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Nick Howland – one of the skilled tree climbers at Wilcox Tree Service – is pictured in a customer’s tree that is being taken down.

By Lori Catozzi Cook

Since 2012, customers in the region – residential and commercial – who needed tree services have witnessed the skilled experts at Wilcox Tree Service get rid of unwanted, rotten,

and dying trees from their properties. Through the years, this locally owned and operated tree removal business has gained a reputation for consistently delivering excellent service.

WILCOX, page 8

Jaffrey Civic Center Artists And Gardens Tour

The Jaffrey Civic Center will host its third annual Artist and Garden tour on Saturday June 22nd from 10 a.m. to 1:30 p.m. with sites in Jaffrey and Peterborough.

The tour will weave through a selection of six or more privately owned gardens, each beautiful location will have an artist on sight creating art. Participants are encouraged to engage in conversations with the artists, their inspirations, techniques, and their profound connection with the area’s natural beauty.

A pop-up exhibit sale featuring the works created at this event will be held on Saturday, June 29th at the Jaffrey Civic Center at 40 Main Street from 12:30 to 2 p.m. on the front patio (weather permitting).

Reservations for the tour can be made at the civic center during open hours or visit <https://bit.ly/455ro5T>.

At right, artist Mary Iselin at last year’s event.



Youth Book Sale At Keene Library Saturday

On Saturday, June 22nd from 11 a.m. to 2 p.m., The Friends of the Keene Public Library are sponsoring a Youth Book Sale ages eight to 14 in the main lobby of the library.

The Friends’ purpose is to help young people discover the pleasure of reading and the curiosity

about the world that comes from it. Regular low sale prices have been further reduced so that more books will get into the hands of young readers.

Two SwampBat players will be present to join in the fun from 11 to noon.

Noises Off! Opens The Peterborough Players Season



Lizzy Ryland (L) playing the part of the assistant stage manager, Poppy Taylor-Norton, and Lauren Pekel, the stage manager for this production of *Noises Off!* at the Peterborough Players.

He quickly realized that what was happening behind the stage was funnier than what was happening on the stage, and so, *Noises Off!* was born – a play within a play, where the audience gets to go where no audience has gone before: backstage.

Noises Off! begins with a company of actors trying to navigate their way through a final rehearsal of a farce called *Nothing On*. The person responsible for trying to wrangle them on and off stage is the assistant stage manager, Poppy Taylor-Norton, played by Lizzy Ryland. Making her Players debut, the New York-based actor was thrilled to be in the comedy as she has a passion for making people laugh. Although she has never stage-managed before, playing Poppy has given her an appreciation for how challenging it can be to organize a troupe of performers.

Luckily for her, and the rest of the *Noises Off!* cast, they have Lauren Pekel as their production stage manager. Pekel has collected quite a few stories of backstage shenanigans through her work in theaters across the country. She recalls working with actors who missed their entrances, left important props backstage, and completely forgot their lines, although “not in the same show, thank God!” Each incident has taught her how to use her ingenuity and creativity to make sure that the show goes on.

Opening Wednesday, June 19th, *Noises Off!* will have performances daily, except Mondays, through Sunday, June 30th. For more details or to order tickets, call the box office at 603-924-7585 or visit www.peterboroughplayers.org. The Peterborough Players is located at 55 Hadley Road in Peterborough.

4 On The 4th Road Race Planned In Keene

The 22nd Annual 4 on the 4th road race to benefit Pathways for Keene is set for Thursday, July 4th. The start time is 7:30 a.m. for walkers and 8 a.m. for runners.

This four miles (out and back) race will begin at Railroad Square on Main Street in Keene. No dogs or backpacks are allowed, though strollers are permitted.

“The 4 on the 4th is a great race not only because 100 percent of the

proceeds support the trail systems in Keene, but it has great energy with 600 to 700 people, music, thousands of dollars in prizes, contests, and tons of fun!” says Race Director Ted McGreer.

Participants can pick up race packets on Wednesday, July 3rd at Ted’s Shoe & Sport at 115 Main Street in Keene from 11:30 a.m. to 5:30 p.m.

Register online at www.pathwaysforkeene.org.

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Hello! My name is BabyGirl, and I'm looking for a special, loving home where I can feel safe and cherished. I may be a bit older, but that just means I have lots of love and experience to share. My beautiful dilute calico coat is as unique as my personality! I was surrendered because I felt overwhelmed in my previous home. Loud noises and quick movements make me very nervous, and I tend to hide when there's too much chaos around. I'm hoping to find a quiet, calm environment where I can relax and feel secure. I need a patient adopter who understands that I need time to come out of my shell on my own terms. I might be okay with other cats, so long as they're gentle and calm like me. However, dogs and young children aren't a good fit for me, as their energy and noise can be quite scary.



If you think you could be the perfect match for me, come meet me during open hours.

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

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Altitude Storage Opens On Route 10



Owners of the newly opened Altitude Storage in Swanzey Jeff Beall (left) and Jason Nero.

A new storage facility recently opened at 440 West Swanzey Road (Route 10) in Swanzey. Altitude Storage is entirely fenced and gated for 24/7 access and equipped with continuous video surveillance. The facility offers a diverse range of unit sizes with drive-up entry.

"We wanted to launch the company from the local area so we can control the quality of the product and keep a personal 'mom and pop' touch with our customers," says Jeff Beall, co-owner of this veteran owned and operated storage business about opening the facility minutes from Keene. "It's difficult to do that from afar."

Altitude Storage offers a promotion for new customers: \$1 for the first month for any size unit. "We also give military/vet and student discounts as well as have a generous referral program where we send you \$50 for every customer you send us," Beall adds.

For more details, call 603-202-7500, visit www.altitudestorage.net, or stop by during business hours: Sundays 1 to 5 p.m. and Mondays to Saturdays from 8 a.m. to 6 p.m.

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Household Rules Create Family Harmony

Household rules create a foundation for a more harmonious family environment. Rules should be established to support family cooperation and set behavioral expectations while also being flexible enough to adjust to specific situations. Rules in a home provide a framework for establishing mutual respect and identifying shared values within the family.

Establishing rules and routines creates a structure and stability to help offer a sense of safety. While it may sometimes seem like kids are resistant to rules, having a predictable set of expectations can actually be comforting. Children thrive on predictability and order, and having predictable expectations and consistent follow-through can be comforting. Clear, consistent

rules and expectations reduces chaos and confusion. Household rules don't need to be a huge endeavor. Start by creating routines that you follow daily. Have a set time for daily activities such as mealtimes and bedtimes. Create rituals and routines around these moments. For example, having a regular dinner where the family gathers together promotes communication and connection among family members. This time can provide an opportunity to teach kids your expectations about table manners and how the family talks to one another. Use this time to reinforce how you want your kids to behave at mealtimes.


Use bedtime routines to build connection and set hygiene expectations. Make the experience enjoyable by incorporating tasks such as reading a story together to promote relaxation. Doing the same basic routine daily creates a pattern that will help promote good hygiene, build family connections, encourage good habits, and even develop literacy skills.

