELLANEOUS

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

**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. 16

### ARTS, MUSIC & THEATER

**Branch River Theatre Presents Funny Money: A Comedy by Ray Cooney** 2pm. Marlborough Community House, 160 Main St., Marlborough. \$18/\$15 seniors & students. Tickets at **603-876-6131.** tickets@branchrivertheatre.org. www.branchrivertheatre.org/tickets.html.

### MISCELLANEOUS

**Day Trips in Luxury Motorcoach** Adventure Limousine & Transportation. Casino Trio. Your choice-MGM, Mohegan, or Foxwoods. **603-357-2933.** www.advlimo.com.

**Rindge Conservation: Father's Day Pollinator Hike** 1:30pm. Explore the outdoors at Contoocook Marsh Conservation Complex. 1 Hour hike. For more info visit website. www.rindgeconcom@rindge.nh.gov.

## Tuesday, Jun. 18

### ARTS, MUSIC & THEATER

**Elizabeth Richards Concert Series** 6:30pm. Marlborough Town Pavillion, Fitch Court, Marlborough. 20th Century Pops. Music on the lawn. Shine only. **603-876-4479.**

### LECTURES & WORKSHOPS

**The Power of Water** 6:30-8:30pm. Keene Public Library, Ruth Huntress Auditorium, 60 Winter St., Keene. The film will be followed by a panel discussion. Registration at www.keeneh.libcal.com/event/12510547.

## Amateur Radio Field Day

On Saturday, June 22nd an Amateur Radio Field Day will be held at the Connecticut River Sportsman's Club at 125 Whitcomb Road in Swanzy at 2 p.m. and run through Sunday, June 23rd at 2 p.m.

This 24-hour nationwide event that The Cheshire County DX Amateur Radio Club participates in yearly is typically the largest single emergency preparedness exercise in the country.

For more details, call 603-680-1978 or email Jeff.mungovan@yahoo.com.

# MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY



The winner of last week's mystery photo contest was Felicia Grayson of Keene. The Dreamland Theatre was located on Roxbury Street in Keene.



What was the name of this Jaffrey business when this photo was taken in the early 1900s?

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.

## The Power Of Water Film Viewing And Conversation

On Tuesday, June 18th, *The Power of Water* will be viewed and talked about from 6:30 to 8:30 p.m. at the Keene Public Library Huntress Auditorium.

This 27 minute film follows the story of Bob King, a New Hampshire entrepreneur based in Keene whose life's work has been rehabilitating old, abandoned dams to produce clean energy. Along the way, the film explores the history of hydropower in New England, the ongoing transition away from dirty

fossil energy, the importance of land conservation, and how we all can be part of the solution as we face these challenges together.

The film will be followed by a panel discussion including Bob King, Matthew Myer Boulton – creative director and producer, and Ryan Owens, executive director of Monadnock Conservancy. Registration at [keenenh.libcal.com/event/12510547](http://keenenh.libcal.com/event/12510547).

## MISCELLANEOUS

**Keene Master Plan Visioning Session** 1-2pm. Keene Senior Center, 312 Marlboro St., Keene. Attend to learn about the results from the May "Think-Tank" Workshop and the Community Survey and to provide input on the future of Keene. **603-352-5440.**

**Keene Master Plan Visioning Session: Keene Community Night** 4-7pm. Keene Public Works Department, 350 Marlboro St., Keene. Attend to learn about the results from the May "Think-Tank" Workshop and the Community Survey and to provide input on the future of Keene. **603-352-5440.**

**Keene Master Plan Visioning Session** 11am-12pm. Keene Family YMCA (Studio 1), 200 Summit Road, Keene. Attend to learn about the results from the May "Think-Tank" Workshop and the Community Survey and to provide input on the future of Keene. **603-352-5440.**

## Wednesday, Jun. 19

### ARTS, MUSIC & THEATER

**Juneteenth: Culmination of Events.** 6pm. Central Square, Keene. Free community celebration. Featuring

musical performances by Senie Hunt and the Gaslight Tinkers.

