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SHOPPER NEWS

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Consignment Cabin In Marlborough Affordable Solutions For Better Living



The Consignment Cabin, which opened this spring, has multiple rooms with a variety of items for sale. Jen Shay and Bette Korpi (holding an antique doll), on the left with Shay's dog, Emory, are the owners. Yvonne Gifford, Janet Flynn, and Heather Moody (L to R) volunteer to assist customers and are several of the vendors who have goods for sale in the shop. Susan Snipe and Bridget Burns, booth vendors and volunteers, were not available for the photo.

By Lori Catozzi Cook

Consignment shopping is a unique and fulfilling experience that blends the thrill of the hunt with the benefits of affordability and sustainability. Consignment stores offer a way to find unique items at potentially lower prices than retail, while also giving pre-loved items new life.

Over the years, mother/daugh-

ter team – Bette Korpi and Jennifer Shay, respectively – have found joy in going to flea markets, estate sales, antique shops, and any other avenues where they would discover pre-loved treasures and unique pieces. Korpi is also an experienced consignor with booths in antique establishments over the years.

Most recently, and after much research, this love led the two to open

CONSIGNMENT, page 4

Live Music, More At Vilas Pool And Recreation Area 100th Anniversary Celebration

Vilas Pool and Recreation Area will hold its 100th anniversary celebration Saturday, August 16th from noon to dark.

There will be kids events from noon to 4 p.m., plus adult/family events from 5 p.m. to dark, including live music, kayaking, swan boat rides, swimming, and fireworks.

Vilas Pool was built in 1926 by local philanthropist Charles Nathaniel Vilas. The pool and recreation area has been open to the public for summer-time recreation activities since it was gifted to the town in 1930.

Admission to the event will be by donation. Food, beverages, and exclusive merchandise will also be available by donation. The park is only able to accept cash.

The event will take place at 39 Acworth Road, Rte 123A, in Alstead.

For more details, follow Vilas Pool Park on Facebook, <https://www.facebook.com/VilasPoolPark>, or contact Bobbie Wilson at vilaspoolpark@gmail.com or 603-835-6127.



Among the many offerings will be live music performed by Evan Daniels.

Richmond Days Held August 23rd And 24th

The annual Richmond Days will be held on Saturday and Sunday, August 23rd and 24th this year.

On Saturday, the Richmond Community United Methodist Church will hold a Yard and Bake Sale from 8 a.m. to 2 p.m. just east of the Four Corners on Route 119.

On Sunday, the Richmond Public Library will hold

a Used Book Sale and raffle from 10 a.m. to 2 p.m. at 19 Winchester Road. After 1 p.m., the books are \$5 a bag. Hobo reenactors will be outside Richmond's historic Tramp House from 11 a.m. to 3 p.m.

The Richmond's Fire Department will have a chicken BBQ from noon to 3 p.m. on Sunday behind the firehouse at 17 Winchester Road.

Family BBQ & Social In Rindge Saturday, August 23rd

On Saturday, August 23rd, a Family BBQ & Social will be held at Rindge Recreation Center at 283 Wellington Road from 11:30 a.m. to 3:30 p.m.

This event includes face painting; children's crafts; a touch-a-truck; and raffle baskets for school supplies,

sporting goods, gift certificates, and more.

The cost is \$10 for adults, \$5 for kids ages five to 12, and free for those under five. Bring the ad on page 13 to receive a free raffle ticket.

“Conformity To Courage: This Is No Time To Be Timid” Is Talk Topic

The sixth presentation at the Amos Fortune Forum speaker series will feature Storyteller Tricia Rose Burt. Hancock resident and storyteller, she will describe her unconventional journey from clueless amateur to award-winning producer of the podcast “No Time to be Timid.” She will share her passion for giving artists a platform to tell their stories and her commitment to elevating courage and creativity.

After spending nearly 15 years with some of America's top business institutions, Burt made a dramatic shift and enrolled in art school. This move led



Tricia Rose Burt

to a decade as a visual artist. In 2008 she created an award-winning one woman show entitled “How to Draw a Nekkid Man” about her transformation from executive to artist, and her storytelling career took off after performing with the Moth.

This free presentation will be held in the Meetinghouse located in Jaffrey Center on Friday, August 15th at 8 p.m. A recording of each event

will be available on YouTube shortly after the presentation. More information is available at www.amosfortune.org.