Household rules can foster respect and positive connections between family members. Use rules to maintain appropriate boundaries, such as teaching kids to knock before entering someone's room, helps kids recognize the need for privacy and personal space. Consistently reinforcing the household rules will help family members learn to navigate conflicts peacefully and develop empathy toward one another.

Having clear and consistent rules at home will help kids when they encounter issues outside of the walls of your home. They will learn and internalize the values that you are teaching, and this will allow them to navigate relationships and situations in other environments. For examples, rules about telling the truth support children's understanding of the importance of honesty and integrity. Rules about treating siblings with kindness emphasize the importance of treating others with kindness. Rules about not hitting teaches children the value of solving problems peacefully, compromising, and listening to the other person's point of view.

Household rules promote safety and general well-being. Children don't have the maturity and brain

development to always make the best decisions for their own safety. They rely on the adults in their lives to set boundaries to ensure their safety. Having clear rules minimizes risks and hazards to keep kids safe. Rules related to the level of supervision required to run certain appliances, wearing bike helmets when riding, technology usage, curfews, bedtimes, etc. all promote safe and healthy habits. Kids won't always make choices that are in their best interest without some oversight from concerned adults. When parents set rules to prioritize safety and well-being, they create a safe and nurturing environment for kids to grow and thrive.



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Monadnock Family

with Sheri Lapointe



Establishing a clear set of household rules leads to a well-functioning family. Rules provide structure, promote respect among family members, and set the stage for developing family values. Of course, establishing rules will not guarantee that kids always follow them, so parents need to remind, encourage, and address issues as they occur with consistency, firmness, and fairness. It may be necessary to revisit the rules periodically to ensure they are still effective and age appropriate and adjust them as needed.

Like so many things in life, managing household rules is a constant work in progress. Approach them with a combination of affection and discipline, and remember consistency is the key to success.

Sheri Lapointe is a licensed Clinical Mental Health Counselor with a Master's Degree from Antioch New England University. She works as a behavioral health clinician for the Granite State Children's Alliance. She also has many years of experience teaching in local schools. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.

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- June 21, 2024**
 Calla Kingsbury, daughter of Justin & Amanda Kingsbury, Walpole, 5
- June 22, 2024**
 Wilder Royce, son of Richard Royce & Kristle Sylvester, Keene, 2
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Big And Little Art Works Exhibition In Walpole Saturday, June 29th

On Saturday, June 29th, a Big and Little Art Works exhibition by artists David Howell and Bill Reed will be held at the Howell Studio at 250 Old Keene Road in Walpole (a mile south of downtown Walpole) from 10 a.m. to 5 p.m.

The works include lively abstractions – Reeds' mostly in miniature and Howells' as big as 30" by 40." The prices are figured at 65 cents per square inch (or, in the case of many of Reeds, per cubic inch).

Both Howell and Reed have been making art for most of their lives. Howell was also a research geologist with the US Geological Survey and a

professor at Stanford. In retirement he has been a leader of the Windham World Affairs Council and the Walpole International Affairs Discussion Group, a Trustee of the Brattleboro Museum, and an active member of the Walpole Artisans Cooperative. A wine aficionado, Howell consults with vintners in California and regularly leads tours of wine producing areas in this country and abroad.

Reed has been a teacher of art, writing, and the French language in Vermont schools and colleges. He and his wife, Lynne, owned Misty Valley Books in Chester, VT for many years, before retiring to Walpole eight years ago.

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Big Summer Tent Sale At Ted's Shoe & Sport

New Balance is one of the most iconic sneaker brands in the world. Founded in Boston in 1906, by an English immigrant named William J. Riley, the New Balance Arch Support Company has undergone many changes over the years and, not surprisingly, has won numerous awards for their design and innovation. That would explain why New Balance sneakers have graced the feet of such luminaries as former presidents Bill Clinton and Barack Obama, late Apple CEO Steve Jobs, baseball players Miguel Cabrera and Curtis Granderson, NBA star Matt Bonner, American tennis player Coco Gauff, and supermodel Heidi Klum.

"While New Balance offers many different types of footwear to reach a wide range of ages, they're still one of the only companies producing wide and extra wide widths in almost all of their models," says Ted McGreer, owner of Ted's Shoe and Sport. "And, they're the only athletic footwear brand in the industry still making shoes right here in the USA!"

On Saturday, June 22nd, from 10 a.m. to 6 p.m., in what is a fitting endorsement of the New Balance brand, Ted's Shoe & Sport will hold its hugely popular tent sale event, featuring New Balance sneakers (normally priced between \$120 and \$150) marked down to \$49.99, while supplies last. As an added bonus, customers can speak with a New Balance rep and take advantage of in-store specials.

"We've really boosted our inventory this year and we'll have hundreds of styles under the tent, in many different width offerings, all at \$49.99," said McGreer. "We sold out of everything last year by 11:30 a.m., so we'd strongly suggest arriving early for best selection!"

Ted's Shoe & Sport is located at 115 Main Street in Keene. For more details about this year's tent sale, call 603-357-8337.

Picadilly Farm Hosts Two Farm Events On Saturday, June 22nd

On Saturday, June 22nd, there will be two farm events happening at Picadilly Farm at 264 South Parish Road in Winchester.

A Pop-Up Farm Shop at the Picadilly Farm CSA barn will take place from 11 a.m. to 2 p.m. The shop will feature lots of late spring and early summer certified organic veggies from the fields at Picadilly, like carrots, cabbage, radishes, salad turnips, kale, chard, scallions, garlic scapes, zucchini and summer squash, rhubarb, and lettuce. Cash, checks, credit cards (MC/Visa), and SNAP/EBT will be accepted. All SNAP/EBT customers can purchase half-price produce through the Granite State Market Match program.

The annual Welcome Summer concert will take place at 1 p.m. with the Family Folk Chorale. People are welcome to come to this free outdoor concert; bring a picnic, something to sit on, and enjoy local ice cream. The Family Folk Chorale, Boston area's premier intergenerational chorus, is led by award-winning Artistic Director Chris Eastburn. Donations are gratefully accepted to help cover the cost.

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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)



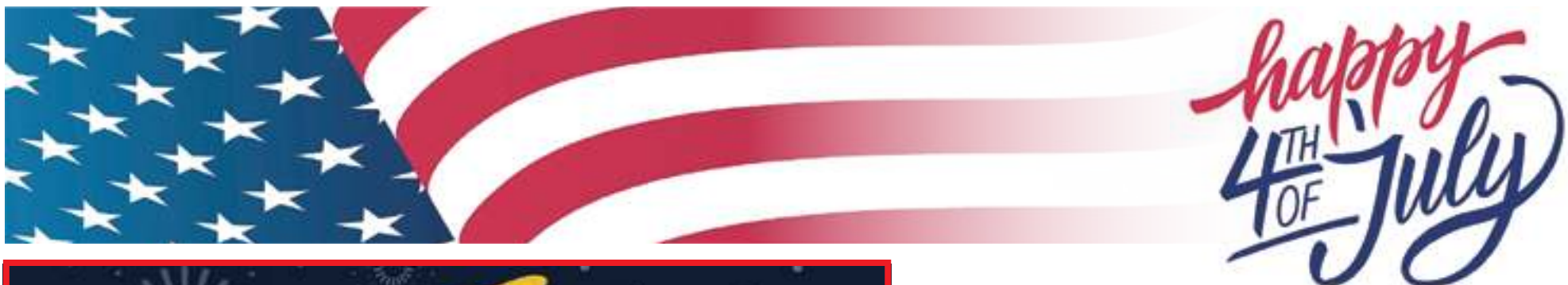
In what Cheshire County town was this photo taken c.1900?