### DINING PLEASURES

**Tastes of the Season: Rise for baby and family Fundraiser** 6-8pm. Keene Country Club, 755 West Hill Rd., Keene. Evening of fine food and drink from local and regional restaurants and caterers, wineries, breweries, distilleries, and distributors. **603-357-1395.** [info@riseforbabyandfamily.org](mailto:info@riseforbabyandfamily.org).

### MISCELLANEOUS

**Home Healthcare Hospice & Community Services: Walk-in Wednesdays** 1-3pm. HCS Charlestown, 33 Arborway. Confidential, free of charge discussion of services that are available. **603-352-2253.** [www.HCSservices.org](http://www.HCSservices.org).

**Hazardous Waste Collection** 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. For towns served and details about what to bring, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739.**

## New Hampshire's Five Most Coveted Streets

In cities across the country, certain streets are not just thoroughfares – they are symbols of status and sophistication. These destinations are the epitome of luxury, representing the highest ideals of prestige and privilege.

Agent Advice, a website which reviews Real Estate CRMs, commissioned a survey of 3000 respondents to create a definitive list. The top 175 aspirational streets in America includes five in New Hampshire: Ridge Road in Hanover, Lovejoy Lane in Sunapee, Brick Mill Road in Bedford, Shore Road in Gilford, and South Road in Rye.

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 Sniper Match 600/300 **Sunday, June 23**  
 Steel Challenge Match **Saturday, June 29**  
 USCCA Intro To Handguns/Safety **Sat., June 29**  
 Aim 4 NH **Sunday, June 30**

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

For more details about any of these events, check out the calendar at [www.ccssef.org](http://www.ccssef.org)  
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 @Monadnock Tri-State Dance Club  
 ELMM Hall, Durkee St., Winchester  
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6/21 **"Crazy For You" Ogunquit Playhouse** 6/28 **Boston Your Way/Encore**

6/22 **Newport Flower Show** 6/29 **Chaos & Kindness @ Cake Theatre**

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**Putney Library Holds Poetry Chapbook Release With Readings**

Two readings from contributing poets of a chapbook of poetry will be held on Saturdays, June 15th and July 13th at 1 p.m. at Putney Public Library at 55 Main Street in Putney, VT.

The chapbook, *Time Capsule*, was hand bound in community workshops with marbled endpapers and a beautiful letterpress cover. They will be sold as a fundraiser for the Putney Public Library at \$50 each, payable by cash or check.

**Garden Mindfulness**

I try to be mindful in the garden for many reasons, but the most important is that I care about the land around me.

I was watching the Chelsea Flower Show on YouTube last week, and they too are becoming more mindful, even if it is a flower show for one week. In the floristry division they are no longer allowing floral foam, meaning all mechanics have to be compostable, or reusable, which is huge, because a lot of floral foam has been used in the past and it would just go into the landfill and off-gas.

Water recovery was huge at the show with many gardens creating swale gardens and water retention gardens so that the water can be used at a later date. Especially in light of bigger storms, with proper catchment basins the storm water is slowed from creating damage and drains into the ground rather than out into the street and drainage systems. This was really beauty and function working well together. Can you create a swale garden to collect runoff from your roof?

In the past after the Chelsea Flower Show, the gardens would be disassembled and tossed, but now all of the gardens get repurposed. They get dismantled and then rebuilt in another place, be it hospital grounds or even a community garden space so it is a win-win for all.

Here at the farm, we let a huge space go wild until the end of the season where everything gets mowed short and mulched for the spring bulb show. Don't worry about the insects having enough places to overwinter. We leave plenty of places wild. It is amazing after doing this for a few years how many wild flowers have come into the space. Some I seeded, some I have absolutely no idea how they got there unless I forgot I planted them. I am keeping my eye on some ragged robin flowers that I will collect the seed when it is ready and scatter in some bare patches. Same goes for the cowslip and fritillaria seed.