Coffee House And Open Mic In Dublin Saturday



Dublin's Blame It on Sally! is April Claggett and Rhine Singleton.

This Saturday, August 16th, the DubHub presents its monthly combined Coffee House and Open Mic from 6 to 9 p.m. Coffee and sweet and savory snacks

are available. Attendees are also welcome to BYOB and dinner/snacks. A featured performance takes place for about 60 minutes, with open mic slots available both prior and after.

This month, the feature is Dublin's very own, Blame It on Sally! The duo (April Claggett and Rhine Singleton) plays all original songs while switching out guitars, dobro, basses, and vocals. The music is its own blend of rollicking, rootsy, poetic, and playful Americana.

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 performers.

To reserve a slot on the open mic sign-up, email info@dublincommunitycenter.org or just show up that evening and hope there's an available spot on the list.

The Dublin Community Center is located at 1123 Main Street in the center of Dublin.

For more details, visit www.dubhub-nh.org/calendar.

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Back To School... 9

BIRTHDAYS 12
CLASSIFIEDS/RE 14-15
COOKING 11

ENTERTAINMENT 12-13
FAMILY 9

GARDEN 7
HEALING 10

MONEY 8
MYSTERY PHOTO 13
PETS 2

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Diamond

Looking for a low-key, loyal companion with just the right amount of sass and sweetness? Say hello to Diamond, a 13-year-old Bull Terrier.

Diamond came to MHS as a stray, but she's absolutely blossomed. This lovely gal may be in her golden years, but she still has plenty of pep in her step (especially when it's walk time!). She adores leisurely strolls, cozy nap sessions wrapped in blankets, and just hanging out with her people.

Diamond is hard of hearing and has limited vision, but she's a pro at using her nose and charm to get around! She's got a few senior medical needs, but she's generally in good health and has a strong spirit.

While she's sweet as pie with people, Diamond is looking for a pet-free home where she can soak up all the love for herself. She may do well with calm, respectful kids. She might get a little possessive over high-value items (hey, wouldn't you if someone tried to swipe your snacks?). But with some simple awareness and respect, she's an absolute sweetheart.

If you've got a quiet home, a soft blanket, and room in your heart for a gentle old soul, Diamond might just be your perfect match.

The Adoption Center is located at 101 West Swanzey Road. Its open hours are Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumanesociety.org.

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Birkenstock Day At Ted’s Shoe & Sport

“Nothing compares to the comfort of Birkenstock, says Ted McGreer, owner of Ted’s Shoe & Sport. “Just the mere mention of the name conjours a feeling of relaxed support and recovery. Committed to the fine art of crafting quality shoes that are good for you, the company was the first to introduce the contoured footbed. And while others have tried to copy the idea, there is only one that bears the Birkenstock name.”

On Saturday, August 16th, Ted’s Shoe & Sport will host its second annual Birkenstock Day, a time when customers can take advantage of the best Birkenstock prices of the year, enter a raffle to win a free pair, and receive a gift with purchase. “Birkenstock shoes

and sandals are designed to support your feet, create stability, and give your feet and toes room to spread out naturally,” explains McGreer. “The molded heel and arch support in the footbed keep your feet in a great natural position, which helps to minimize foot pain and discomfort.”

On August 16th, customers can stop by the store and experience Birkenstock’s unrivaled comfort and support for themselves.

Ted’s Shoe and Sport is located at 115 Main Street in Keene. For more details about Birkenstock Day, the store can be reached at 603-357-8337. Visit them online at tedsports.com

The Heat Is On For Blood Donors, Drive Is Friday, August 22nd

A Red Cross blood drive is set for Friday, August 22nd from 11:30 a.m. to 3:30 p.m. at the Community House of the Federated Church, 160 Main Street in Marlborough. Call 800-733-2767 to make an appointment. All blood is needed, especially type 0.

Mr. Blood Drop is promoting the summer blood drive. Anyone coming to donate between August 1st and 28th will get a \$15 e-gift card to the merchant

of their choice.

In addition, the Red Cross will perform free A1C testing, commonly used to screen for pre-diabetes and diabetes, on successful donations through August. No fasting is required. Donors may receive one test in a 12-month period.

For more details, visit RedCrossBlood.org/Test.

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TOO GOOD TO THROW AWAY?

Donate to the Third Congregational Church of Alstead for their upcoming Annual Yard Sale and Harvest Auction.