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The winner of last week's mystery photo contest was Joel Hannon of Troy. The Jaffrey business was the Shattuck Inn.



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Joyful Noise Café Series Announces Upcoming Celebration Of Music



Lui Collins will perform in Marlborough

A Celebration of Music, part of the Joyful Noise Café Series sponsored by the Federated Church of Marlborough, will take place on Saturday, June 22nd starting at 3 p.m.

The day will include three separate events. A free Community Sing will take place from 3 to 5:30 p.m. Everyone is invited to this song circle. People are encouraged to bring a song to lead that is well known or has an easy chorus. Others who would just like to sing along or listen are also welcome.

A Chicken BBQ Buffet will be available in the dining room from 5:45 to 6:45 p.m. with music provided by popular local group Kota. From 7 to 8:30 p.m., a

concert will be held in the auditorium featuring nationally renowned folk singer Lui Collins, Volkert Volkertsz, and Andy Davis.

Collins has been performing, writing, and recording for over 40 years, earning international acclaim for her music. Her repertoire ranges from original and traditional folk songs and American standards to bossa nova in the original Brazilian Portuguese.

Davis taught elementary music in Brattleboro, Dover, and other Vermont towns for over 30 years. Calling community dances and playing banjo, piano, and accordion has kept him in touch with traditional music and its place in community life. Now retired from teaching, Davis focuses on songwriting and performing.

Volkertsz is a singer/songwriter and guitar player who has been performing folk, pop, blues, children's music, originals, and guitar instrumentals since the 1960s. He has been the featured performer at numerous open mics and other venues, and has also been a regular at farmers markets and library story times. He performs positive, family-friendly music, often with a touch of humor.

Tickets are available at the door, which opens at 2:30 p.m. The dinner is \$15, concert \$15, or the combo dinner/concert is \$25.

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This project was supported by the Administration for Community Living, Department of Health and Human Services, as a part of financial assistance awards totaling \$382,633 and \$356,400, with 100% funding by ACL/HHS, grant numbers 90SAPG00087 and 90MPPG0057. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS, or the U.S. Government.

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Celebrate The Solstice At Aloha

On the longest day of the year, Aloha will celebrate. The UN has declared June 21st to be the International Day of Yoga. This year the UN theme is women empowerment.

There are almost always more women in yoga classes than men. Women are empowering themselves by learning how to effect peace in the world through a profound yoga practice and lifestyle.

The Aloha community will offer for Sun Salutations to acknowledge the

longest day of the year Friday, June 21st. The class will be Aloha's weekly Community Class, which is always by donation. This month the donations will go to Coopers Crossroad. The class is from 4 to 5 p.m., and attendees may stay longer for strawberry shortcake to also celebrate the Strawberry Full Moon. Gluten free shortcake will be available, along with fresh local berries.

For more details, visit vagaro.com/alohakeene.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	208.53	-0.25	Danaher Corp. (Kollmorgen)	254.85	-8.23
Becton Dickinson (C.R. Bard)	233.73	-6.90	Merck (Hubbard Farms)	128.71	-1.96
Toronto Dominion Bank (TD Bank)	54.24	-1.35	Deluxe (NEBS)	21.52	-0.28
PC Connection	63.12	-1.96	Teleflex (Jaffrey)	208.29	-4.28
Bank Of America (Fleet)	39.24	-0.54	Timken (MPB Corp.)	80.65	-2.92
Corning Inc.	37.25	0.32	M&T Bank Corp. (People's United)	142.18	-4.64
Ametek, Inc. (Precitech)	167.02	-2.98	Dover Corp. (Markem)	177.25	0.03

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	29.32	0.04	Wheat (cents per bushel)	597.75	-29.25
Gold (\$ per ounce)	2,335.70	25.00	Corn (cents per bushel)	447.25	-1.75
Platinum (\$ per ounce)	951.20	-19.90	Soybeans (cents per bushel)	1,167.75	-10.25
			Cattle (cents per pound)	183.18	6.18
			Crude (\$ per barrel)	78.64	3.35

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Wilcox Tree Service ~ Striving For 100 Percent Customer Satisfaction

WILCOX, Continued from page 1

"My house is surrounded by numerous trees with branches that hover over the roof and about the siding," says Peter Zambri, about his experience with Wilcox Tree Service. "I called Wilcox to cut these back and down a tree that leaned precariously over the house at a 45 degree angle. Jake came the next day to survey the situation and discuss my needs. He gave me a fair quote and was back in a couple of weeks with his crew to do the job. I had a vision of what I wanted the place to look like when they were done, and sure enough, that vision became a reality. Very impressed and very happy."

"Thank you so much for the quick and professional service," says another customer, Connie Lafleur. "I couldn't be happier with the results and the cleanup – you wouldn't know any work had been done here! I have already referred you to a co-worker and will continue to recommend you. You will be the only one I will call for any tree work."

"Our employees pay great attention to detail and show great dedication in the roles they play," says Dustin Wilcox, founder of Wilcox Tree Service, LLC. "They pride themselves on their dependability, expertness, and most of all, their professionalism."

He continues: "Maintaining our customers' outdoor environment creates an attractive and safe space as well as adding value to the home or property. We offer an impressive amount of tree and crane service to protect your investments."

"Tree work can be a potentially dangerous endeavor for a homeowner," says Office Manager (and Dustin's wife) Megan Wilcox. "It requires a specific skill set and understanding. When meeting with homeowners we go over a variety of options to ensure that we are choosing what best suits each customer's needs, wants, and budget. We provide efficient and cost-effective tree services to our customers."

"The crew at Wilcox did an excellent job of removing the dead trees on my property. They were very neat and courteous and the price was very reasonable," adds Jim McByrne, about his encounter with Wilcox Tree Service.

Wilcox Tree Service is a community-minded business that has served Cheshire County and the surrounding areas for well over a decade. Dustin and Megan have seen consistent growth in the business, including the formation of a knowledgeable, reliable, and professional work crew. Another progression was the purchase of a shop at 923 Route 12 in Westmoreland.

"This strategic location enables us to serve our customers more effectively," says Megan. "The shop has been a significant addition – allowing us to maintain our extensive range of equipment and ensuring we're available 24/7."

Services offered by Wilcox Tree Service include trimming, utility line clearance, hazardous removal, stump grinding, and view cuts.