I can not stand slugs and I seem to have an abundance of them this year in the gardens. The damage is unbelievable, but I leave them be for the most

part because the birds, fireflies, toads and snakes all eat them, and that is good because it is keeping the habitat in balance. I already have a resident snake which I hope is taking care of my mole population.

You all know that I am a mad water tank person. It has saved me more times than I can say. I have such a limited well capacity that the water tanks are the only way I can get water out to most of the garden areas. All new shrubs get a deep soak every week or two for the first few months, then they are on their own. I would never be able to afford this luxury otherwise.

**Woods and Gardens**

with Allison Kerwin



So you must be asking yourself, doesn't the farm look a bit feral? Yep, if you are a neat and tidy person it would, but it is filled with flowers, birds, amphibians, and everything else, and that makes me happy and the farm happy.

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

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**"Rockin' Summertime Dance" Features Playin' Possum Band**

Monadnock Tri-State Dance Club will hold a "Rockin' Summertime Dance" on Saturday, June 15th at EMM Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Playin' Possum Band from 7 to 10:30 p.m. This event is open to the public, and there is an entrance fee. Free refreshments will be served, and there will be a 50/50 raffle. For more details, call Rich at 603-398-8539.

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**Photography Like A Pro Classes With Larry Harper**

The Connecticut Valley Photography Club will offer a Photographing Like A Pro class in four sessions: Wednesdays June 19th and 26th and July 10th and 17th from 5 to 7 p.m. in the Masiello Room at the Keene Public Library at 60 Winter Street.

Larry Harper, professional photographer and owner of SkonPhoto, will be the instructor. He is an experienced instructor who started the club to give other photographers, beginners and experienced alike, a place to meet, share, and expand their skills.

The course will cover a broad sweep of information starting with photography safety, understanding the modern camera, settings, menu options, lighting, exposure, composition, photographing in different lighting, still and action photography, and other features. Harper also will cover different types of photography, including travel, wildlife, birding, portraiture, and macro photography. There will be opportunity to practice what is learned in class and time for discussion.

All levels are welcome. The fee is \$45 for club members and \$65 for nonmembers. There also is the opportunity for nonmembers to join the club. For more details or to register, call Harper at 603-387-4329 or email [lharper@skonphoto.com](mailto:lharper@skonphoto.com).

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# Taking Care Of The Garden

Now that the garden is planted, it's time to take care of it. I think that a lot of people feel like you plant it in the spring and you go back and harvest it in the fall. Nothing could be further from the truth. All those plants that you have in the garden are sentient beings, and it is your job to take care of them.

I check out the whole garden on a daily basis. In the morning, I look for bugs because they are less able to fly away from us when it is cool. Bring an old yogurt container with some water and dish washing liquid in it. You can knock the bugs into it and the soap will kill them. Or, if you have chickens, just put water in it and then bring them over to the chickens.



Look for weeds, especially the ones that are flowering and getting ready to form seeds. One small bunch of grass can have hundreds of seeds on it. Once they drop, they will be giving you more grass weeds for up to seven years. If I am short on time, I will just peruse the garden and take out the flowering weeds. Also check all of the edges. If you have grass growing on the edge of a bed, make sure that you don't let it go to seed into the bed. Cut it back.

Plants need water to survive. New transplants and tiny seedlings will need water almost every day if it is hot, windy, and dry. New bushes and trees will need to be watered a lot for the first year or two. Plants will let you know if they are thirsty as they

will wilt. However, it is better to be proactive. Use a fork to slip down next to the plants. When it comes out, see how dry it is. It's just like the toothpick in the cake. If the fork comes back completely dry, water. I build my transplants a little moat around them so when the water comes, they get it.

Many crops like carrots, beets, parsnips, lettuce, and others will most likely need to be thinned. Look at the plant and judge how much room it needs to get to a proper size. Things like carrots can be thinned slowly so that you can have some early ones for lunch or dinner. Remember to always take the smaller one. The bigger ones will get a lot bigger in the long run than the small ones.