For more details or to arrange drop off or pick up, contact Janet at 603-835-2456

VILAS POOL

100th Anniversary Celebration

Saturday • Aug. 16th
12:00 to Dark

Activities:

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Alstead Church Seeks Items Too Good To Throw Away

The Third Congregational Church of Alstead is looking for donations of items too good to throw away for their upcoming annual Yard Sale held in Keene on Saturday, August 30th and their Harvest Auction held in Alstead on September 13th.

Items can be tax deductible. The Third Church, along with their yard sales and auction, hosts numerous pie sales throughout the year. The Yard Sale is mostly items by donation, and include (but is not limited to) tools, home goods and decor, fresh sunflowers, small furniture, books, lamps, bedding, toys, games, music, and more.

For more details or to arrange pick up or drop off, call Janet at 603-835-2456.

Dance Features Brian Gill & The Allstars This Saturday


Monadnock Tri-State Dance Club will hold a Hawaiian dance night on Saturday, August 16th from 7 to 10 p.m. at ELMC Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Brian Gill & the Allstars. There will be free refreshments, a 50/50 raffle, and all are welcome.

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

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**Flagg Window Cleaning Services:
Taking On The Worst Of The Worst**

Who knows what evil lurks on the sills of windows? Dennis Flagg, the owner of Flagg Window Cleaning Services, does.

All references to 1930s radio shows aside, he encounters all manner of filth living on, around, and below the windows he cleans. Caked-on dirt is a common offender, as are dead bugs, cobwebs, and pollen. But what about mold? There are 12 common types of mold found in houses, which are broken out into three categories: allergenic, pathogenic, and toxic. Left unchecked, mold can lead to structural damage, resulting in the need for a window replacement, which, according to Angie’s List, can run anywhere from \$300 to \$2,500 per window, including labor and materials.

“Most people don’t think about it,” says Flagg, “but it’s much easier and cheaper to have your windows cleaned on regular basis, even if it’s on a yearly basis.” Since 2012, armed with a variety of hand tools, brushes, scrapers, sponges, and a vacuum, Flagg has offered expert window cleaning throughout the Monadnock Region with a “leave no dirt behind” approach. He’s taken on the most vile contaminants and has



Dennis Flagg, owner of Flagg Window Cleaning Services

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Kiwanis Golf Tournament Winners

Thirty-five teams participated in the recent Kiwanis Golf Tournament, which for the second year raised over \$20,000 that will go back to the community to support Kiwanis programs that improve the lives of local children.

First place teams were: Men: George Benik, Mike Kiritsy, Ryan Petroski, Peter Young (57); Women: Sandra Gup-till, Linda Daniel, Elizabeth Kolodiej, Shelley Murdoch (62); and Mixed: Ely Thayer, Brad Dufresne, Griffin Kiritsy, Molly Kiritsy (62)

Second place teams were: Men: Randy Gendron, Bob Cassin, Mitch Schadler, Jeff Foster (57); Women: Jessica Leventry, Kathy Orben-Hall, Mo

Boutwell, Lisa Perkins (64); and Mixed: Denise Thomas, Paul Hertneky, Ryan Barcome, Greg Curry (63).

The Men’s first place teams had a tie broken by comparing scores on individual holes determined by John Pawlak, PGA

The team with the highest score was Kelvin Macie, Sheila Macie, Jon Roe, Kelly Roe (81).

Closest to the Pin was: Women: Lisa Eaton 5’ 10” and Men: Fred Lower 3’ 1”.

Longest Drive was Women: Shelley Murdock and Men: Ryan Barcome.

Closest to the Tire was Women: Dixie Cote 11’ 11” and Men: Troy Wilkes 13’ 8”.

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Keep Mosquitoes Away Naturally With Herbs And Garden Plants

Over the years, mosquitoes have transmitted many diseases including malaria, dengue, yellow fever, encephalitis, and more recently, the West Nile and Zika viruses. They are even to blame for heartworm in dogs. It isn't just an annoyance, it is a health concern.

The best thing you can do is prevent water from collecting and becoming stagnant; mosquitoes can lay hundreds of eggs even in a tiny spoonful of standing water.

Woods and Gardens
with Rose Kowaliw



There are other ways to prevent mosquitoes from coming into your garden, patio, and deck by planting a variety of herbs and fragrant flowers to ward off these pesky insects.