Megan goes on to say that they also saw a need in the region for crane services and opened a sister company, Wilcox Crane Service, which offers its services to construction companies as well as other tree companies. "Our 45-ton crane, with its 127-foot main boom, empowers our compact yet highly proficient team to operate more safely and efficiently, while also reducing the risk to your property. And with our large array of equipment, we can best access your property and the surrounding objects to prepare for the job most productively."

Wilcox Tree Service is fully insured and offers free estimates. All of the services offered are professionally handled safely and effectively.


"We plan to continue to maintain our reputation and to provide our customers with the most efficient methods of tree removal," Megan concludes.

For more details, call 603-363-8197, email info@wilcoxreeservice.com, or visit www.wilcoxreeservice.com.



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Spring Village At Summerhill Celebrating The Longest Day

A Hawaiian luau will be held on Thursday, June 20th from 4 to 6 p.m. at Spring Village at Summerhill to celebrate and honor The Longest Day. This is an event to benefit the Alzheimer's Association and celebrate the first day of summer. The Longest Day is an annual campaign to raise money and awareness for Alzheimer's and all proceeds will be directly donated to the foundation.

There will be luau-themed food and drink, raffle prizes, door prizes, and fun. An ice cream truck, face painter, and live music performed by ukulele player Eve Pierce will enhance the festivities.

This is an all-ages event, and all are welcome to attend. RSVP to Sarah Foucher at 603-924-6238 or DCR@SpringVillageSummerhill.com.

Spring Village at Summerhill is located at 183 Old Dublin Road in Peterborough.

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Non-Native, Invasive Plants In New Hampshire

Many of us, including me, may not be aware of all the non-native, invasive plants that are in New Hampshire. Some of these invasive plants are a result of escaping from a managed environment. Initially planted in yards and gardens because of their attractive appearance and low-maintenance, they can quickly overrun and dominate natural environments where they compete with native plants. Former popular landscaping plants like purple loosestrife, burning bush and Norway maple are on the list of prohibited invasive plants in New Hampshire.

red berries follow the flowers and birds love them and that, of course, helps the shrubs spread. They grow in large colonies and their dense canopy shades the forest floor enough so smaller native plants can't grow. Each plant can produce more than 20,000 seeds that can create nearly a half million seedlings per acre!

The butterfly bush displaces native plants by physically occupying the space that native plants would normally grow. They also offer copious amounts of nectar that become extremely attractive to pollinators, distracting them from other native flowering species thus reducing the native's reproductive success which eventually harms their populations. By favoring this plant in our gardens, we may be indirectly harming the survival and successful reproduction of many of our dear native plants and pollinators.

Purple loosestrife has spread rapidly across North America and is present in nearly every Canadian province and almost every US state. This plant has the ability to produce as many as two million seeds in a growing season, creating dense stands of purple loosestrife that outcompete native plants for habitat.

The invasive plant that covers everything is the Kudzu which kills or damages other plants by smothering them under a blanket of leaves. It covers tree trunks, breaking branches and even uprooting entire trees. The Kudzu's ability to grow quickly and survive in areas of low nitrogen availability allows it to displace native species.

Japanese Stiltgrass (*Microstegium vimineum*) can grow in a variety of habitats where it forms dense stands and crowds out native species. It is an aggressive invader of forest lands throughout the eastern US. Infestations can impact the diversity of native species, reduce wildlife habitat, and disrupt important ecosystem functions.

These are just some of the non-native, invasive plants growing in New Hampshire. To learn more, contact an official New Hampshire government website such as the New Hampshire Department of Agriculture, Markets & Food for publications and forms, weekly market bulletins and events. There are also New Hampshire Invasive Species Programs available.

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

Woods and Gardens

with Rose Kowaliw

Invasive plants that harm our urban forest:

- English Ivy (*Hedera helix*)
- Japanese Chaff Flower (*Achyranthes japonica*)
- Japanese Honeysuckle (*Lonicera japonica*)
- Japanese Hops (*Humulus japonicus*)
- Japanese Knotweed
- Japanese Stiltgrass
- Kudzu

There are many more that devastate our landscape and take over our fields and roadside grass.

The Giant hogweed (*Heracleum mantegazzianum*) is a very large invasive plant that can cause painful burns and scarring. Brushing against or breaking the plant releases sap that combined with sunlight and moisture can cause a severe burn within 24 to 48 hours.

Chokecherry trees (*Prunus virginiana*) are blossoming everywhere along our roadsides and they're very easy to see. They are small trees that sometimes can resemble shrubs when they grow in a group. There is an incredible fragrance that comes from the flower. If pollinated, each flower will become a dark purple, one-seeded berry (drupe) which, though edible, can be bitter or sour. Many Native American tribes used the fruit as food and used other parts of the tree. They used the inner bark, medicinally.

Honeysuckle grows mostly in shrub form along our roads and are almost always invasive. Morrow's honeysuckle (*Lonicera morrowii*) rapidly invades sites that it likes. It grows about seven feet tall and is originally from Eurasia. The

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How To Help Meet The Greatest Challenge In Human History

When it comes to our overheating planet, three questions matter most: What's going on? Why is it important? What can we do? Let's tackle these three questions, one at a time.

What's going on? Our species, Homo sapiens, has been around for about 300,000 years, but we've been massively polluting for only about the last 70. And over the last five decades, we've experienced what some call "The Great Acceleration": more than doubling the size of the human population, and even more important, more than quintupling the size of the world's economies.

All that growth has been driven by burning dirty fossil fuels such as coal, oil, and gas – and as it turns out, that pollution stays up in the air for a long, long time, a thickening blanket in the sky all around us, overheating the planet. The last nine years are the nine hottest in recorded human history; 2023 was the hottest yet, and 2024 is on track to beat it. And within the lifetime of a child born today, we're currently on track to more than double the overheating we've caused so far.

Here's an analogy we all can relate to: Imagine a car sitting for a few hours in a sunny parking lot on a summer day. The sunlight passes through the glass, heating up the car's interior, and the glass and metal traps the heat in – creating a life-threatening situation for pets or children inside the car. That's essentially what we've been doing these last 70 years or so: The solar system is a sunny parking lot, the heat-trapping pollution we're spewing into the sky is forming a



giant car around the planet, and our home is getting dangerously hot.

Why is this important? Because overheating the planet leads to more extreme weather, more extreme vulnerability, and more extreme unrest. Extreme weather means more major storms, floods, melting ice caps and snowpack, sea level rise, droughts, wildfires, and wildfire smoke. Extreme vulnerability means more heat waves, toxic air, crop failures, hunger, thirst, poverty, disease, and extinct species. Extreme unrest means more refugees, conflict, and sociopolitical turbulence. That's why Earth's overheating is important: If we allow current trends to continue, we'll bequeath a much more difficult and dangerous world to our children and grandchildren.