Tomatoes need to be staked and trimmed. The "suckers" which appear at the base of the leaves should be removed. Some kind of cage or stake should be used to help the tomatoes stand up. I get some cheap muslin at the fabric store and cut some strips to tie to the tomatoes. String can hurt them.

String is perfectly fine for winter squash. I like to let my squash grow up over the fence, and I tie them up every few days. Check under their leaves for bugs. If you find any, scrape them off.

Gardens need a lot of attention and care. But it is truly a privilege to have a relationship with your food. The taste is superior and the health

benefits are remarkable. Good luck with your gardening!

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

## Yoga Dance Fusion



Linda Kingsbury (pictured) will host a Summer Solstice Yoga Dance Fusion at Aloha Keene at 83 Court Street on Saturday, June 22nd from 6:30 to 8 p.m. Participants will shake off tension, align with joy, and connect to their body and breath with Kundalini Yoga while relaxing to the waves of the Gong Sound Bath. The cost is \$15. Call 603-762-3129 or register at [www.vagaro.com/alohakeene](http://www.vagaro.com/alohakeene).

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### Wed. 6/19/24

- |              |              |
|--------------|--------------|
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| Chesterfield | Nelson       |
| Dublin       | Peterborough |
| Gilsum       | Stoddard     |
| Greenfield   | Sullivan     |
| Hancock      | Surry        |
| Harrisville  | Swanzey      |
| Hinsdale     | Walpole      |
| Keene        | Westmoreland |
| Marlborough  |              |

### Sat. 6/29/24

- |              |              |
|--------------|--------------|
| Acworth      | Marlow       |
| Chesterfield | Nelson       |
| Dublin       | Peterborough |
| Gilsum       | Stoddard     |
| Greenfield   | Sullivan     |
| Hancock      | Surry        |
| Harrisville  | Swanzey      |
| Hinsdale     | Walpole      |
| Keene        | Westmoreland |
| Marlborough  |              |

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

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#### Our Vision

In the ConVal community, all learners will achieve academically, act thoughtfully, and contribute to the larger society.

#### Our Mission

To provide opportunities and inspire our learners to explore interests, pursue new knowledge and skills, learn about self and others, and give of oneself to the greater community.

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- ConVal High School
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  - Math Teacher
  - Music Teacher
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- ConVal Middle Schools
  - Technology Integrator
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- ConVal Elementary School
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 Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Ext. \_\_\_\_\_ Use in Ad? (1 word) Yes  No   
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**BUSINESS AD Cost Calculator**

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Additional 1/2" _____ x 7.25	+ _____
Total Ad Cost = _____	

**352-5250 DEADLINE: Friday noon prior to issue.** Please mail this form, along with payment to MSN, PO Box 487, Keene, NH 03431 or place envelope in our back door drop box at 445 West St., Keene by 8am Friday.

## The Colonial Announces 2024-2025 Season Preventing Lyme And Tick-Borne Diseases: A Benefit Webinar June 26th



With its calling to bring the cultural and creative spirit of the community to life, The Colonial Performing Arts Center will kick off the season with a wide array of popular musical entertainment including Grammy-winning country music chart-topper Josh Turner on September 29th.

Tickets go on sale to the general public Tuesday, June 25th at noon; [www.thecolonial.org](http://www.thecolonial.org).

THE COLONIAL, Continued from page 1

The Colonial will keep us enthralled as well with veteran comedian Lewis Black's farewell tour (9/20); Leon Etienne's jaw-dropping, family hit show Magic Rocks (10/18); the comedy stylings of New England based Juston McKinney (11/16) and the hysterical improv under hypnosis of Hyprov (3/1).

Throughout the season, The Colonial Performing Arts Center will once again partner with The Metropolitan Opera to present The Met: Live in HD's 2024-2025 Season. Presented in The Colonial's SHOWROOM, The Met Live performances offer awe-inspiring singing and orchestration, lavish costumes, spectacular scenery, and one-of-a-kind backstage access to our nation's most celebrated operatic voices.