If you love gathering around a fire pit in your backyard, plant some sage nearby. Toss some of the leaves of the plant into the flames, and its earthy smell will ward off bugs. Sage can also be dried and used to make homemade bug spray.

Lavender has a lovely fragrance which comes from its essential oils found on the leaves. It is even argued that lavender oil hinders a mosquito's ability to smell. This plant is tough and drought-resistant once established.

Rosemary is a great mosquito repellent. It is a perennial herb that many of us are very familiar with, and its woody scent is exactly what keeps mosquitoes, as well as cabbage moths and carrot flies, away. Rosemary thrives in containers that you can place on patios or near the entrance to your home.

Basil is another familiar herb that can also double as a pest repellent. The pungent smell the leaves give off is what keeps pests at bay. You can also plant basil in containers or in the garden.

Mint is an excellent nontoxic option for keeping mosquitoes, flies, and even ants away. The more pungent the aroma, the less bugs you'll have. Grow it in pots on your patio where it can be eas-

ily reached if you want to drop a leaf or two in your afternoon tea. You can even dry the leaves and use them inside your home as a natural pest control method.

Catmint can be found thriving almost anywhere. It is from the mint family and grows abundantly both as a commercial plant and as a weed. (It is very easy to take care of, but may start to invade other areas of your garden.) However, if you are willing to forgo this plant's insidious nature, it is an amazing mosquito repellent.

Marigolds are an easy-to-grow annual flower that emit a smell that deters mosquitoes. You can grow them in pots and place them near your patio or on your deck. They are also a popular addition to borders and vegetable gardens.

Bee Balm is a perennial that attracts good bugs like bees and butterflies, while deterring the bad ones. It is also known as Monarda or horsemint. Simply crush its leaves to release the fragrant oils. You will also enjoy the colorful flowers in shades of red, pink, lavender, white, or purple all summer long.

Allium bulbs, which include garlic and onion, release a strong fragrance that mosquitoes don't like. You'll enjoy the whimsical globe-shaped flowers of allium that seem to float on top of slender stems.

Citronella grass is a perennial grass known for its strong, lemony scent and mosquito-repelling properties. It's a popular choice for gardens and outdoor spaces due to its aromatic foliage and ability to deter insects. It has tall, slender, arching leaves that can reach two to five feet in height. The leaves are green to bluish-green, and the stems can be green or reddish-purple. These leaves release a strong, citrusy fragrance when crushed, which is the basis for its use as a natural mosquito repellent.

Note: Mosquito rings can be purchased at your local hardware store if you have standing water, rain barrels, birdbaths, water gardens, ponds, or animal watering troughs. They contain a naturally occurring bacterium that kills mosquito larvae.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	216.31	(1.40)	Danaher Corp. (Kollmorgen)	200.56	3.47
Becton Dickinson (C.R. Bard)	193.50	17.13	Merck (Hubbard Farms)	80.69	1.40
Toronto Dominion Bank (TD Bank)	73.25	0.70	Deluxe (NEBS)	19.14	3.55
PC Connection	61.31	0.35	Teleflex (Jaffrey)	118.41	2.52
Bank Of America (Fleet)	46.01	0.35	Timken (MPB Corp.)	74.39	0.89
Corning Inc.	65.77	3.72	M&T Bank Corp. (People's United)	187.17	2.18
Ametek, Inc. (Precitech)	182.08	(0.28)	Dover Corp. (Markem)	173.52	(1.45)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	38.53	1.60	Wheat (cents per bushel)	515.50	(1.25)
Gold (\$ per ounce)	3,456.10	56.30	Corn (cents per bushel)	406.00	(4.75)
Platinum (\$ per ounce)	1,332.66	12.28	Soybeans (cents per bushel)	986.50	(1.50)
			Cattle (cents per pound)	225.95	2.27
			Crude (\$ per barrel)	63.48	(3.85)

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Diversification Basics Help Plan For Tax Efficiency

Portfolio diversification may be an essential concept as you plan for your goals. Stock portfolios are diversified by market capitalization, sector, stage of business cycle and location. Fixed-income portfolios are diversified by issuer, credit rating, maturity, and location.

While asset diversification is fundamental, it is just as important to achieve tax diversification. Specifically, it may be prudent to further diversify your investments into three tax categories.

Tax-deferred

Tax-deferred accounts include a traditional IRA, employer-sponsored retirement plan or deferred annuity. IRAs and 401(k)s are typically funded with pretax dollars, which may help reduce taxable income in the tax year that dollars are contributed, and all types of deferred accounts allow interest, dividends and capital gains to compound year after year without being taxed.