What can we do? Four things: First, we can stop the major polluters from continuing to thicken the blanket that's overheating the planet. Second, we can help speed up the upgrade to cleaner, cheaper, safer

energy sources, and more efficient, effective energy usage. Third, we can conserve and restore the parts of creation (like forests and peat bogs) that help remove some of the carbon pollution out of the air, thinning the blanket and cooling the planet. And fourth, we can spread the word about all of this, set an example, and help shift the cultural conversation (including the political conversation) away from polarized partisanship and toward common sense, practical wisdom, and cooperative action.

That last item – spreading the word – is crucial. The challenge we face is primarily a cultural challenge: the science is settled, feasible technological remedies are at hand (and forthcoming), and the economics of clean energy are already outstripping the economics of dirty fossil fuels. What remains is the cultural work of building a movement: Talking about the problem and its solutions with friends and neighbors in clear, accessible, non-jargonistic terms; forging alliances; electing officials who share our values; and rejecting the lie that a livable world is a partisan issue. Republicans, Democrats, and Independents breathe the same air, drink the same water, enjoy the same forests and lakes and rivers and neighboring creatures. A livable world is not a politically partisan goal. It's a human goal – and it's one we can achieve together.

We created the majority of this problem over the last five decades, since the early 1970s, and this is the decade, the 2020s, in which we need to take major strides toward solving it. The cavalry isn't coming; we are the cavalry! By almost any measure (potential death, disease, displacement, extinctions), this is the greatest challenge (and opportunity!) in human history. The call to action is ringing like a bell on the town square.

Want to get involved? One of the most powerful things you can do is get involved with a local group: Attend the Keene Clean Energy Team's Climate Cafes, volunteer with the Monadnock Sustainability Hub, or connect with Clean Energy New Hampshire. The challenge is clear. Let's get to it!

Matthew Myer Boulton is creative director at SALT Project, an Emmy-winning production company based in Keene. He co-coordinates Keene's Clean Energy Team and serves on the board of the

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Theatre To Produce Comedy Auditions Planned

Branch River Theatre has announced open auditions for *Boeing Boeing*, a fast-paced comedy. Auditions will be held at the American House at 197 Water Street in Keene, on Saturday, June 22nd from 10:30 a.m. to noon and Sunday, June 23rd from 2 to 4 p.m.

Auditions will consist of cold readings from the script and a memorized comedic monologue of the actor's choosing under two minutes (would be appreciated). Bring an acting resume or a list of acting experience and be prepared to list all potential schedule conflicts between July 29th and October 6th.

Rehearsals will be held in Keene and Marlborough and will start at the end of July/early August.

The six performance dates are September 27th, 28th, 29th and October 4th, 5th, and 6th at the Marlborough Community House. For more details, visit branchrivertheatre.org. Those who are unable to attend the scheduled audition dates but would like to audition may contact Director Lori Goldring at lgoldring@branchrivertheatre.org or call 603-499-1020.

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What Color Is Love?

While the color pink is most often associated with love (think Valentine's Day) – each color has its own vibratory gifts it contributes to this world. As I write this, I am on the island of Vieques in Puerto Rico. For the last week, I have spent most of my time sitting on white sand under a green fronded palm tree, watching the sparkling blue toned waters meet the blue toned sky.

As I watch those blues of varying hues – cerulean, turquoise, indigo, powder blue – my heart is filled with love. The love of water and the way water can love us. The love of sky and air, and the way the breeze can caress us like a lover. While the color blue is often associated with “being blue,” the blues I have been experiencing through my eyes and into my body are nourishing and uplifting and healing.

And then there is the white of the patient sand and chips of brain coral and minute seashells. In some cultures – such as ours – white is associated with marriage and purity. In others, white is used for death and mourning. Maybe white is both, and more. When white is clear and crisp and pure, there is a soothing simplicity to its tones that is both modest and bold.

Green. How could the color green not be love? The green of the grasses and leaves and plants. The green that sustains us, that nourishes us. The feeling of lying in the green grass or that first green of spring after a long winter in New England.



Healing Perspectives
with Skye Stephenson

Yesterday, we walked a trail back from Half Moon Beach that took us under tendrils of vines that made a variegated roof above our heads and gave us shade in the hot afternoon sun. For at least one quarter mile we were all alone in that multilayered canopy of green.

Here in Vieques, the flamboyant trees are in full bloom. Their bright red clusters of flowers are truly flamboyant, they spill from the branches like gigantic popcorn balls. This red is bold and confident, like the crown of the various roosters now crowing the morning sunrise outside my hotel room window. Yes, this also feels like love to me.

In the deepest of our New England winters, when all around is white or shades of grey, I will sometimes pull up memories of that color red and infuse it through me – to help me push through the cold and bleak times outside.

This may be because in Feng Shui I was born in a fire year. Whatever the reason, red has always called to me. Several years ago, we were choosing colors of office furniture. Everyone except for me wanted blue. I wanted red. Blue won out (which was probably for the best). At that time, several people told me they disliked red, that it made them uncomfortable. And I felt I had to advocate for the color that always attracts me, like a moth to flame.

Purple and orange can surprise us. Those colors are not as omnipresent around our landscapes, and thus can move and shake us with their power and tones when we do see them. As in a flower. Or the orange of Buddhist monk's robe. Or the purple of a piece of amethyst.

And what about yellow? The sun is most often represented as yellow. And while it often appears as yellow, our sun-star that nourishes us all on planet Earth is of many colors – depending when and how we choose to see it. At sunrise and sunset, the sun can be pink and orange and magenta and more. Sometimes if you look at the sun just so, you can find touches of lime green and lavender. And then when the sun is not in the sky, it is black to us.

Black is perhaps the truest of love colors. We were

all created and gestated in the rich black of the womb. The black holes of the universe hold the keys to all cosmic life. The black of the night sky shows us the stars not visible to our eyes in the colorful dance of daytime. And the rich black earth, deep under our feet, nourishes all life here.

And so, I ask myself if colors could be one form of love made visible. Especially when we welcome the colors as a lover: rejoicing in their tones and how they can touch our soul and heart.

Skye Stephenson enjoys writing about life and love and healing from her home in Keene. She is currently working on a book of creative non-fiction. She can be contacted at skyeayona@gmail.com

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USCCA Intro To Handguns/Safety **Sat., June 29**
Aim 4 NH **Sunday, June 30**

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WEDNESDAY, JUNE 26TH
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ENTERTAINMENT
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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.

Noises Off! 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. Comedy. Performances through June 30th. **603-924-7585.** www.peterboroughplayers.org.

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.

FAMILY FUN

Swamp Bats vs. Danbury Westerners 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Juneteenth Celebration! Face painting. Giveaways. www.swampbats.com.

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.

LECTURES & WORKSHOPS

Drinking Liberally 7:30pm. Fireworks Restaurant, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. **603-352-1707.** keene@drinkingliberally.org. www.livingliberally.org/drinking/chapters/NH/keene.

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.