The Colonial's Student Matinee Series will offer a variety of in-school programming and on-stage performances this season. Serving thousands of students each year, this educational outreach program introduces children to live theatre while seamlessly blending curriculum-based topics such as literature, music, social studies, science, and math. The series

is central to realizing the theatre's vision to excite, educate, and challenge audiences of all ages.

In addition to The Colonial mainstage presentations, SHOWROOM programming this fall includes musicians Harrison Goodell and Jake Swamp & The Pine (9/20); the Maine-based GoldenOak (9/27); Oji-Cree singer-songwriter Aysanabee (11/7); a family-oriented Halloween bash from the Mr. Aaron Band (10/27); and psychic comedian Peter Antoniou (11/1). Watch for a great variety of added shows at this exciting second venue.

Tickets for The Colonial's 2024-2025 season will be available to current, new, and renewing members beginning Tuesday, June 18th at 5 p.m. at the Members Appreciation Season Preview Party. Phone and online sales will commence at 8 p.m. on June 18th, for members only. Tickets go on sale to the general public Tuesday, June 25th at noon; [www.thecolonial.org](http://www.thecolonial.org).

On Wednesday, June 26th there will be a Benefit Webinar – Preventing Lyme and Tick-Borne Diseases: Ticks from Around the World, Diseases They Carry, Prevention, and Acute Treatments – by Alexis Chesney MS, ND, LAc at 6:30 p.m.

Chesney is a Naturopathic Physician and Acupuncturist specializing in Lyme and other tick-borne diseases as well as complex chronic illness. She is on the clinical team at the Sojourns Community Health Clinic and works with all patients of all ages on chronic disease, general wellness, nutrition, and lifestyle counseling.

All are welcome to this one hour PowerPoint presentation that will be followed by a Q&A session. This fundraising event is by donation. Sign up at [www.sojourns.org/wellness-education](http://www.sojourns.org/wellness-education).

Sojourns Community Health Clinic is dedicated to promoting awareness and providing resources to help people stay safe during tick season. The apothecary team at this clinic provides guidance and support to ensure people enjoy the outdoors while preventing Lyme and tick-borne diseases. Visit [www.sojournsapothecary.org](http://www.sojournsapothecary.org) for tick prevention product needs.

### Keene Master Plan Visioning Sessions In June

The City of Keene is hosting a series of visioning sessions as part of an update to the Keene Master Plan. These sessions are free and open to the public and are intended for anyone who has a connection to Keene – residents, people who work here, go to school here, visit, shop, etc.

Community members and stakeholders are invited to attend to learn about the results from the May "Think-Tank" Workshop and the Community

Survey, and to provide their input on the preferred future for Keene.

These Keene Master Plan Visioning Sessions will be held: Tuesday, June 18th from 11 a.m. to noon at Keene Family YMCA (Studio 1), 200 Summit Road, and from 1 to 2 p.m. at Keene Senior Center, 312 Marlboro Street; Thursday, June 20th from 4 to 5 p.m. at Keene Public Library (Heberton Hall), 60 Winter Street; and Friday, June 21st from 2 to 3 p.m. at Heberton Hall.

### City Of Keene To Celebrate Juneteenth

JUNETEENTH, Continued from page 1

The Y's interpretive trail will also be recreated downtown. The trail signs will be displayed in the windows of local merchants. A trail map is available online at <https://keeneymca.org/juneteenth>.

Additional events planned include a book reading by award winning children's book author Lesa Cline-Ransome at the Toadstool Bookshop on June 14th at 2 p.m., a performance by Nashville-based singer/songwriter Crys Matthews at Brewbakers Café

on June 14th at 5 p.m., two free film screenings on Sunday, June 16th, and a free themed community dinner at the Community Kitchen on Wednesday, June 19th at 5 p.m.

The festivities culminate on June 19th at 6 pm with a free, community celebration on Central Square featuring musical performances by Senie Hunt and the Gaslight Tinkers.

For more details, and the full schedule of events visit [keeneymca.org/juneteenth](http://keeneymca.org/juneteenth).

Read the MSN online: [www.shoppernews.com](http://www.shoppernews.com)

## 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 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.