Distributions are subject to tax at your ordinary income tax rate when they are withdrawn. There may be a penalty for withdrawals made before age 59½, and minimum distributions are required annually from these accounts after age 73.

Taxable

Your standard brokerage account is a taxable account. Gains on securities held in taxable accounts for one year or less are subject to short-term capital gains tax equal to your ordinary income tax rate. Securities held for more than one year are subject to a lower long-term capital gains tax.

Qualified dividends are also taxed at the more favorable long-term capital gains rate. Securities sold for a capital loss and purchased within 30 days before or

after the sale are subject to the “wash-sale” rule, which will disallow the capital loss to be deducted.

Interest income on corporate bonds is taxed at federal and state levels as ordinary income in the year it was earned. Treasury securities are subject to federal income tax as ordinary income but are exempt from state and local taxes. Government agency bonds are generally subject to federal and state taxes as ordinary income, although certain types may be exempt from state taxes.

**Economy
and You**

with Joe Durell



Tax-free

If you are eligible to invest in a Roth IRA or if your employer offers a Roth 401(k), your earnings grow tax-free and distributions are not taxed, provided you do not start taking withdrawals until you are 59½ and you have had your account at least five years. Annual minimum distributions are not required for Roth accounts.

Or consider municipal bonds, which pay interest free of federal taxes, and, in some cases, are free of state and local taxes too. Municipal bonds generally pay a lower interest rate than corporate bonds, but, given their tax benefits, municipal bond yields might actually be higher on an after-tax basis, especially for taxpayers in higher tax brackets.

Tax diversification is complex. In short, there is no simple formula for achieving an “ideal” tax diversification, so you need to consider your unique goals and circumstances in planning how to most efficiently invest in taxable, tax-deferred and tax-free accounts. Ultimately, taxes should not drive all your investment decisions – but they should not be ignored, either.

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Men's: George Benik, Mike Kiritsy, Ryan Petroski, Peter Young
Women's: Sandra Guptill, Linda Daniel, Elizabeth Kolodiej, Shelley Murdock
Mixed: Ely Thayer, Brad Dufresne, Griffin Kiritsy and Molly Kiritsy

2nd Place Teams
Men's: Randy Gendron, Bob Cassin, Mitch Schadler, Jeff Foster
Women's: Jessica Leventry, Kathy Orben-Hall, Mo Boutwell and Lisa Perkins
Mixed: Denise Thomas, Paul Hertneky, Ryan Barcome, Greg Curry

Special thanks to all the businesses who donated raffle prizes and golfer prizes!



Camping With Kids

I remember camping with my family when I was growing up. My father would take three weeks in a row for vacation in the summer, and off we'd go. I have so many great memories about those summers.

Do you recall the family summer adventures you discussed as a family the beginning of the year? Well, summer is not over – there is still time to check some of those items off the list. One such adventure could be camping with the family.

Taking the children out camping for the first time could be an enjoyable experience for everyone. You find that you aren't only having fun, but growing family relationships, learning more about nature, and overall broadening your horizons just a bit.

Ease Into It

If you will be tenting, set up your tent in the backyard so the little ones can get familiar with it. If pop-up or RVing is more your style, set up in the driveway and let the kids go inside to claim a sleeping space, cubby, etc. If you have any hesitations about your first camping trip

away, choose a short excursion, like a nearby campground less than an hour away, just to test the waters.

for children. A must-have at campgrounds: a game or recreation room for rainy days.

Location, Location, Location

Choosing the right campground is important. Think of the types of activities the family enjoys doing. Does everyone like to swim? Choose a campground on a river, by a lake, or with a pool. Does the family enjoy hiking and biking? Choose a location where you are close to trails to venture on.

Plan Fun Foods To Cook

Even if you're tenting, you can use a Coleman stove outside or cook meals using a grill on a fire. Plan fun foods to make as a family. Hamburgers, hot dogs, fish, and chicken – there's something about cooking over an open flame that makes foods taste better. My sons always enjoyed foil meals over the campfire. Bring cut-up marinated meats and par-cooked vegetables along on your trip. Come mealtime, everyone can grease up the bottom of their heavy-duty foil, place what they want for veggies and meats into the center of their foil,

bring the wide ends together and fold, and then bring the ends up and crimp together. Fajitas, cheesy potatoes, southwest chicken, sausage with peppers, and don't forget the desserts. The choices are endless. Visit www.freshoffthegrid.com/foil-packet-meals or look at www.thepioneerwoman.com/food-cooking/meals-menus for foil recipes. Note: To make it easier (and no mess at the campsite), you can make foil dinners ahead of time at home.