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.**

Thursday, Jun. 20

LECTURES & WORKSHOPS

Keene Pride Adult Sex Ed: Loving Your Queer Body 6pm. Hannah Grimes Center, Roxbury St., Keene. A workshop on loving your own, aging queer body. Join in person or virtually through zoom. Register at www.keenepride.org/sexed.

MISCELLANEOUS

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

Butterfly Release 3-6pm. Cathedral of the Pines, 10 Hale Rd., Rindge. Release a butterfly in honor or memory of a loved one. **603-352-2253.** events@HCSservices.org.

Keene Master Plan Visioning Session 4-5pm. Keene Public Library - Heberton Hall, 60 Winter 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.**

World Refugee Day 5pm. Mt. Monadnock Labyrinth, Airport Road, Keene. World Refugee Day is an international day designated by the United Nations to celebrate the strength and courage of people forced to flee their home countries to escape conflict or persecution.

Friday, Jun. 21

FAMILY FUN

Swamp Bats vs. Martha's Vineyard Sharks 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Star Wars Night. Giveaways. www.swampbats.com.

LECTURES & WORKSHOPS

Forests For Monarchs: Reception Followed by Restoration Talk 4-6pm. Vermont Woods Studios' Stonehurst Property, 538 Huckle Hill Rd., Vernon, VT. Free event. RSVP at www.bit.ly/3x5MGUp.

MISCELLANEOUS

Day Trips in Luxury Motorcoach Adventure Limousine & Transportation. "Crazy For You" Ogunquit Playhouse. **603-357-2933.** www.advlimo.com.

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Keene Master Plan Visioning Session 2-3pm. Keene Public Library - Heberton Hall, 60 Winter 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.**

UN International Day of Yoga: Josephine will Facilitate 4-5:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Practice sun salutations to salute the life giving energy of the sun on the longest day of the year. Register at www.vagaro.com/alohakeene.

Barbara Busenbark: Book Signing "Uncharted" 6pm. Toadstool Bookshop, 12 Emerald St., Keene. Busenbark will be signing copies and reading from her memoir.

Butterfly Release 10am-1pm. Butterfly Park, 320 Marlboro St., Keene. Release a butterfly in honor or memory of a loved one. **603-352-2253.** events@HCSservices.org.

Saturday, Jun. 22

ARTS, MUSIC & THEATER

"Welcome Summer" Concert: Family Folk Chorale 1pm. Picadilly Farm, 264 S. Parrish Rd., Winchester. Relax and sing along on the barnyard lawn. Bring the whole family, a picnic, and something to sit on at this free outdoor concert.

Joyful Noise Café presents: A Celebration of Music 3pm. Marlborough Community House, 160 Main St., Marlborough. Community sing. Free. **603-876-3863.** www.federatedchurchmarlborough.org.

Concert featuring Lui Collins 7pm. Marlborough Community House, 160 Main St., Marlborough. \$15 donation. Combo Dinner/Concert \$25 at the door. **603-876-3863.** www.federatedchurchmarlborough.org.

Summer Solstice Concert 7:30pm. Nelson Town Hall. The Solstice Sisters return for a celebration of the Summer Solstice. Admission is \$15/\$12(Sr/Jr).

Artist & Garden Tour 10am-1:30pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Register at www.bit.ly/455ro5T.

Branch River Theatre Open Auditions: Boeing Boeing 10:30am-12pm. American House, Senior Living Communities, 197 Water St., Keene. Auditions will consist of cold readings from the script and a memorized comedic monologue of your own choosing under 2 minutes. Bring acting resume and potential schedule conflicts from July 29th-Oct. 6th. Lori Goldring: **603-499-1020.** lgoldring@branchrivetheatre.org.

DINING PLEASURES

Rock Swap Dinner: All-You-Can-Eat Family Style Gilsom Congregational Church, 13 Main St., Gilsom. Two seatings. Ham, baked beans, cole slaw, rolls, beverage, and home baked pies. Call to reserve space. Barb: **603-352-0455.**

Chicken BBQ Dinner 5:45-6:45pm. Marlborough Community House, 160 Main St., Marlborough. \$15 donation. Combo Dinner/Concert \$25 at the door. **603-876-3863.** www.federatedchurchmarlborough.org.

Breakfast/Fellowship 8-11am. The Chapel by the Lake, 529 Granite Lake Rd., Munsonville. Regular and blueberry pancakes, homemade waffles, scrambled eggs, sausage, hash browns, fresh fruit, juice, and coffee. Adults/\$8, children under 10/\$4, and under 2/free.

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.

Pop-Up Farm Shop 11am-2pm. Picadilly Farm, CSA Barn, 264 S Parrish Rd., Winchester. The shop will feature lots of late spring and early summer certified organic veggies from the fields at Picadilly. Likely to include carrots, cabbage, radishes, kale, chard, and much more.

Youth Book Sale 11am-2pm. Keene Public Library - Main Lobby 60 Winter St., Keene. Regular low sale prices have been further reduced so that more books will get into the hands of young readers. Two Swamp Bat players will be present to join in the fun. **603-352-0157.**

MISCELLANEOUS

Day Trips in Luxury Motorcoach Adventure Limousine & Transportation. Newport Flower Show. **603-357-2933.** www.advlimo.com.

Amateur Radio Field Day 2pm. Connecticut River Sportsmen's Club, 125 Whitcomb Road, Swanzey. Event will run thru 2 Sunday June 23rd. Jeff Mungovan: **603-680-1978.** Jeff.mungovan@yahoo.com.

Summer Solstice Yoga Dance Fusion 6:30-8pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Connect to your body and breath with Kundalini Yoga. Release stress through the 5 Rhythms freestyle ecstatic movement. Relax to the waves of the Gong Sound Bath. \$15/person Register at www.vagaro.com/alohakeene.

Butterfly Release 10am-1pm. Butterfly Park, 320 Marlboro St., Keene. Release a butterfly in honor or memory of a loved one. **603-352-2253.** events@HCSservices.org.

Sunday, Jun. 23

ARTS, MUSIC & THEATER

Branch River Theatre Open Auditions: Boeing Boeing 2-4pm. American House, Senior Living Communities, 197 Water St., Keene. Auditions will consist of cold readings from the script and a memorized comedic monologue of your own choosing under 2 minutes. Bring acting resume and potential schedule conflicts from July 29th-Oct. 6th. Lori Goldring: **603-499-1020.** lgoldring@branchrivetheatre.org.

Rock Swap Dinner At Gilsum Church Saturday, June 22nd

An all-you-can-eat family style Rock Swap Dinner will be held at Gilsum Congregational Church at 13 Main Street on Saturday, June 22nd. There are two seatings for this dinner: call Barb at 603-352-0455 for seating times and to reserve spaces.

The menu includes ham, homemade baked beans, potato salad, coleslaw, dinner rolls, and a selection of beverages. The meal will be complete with a piece of homemade pie (note: the bakers of Gilsum are known for their pies!). The cost is \$15 for adult and \$5 for ages eight and under.

Invitation To Artists And Craftspeople For Annual Event In Troy On Saturday, July 20th

An invitation to artists and craftspeople to join the annual craft/flea market to be held on the Troy Common on Route 12 on Saturday, July 20th. For more details and registration forms, call Kathy at 603-242-7731.

Sunday, Jun. 23

RELIGIOUS

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

Monday, Jun. 24

MISCELLANEOUS

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

Tuesday, Jun. 25

ARTS, MUSIC & THEATER

Elizabeth Richards Concert Series 6:30pm. Marlborough Town Pavillion, Fitch Court, Marlborough. "Before Fiction". Music on the lawn. Shine only. 603-876-4479.

FAMILY FUN

Swamp Bats vs. Mystic Schooners 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Pride Night. www.swampbats.com.

MISCELLANEOUS

Pollinator Palooza 11am-2pm. Ashuelot River Park, 242 West St., Keene. Afternoon of learning and celebration of pollinators during National Pollinator Week. This event is free and open to the public. 802-518-0993. www.benee@cheshireconservation.org.

Wednesday, Jun. 26

FAMILY FUN

Swamp Bats vs. Danbury Westerners 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Ted's Shoe & Sport presents Kids' DeMar Night! Entertainment by Milla's Magic Treasures. www.swampbats.com.

LECTURES & WORKSHOPS

Forest Stewardship Summer Series: How to Extract and Process Trees for Personal Use 4-6pm. Distant Hill Gardens, 507 March Hill Road, Walpole. Registration is free but slots are limited so register in advance. Benée Hershon: 802-518-0993. benee@cheshireconservation.org.

MISCELLANEOUS

Home Healthcare Hospice & Community Services: Walk-in Wednesdays 1-3pm. HCS Peterborough, 9 Vose Farm Rd. Confidential, free of charge discussion of services that are available. 603-352-2253. www.HCSservices.org.

Thursday, Jun. 27

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Day Trips in Luxury Motorcoach Adventure Limousine & Transportation. Mt Washington Narrated Cruise. 603-357-2933. www.advlimo.com.

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World Refugee Day In Keene

A World Refugee Day will be held on Thursday, June 20th at 5 p.m. at the Peace Pole and Mt. Monadnock Labyrinth on Airport Road in Keene. The day celebrates the strength and courage of people forced to flee their home countries to escape conflict or persecution.

Breakfast At The Chapel By The Lake

The Chapel by the Lake in Munsonville will hold a breakfast on Saturday, June 22nd from 8 to 11 a.m. The menu includes plain and blueberry pancakes, waffles, scrambled eggs, sausage, hash browns, fruit, juice, and coffee.

It's Strawberry Festival Fun Time

Now begins the great All-American Strawberry Festival time of year. One of my favorite memories as a child is of attending at least one or two strawberry festivals at local churches every June and July. While strawberry festivals don't seem to be as prevalent as they were back in the 40s and 50s, I've noticed lately that ads and notices for strawberry festival craft fairs show that they are making a comeback. Search one out – take the family for some fun times!

To keep strawberries, rinse them off (but don't soak in water) and dry them well. Refrigerate the dry strawberries in shallow containers. You may also freeze dry whole strawberries on a cookie sheet until firm; transfer to heavy plastic bags or five-quart plastic ice cream buckets. My favorite way to save strawberries is to roast them and then freeze in jelly-size or pint canning jars – wonderful to enjoy on a wintery day!



Cooking Corner
 with Nancy Adams

Roasted Strawberries

This is the easiest and most useful way to prepare strawberries that I've ever come across. Use the roasted berries on shortcake or pound cake, in muffins or on toast, or simply enjoy atop cereal, yogurt, pudding or ice cream. I also freeze these roasted berries in jelly jars (leave 1/4-inch headroom for expansion) and enjoy them all winter long.

Ingredients:
 1 lb. strawberries, cleaned and hulled
 1/4 cup sugar

Preheat oven to 450 degrees; center the oven rack. Halve or quarter large berries. Place berries in a roasting pan; add sugar and toss well. Roast berries for 18 to 20 minutes, stirring once or twice. Cool; store in refrigerator up to one week or freeze for longer storage.

Strawberry-Orange Yogurt Pancakes

Enjoy this different pancake preparation for a leisurely breakfast or brunch treat some weekend. Makes two to three servings.

Ingredients:
 1 cup strawberries, hulled and sliced
 4 teaspoons sugar, divided
 1/3 cup orange juice
 3/4 cup strawberry yogurt
 1 large egg
 2 tablespoons melted butter
 1 cup flour
 1 teaspoon baking soda
 1/2 teaspoon baking powder
 1/4 teaspoon salt

Combine strawberries and two teaspoons sugar; let stand one half hour. Combine remaining two teaspoons sugar, orange juice, yogurt, egg and melted butter; mix well. In another bowl, sift together flour, baking soda, baking powder and salt. Add yogurt-orange mixture to dry ingredients and mix well; fold in strawberries. Batter will be thick. Cook pancakes on hot griddle. Serve with maple syrup or strawberry sauce. Makes two to three servings.

Fresh Strawberry Sauce

This luscious sauce is a treat to use on pancakes or waffles, on puddings or as a filling for trifle, or serve it on yogurt or in your favorite smoothie. Makes one pint.

Ingredients:
 1 lb. fresh strawberries
 1/4 cup sugar, more or less to taste
 2 teaspoons fresh lemon juice
 dash vanilla extract
 1 tablespoon strawberry fraise or other berry liqueur (optional)

Combine strawberries, sugar, lemon juice, and vanilla in a saucepan. Mash the berries with a fork to release juices, then bring them to a boil over medium-high heat. Reduce heat to medium-low, continue to mash the berries as needed, and simmer until they are all soft, 15 to 20 minutes. Puree the berries with an immersion blender or food processor until smooth. Add the liqueur if using, blending once or twice to incorporate it. Cool sauce to room temperature and refrigerate it to use as needed. Keeps up to one week refrigerated.

American Salad

This striking, patriotic red, white, and blue salad is colored with strawberries, blueberries, mozzarella and other tasty ingredients. It's perfect for summer holidays or BBQs. The white vinegar keeps the color of this salad bright and fresh. Makes six servings.

Ingredients:
 1/3 cup olive oil
 1/4 cup julienned fresh basil
 3 tablespoons white balsamic vinegar (or other white wine vinegar)
 2 tablespoons minced fresh mint leaves
 1 garlic clove, minced
 1 teaspoon Dijon mustard
 1/2 teaspoon each salt, sugar and pepper
 1 cup sliced or quartered fresh strawberries
 4 cups fresh baby arugula (or other baby greens of choice)
 4 ozs. fresh mozzarella cheese pearls, drained
 1 medium fresh peach, sliced (optional, but nice if in season)
 1 cup fresh blueberries
 3 ozs. thinly sliced prosciutto, julienned
 additional mint for garnish

In a small bowl, whisk together olive oil with white vinegar and seasonings. In large bowl, combine strawberries, arugula, cheese, peaches (if using), blueberries, and prosciutto. Pour the dressing over and toss by hand to coat everything well. Garnish with additional mint and serve.