Keep 'Em Busy

Parents, be ready with some outside activities for the kids, like a nature scavenger hunt, I Spy, flashlight tag, sing campfire songs, or have a group campfire storytelling time. Before leaving home, have the kids' select games, cards, and outdoor toys to bring along. I have fond memories of playing board games and cards at campsite picnic tables with a fire roaring and a lantern burning for us to see. More than likely, there were long roasting sticks nearby with marshmallow residue on them. The best times, right there.

Monadnock Family

with Lori Catozzi Cook



Bring A Little Bit of Home Along

Remember that camping is all new to your children, so have them bring a little bit of home with them for comfort. A favorite doll, toy, blanket – whatever will put them at ease in this new atmosphere.

Friends Make It Fun

Consider camping with another family with kids. It'll make it more fun for the adults, and the children will have a ball playing games and exploring. Another idea is to seek out campgrounds with scheduled activities

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Songs, Poetry, And Healing

“It’s summertime, and the livin’ is easy. The fish are jumpin’ and the cotton is high.” This Gershwin tune was one of my mother’s favorites to belt out in her theatrical way. Sometimes, after she finished, she would say (with a bit of melodrama) that in her next life, she hoped to be a singer, for to her great regret, she did not have a great ear for key and pitch.

I think of the stories she used to tell me of growing up in Depression-era Ithaca, where her once-upon-a-time southern belle mother had to run a boarding house for Cornell University students. My grandmother somehow managed to fill that house with music and laughter and poetry, such that people would gather

there, around a creaky piano, to sing and joke – even if they had barely had enough to eat for dinner.

My husband recently published a book about this grandmother Carrie, from Alstead. As we spoke about what the lives of our grandmothers had been like, we both noted the gathering in the home for music and laughter, and how folks made their own entertainment.

Yes, I know some people still do. Maybe you are one of them. But it is so very easy these days to simply turn on our computer or look on our cell phones and find some kind of entertainment (music, movie, a game, etc.) that is “better” than anything most of us could ever create.

Now, with the advent of AI, this has become even more true. It is getting to the point where it is hard to tell what has been AI-generated and what is real – as in a human-made creation.

This can be rather perilous, psychologically speaking, for it is ultimately the act of creation itself that fills a place in our souls the way nothing else can. Even if what we create is far from perfect. And especially because it demands effort in us.

In fact, it is precisely for this reason that art (as defined in the broadest and widest sense) can often be so healing. Sometimes unexpectedly so. Art can even serve as a kind of antidote to some of the perils and traumas of life and living. For this reason it may be even more urgently needed now, at this pivotal planetary tipping point, than ever before.

this demanding craft.

Recently, I pulled together some of my recent poems. Poems I liken to a kind of poem-prayer, with a touch of spirit. A talented graphic designer helped me compile the book called, *Heart of the Universe 21*. I thought making this book was sufficient. But recently I realized the poems are waiting to be spoken out loud, in public.

I am very grateful to our locally-run bookstore, Toadstool Bookshop, for offering its Keene venue for a reading on Saturday, August 23rd at 11 a.m.

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Healing Perspectives

with Skye Stephenson



So I ask you what may be inspiring you right now, as you laze beneath the summer sun, soaking up the heat and light? Is there some kind of creativity you would like to play around with joyfully (and imperfectly), not in a future life, but right now?

Unlike my mother, or grandmother, I have never felt any call to music. What does beckon me is writing. There is something in this process that I can lose myself in for hours, and makes me keep working to improve. I am also sorely aware of my many imperfections with

While this article has a tiny plug for the upcoming reading, it is a larger plug for Toadstool Bookshop. They have a long history of supporting local authors, in a way not unlike my grandmother’s boarding house used to serve as a cultural hub in its community and time. A role that may be even more important now than ever before.