Strawberry-Fruit Salsa

This fruity appetizer is nice for a special occasion or just family snacking. Serve it with cinnamon crisps, or other tortilla chips if preferred.

Ingredients:
 1 cup finely chopped strawberries
 1 orange, peeled and finely chopped
 1 apple, cored and finely chopped (peeled, if desired)
 1 can (8 oz.) unsweetened crushed pineapple, well drained
 1 tablespoon fresh lemon juice
 1 teaspoon sugar

Cinnamon Crisps:

10 (eight-inch) flour tortillas
 1/4 cup melted butter
 1/4 cup sugar
 2 teaspoons cinnamon

In a medium bowl, combine all the salsa ingredients; refrigerate until serving time. For crisps, brush flour tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon in a small bowl; sprinkle over wedges. Place on ungreased baking sheets. Bake at 350 degrees for five to 10 minutes or just until crisp. Serve with the fruit salsa. Makes two and a half cups salsa.

Nancy Adams is a native of Peterborough and resides in Hancock. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

The View From Here

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Matt DeGrosky is the owner of Monadnock Shutter & Shade, located at 28 Roxbury Street in Keene. For more details about this topic, they can be reached at 603-352-0511. Visit them online at monadnockshutterandshade.com. Visit their showroom or schedule a free in-home consultation to explore the benefits of blackout shades.



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"It's hard for me to choose just one reason I like working here, but what really makes our Co-op special are the people I work with. We have such a friendly and supportive community here, who are always willing to help you out and watch out for you."

- JETT LARRIMORE, DELI/BEVERAGE ASSOCIATE

Ask any of our staff why they like working at Monadnock Food Co-op and you'll always hear that it's more than just a "job". Check our website for updates on current openings and be a part of *Business NH Magazine's* "2024 Business of the Year"!



34 Cypress St | Keene, NH 03431 | 603.355.8008 | monadnockfood.coop/our-co-op/careers/

Granita ENOTECA
HIRING NOW!
Kitchen Positions & FOH Floor Manager
Email resume to info@granitakeene.com or stop by 51 Railroad St., Keene Wed-Sun 4-8PM
603-355-5242

Monadnock Worksource
Adult Foster Care Home Care Provider
Looking for a nurturing, compassionate Female who enjoys socializing and being out in the community. In your home.
Established Day Program
Monday - Friday

- **Competitive Stipend**
- Respite allotment
- 24-hour support
- Extensive training provided

Direct Support Professionals
Entry level position starting at \$15 per hour providing community support for people experiencing disabilities in the Keene/Rindge/Jaffrey/Peterborough area.

- **COMPETITIVE PAY**
- Extensive training provided
- Full or Part Time positions
- Benefits for Full Time

Contact Rob Gillis at (603) 924-3326
Or email rob@mworksource.org

Windham Solid Waste Management District in Brattleboro, VT has an opening for a roll-off truck driver and transfer station operator to work 30-40 hours a week.
This position requires a CDL B license and offers benefits after 90 days. Loader operating experience is preferred. Must be able to lift 50 lbs and work in outdoor conditions. Please visit our website at windhamsolidwaste.org for the application & job description, or email HR at admin@swmnd.org.

WSWMD is an equal-opportunity employer.

MCVP
Crisis & Prevention Center
AVAILABLE POSITIONS
Monadnock Center for Violence Prevention

- Director of Direct Services
- Prevention Educator
- Family Violence Prevention Specialist
- Per Diem Advocate
- Volunteer Advocate

Job descriptions at:
www.mcvprevention.org

Please send cover letter and resume to:
director@MCVPrevention.org or
MCVP: Crisis & Prevention Center
Attn. E.D.
12 Court Street, Suite 103
Keene, NH 03431

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

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

ConVal is hiring for the following positions:

ConVal School District

- Interim Assistant Superintendent
- Business Administrator
- Elementary School Principal and Assistant Principal
- District/Community Preschool & Elementary Case Manager/Coordinator
- Special Education Teachers - All Levels
- Speech/Language Pathologist
- School Psychologist – Elementary and High School
- Occupational Therapist
- School Nurses
- Paraprofessionals – All Levels
- Sign Language Interpreter

ConVal High School

- General Science Teacher
- Math Teacher
- Music Teacher
- Computer and Information Technology CTE Instructor
- Pre-Engineering CTE Teacher
- Business CTE Instructor
- ELO Work Base Learning Counselor
- 10-Month Administrative Assistant

ConVal Middle Schools

- Technology Integrator
- Math Teacher

ConVal Elementary School

- Elementary School Counselor
- Physical Education/Health Teacher
- Library/Media Specialist
- Teachers

ConVal Support Staff

- Administrative Assistants (3 Positions)
- Custodial Day Support
- Daily and Long-Term Substitute Positions

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

Communications Technician (Switchboard)
Full-time, part-time & per diem openings
Cheshire Medical Center – Keene, NH

Duties Include:

- Assists all callers by soliciting sufficient information to identify the nature and urgency of the call in order to refer and/or respond appropriately.
- Acts as first contact in assisting callers, patients and staff in placing, receiving calls in a 24x7 environment. Solicits sufficient information from each caller to determine nature and urgency of call. Determines how to best refer the call using listed directories, consult the on call directory for each clinic, or defined office practices.
- Transfers calls, completes directory look ups, completes radio pages, checks census, checks paging status and records, and completes and checks messaging services.
- May be first line notification for all institutional emergencies. Learns and operates all equipment applicable to the emergency. Recognizes, triages, and responds to external emergency calls (e.g. attempted suicide, illness, child abuse) remaining on the line after the referral to ensure caller is appropriately connected. Follows standard procedures.
- May act as the voice of the Clinic and the Referring Physician Services after hours, receiving all office calls.
- Acts as the Communications Help Desk when required.

Benefits:

- Benefits start the first day of employment
- We offer a career ladder
- Work-life balance culture
- Tuition assistance
- Earned time off plan
- Retirement plan
- Health, life, dental, and short-term and long-term disability insurance
- Flexible spending accounts
- Free continuing education opportunities

Minimum Qualifications:

- High school graduate or equivalent required.
- Previous satisfactory work experience in telecommunications, hospital, clerical/reception, or customer service preferred.
- Proficiency in basic computer skills.
- Ability to successfully complete required training.
- Outstanding interpersonal communication and customer service skills and ability to work both independently and as part of a team required.
- Knowledge of call center telephone systems preferred.
- Strong organization, initiative, problem solving skills and attention to detail desired.

To apply, please visit
careers.dartmouth-hitchcock.org

Dartmouth Health is an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, veteran status, gender identity or expression, or any other characteristic protected by law.

Glendale Dining Services is **NOW HIRING** in Peterborough, NH!
Do you love working as part of a team and providing exceptional customer service? If the answer is **YES**, then we want to learn more about you!

Join our residential dining team as
Chef Server
Utility Worker

APPLY TODAY:

www.glendalediningservices.com/careers
or call 603-437-0200 x 106

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