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 skyeyayona@gmail.com

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Potluck Tote And Share Foods



Diagonal rows of toppings on Mexican Lasagna

Summer is frequently a time of reunions for many families and schoolmates. In fact, many town Old Home Days also began as small reunion gatherings. Food is always a big part of these gatherings. Heaping bowls of garden greens and fresh vegetables, mixed fruits, pasta and potato salads, and coleslaw are always popular. Be sure to keep any mayonnaise-based salads well chilled. Prepare one of your favorite casserole recipes, make a pot of baked beans, or cook a big ham or turkey. Or try some of this week’s recipes from Cooking Corner when it’s your turn to tote and share some food at a potluck table.

Cooking Corner

with Nancy Adams

Mexican Lasagna

This blue-ribbon casserole is quite attractive and not too spicy, so it should satisfy most tastes. Several layers of corn tortillas replace lasagna in this dish, making it quite simple to put it together once everything is assembled. Makes eight servings.

Ingredients:

- 1½ pounds lean ground beef
- 1½ teaspoons ground cumin (or sub-in coriander)
- 1 tablespoon chili powder or less, to taste
- 1/4 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon salt
- freshly ground black pepper
- 1 can (16 oz.) tomatoes, drained and chopped
- 10-12 corn tortillas, divided
- 2 cups small curd cottage cheese, drained
- 1 cup grated Monterey Jack cheese, with or without peppers
- 1 large egg
- 1/2 cup grated cheddar cheese
- 2 cups shredded lettuce
- 1/2 cup chopped fresh tomatoes
- 3 scallions, chopped
- 1/4 cup sliced black olives

In a large skillet, brown ground beef; drain thoroughly. Add cumin, chili powder, garlic powder, cayenne pepper, salt, pepper and tomatoes; heat through. Cover bottom and sides of a 13x9x2-inch baking dish with half the tortillas. Pour beef mixture over tortillas; place a second layer of tortillas over meat mixture and set aside. Combine cottage cheese, Monterey Jack cheese and egg; pour over tortillas. Bake at 350 degrees for 40 to 45 minutes. Remove from oven. Sprinkle cheddar cheese, lettuce, tomatoes, green onions, and olives in rows diagonally across center of casserole. Hint: I start with a diagonal row of cheddar cheese in the middle, then alternate diagonal rows of lettuce, tomato, olives and green onions on each side of the cheese.

Sesame Chicken Strips

A platter of these are a favorite of young and old alike. Serve them as appetizers or as part of the potluck table – they disappear fast! Makes about six servings.

Ingredients:

- 1 cup mayonnaise
- 2 teaspoons dried minced onion
- 2 teaspoons dry mustard
- 1 cup crushed butter-flavored crackers (or substitute your favorite)
- 1/2 cup sesame seeds
- 2 lbs. boneless, skinless chicken breasts

Sauce:

- 1 cup mayonnaise
- 2 tablespoons honey

In a flat bowl, combine mayonnaise, onion and mustard; set aside. In another flat bowl, combine cracker crumbs and sesame seeds; set aside. Cut chicken lengthwise into quarter-inch strips. Dip strips into mayonnaise mixture, then into sesame seed mixture. Place in a single layer on a large greased or foil-covered baking sheet. Bake at 425 degrees for 18 to 20 minutes or until juices run clear. Combine sauce ingredients and serve for dipping with chicken strips.

Corn-Scallion Strata

It’s always nice to have a vegetable dish on the potluck table. This popular corn dish can also be easily made with any type of bread and cheese you have on hand. Dish is prepared a day ahead, making it easier on the cook. Leftovers are great in lunch boxes.

Ingredients:

- 1 tablespoon butter
- 3 cups fresh corn (cut from 3 small-to-average cobs)
- 1½ cups thinly sliced scallions (both white and green parts from a 4-ounce bundle)
- 8 cups whole wheat, country or French bread, torn in 1-inch cubes
- 2 cups (6 ounces) coarsely grated sharp cheddar
- 1 cup (2 ounces) finely grated parmesan
- 9 large eggs
- 2 tablespoons mayonnaise
- 2¼ cups milk
- 1 teaspoon salt and freshly ground black pepper

Generously butter a three-quart baking dish (a lasagna or 9x13-inch pan works well here too). Toss corn and scallions together in a medium bowl; set aside. Combine cheeses in another bowl; set aside. In a large bowl, gently beat eggs and mayo together, then whisk in milk, salt, and a good amount of freshly ground black pepper. Spread one-third of bread cubes in prepared baking dish – it will not fully cover bottom of dish – this is fine. Add one-third of corn, then one-third of cheese mixture. Repeat layering twice with remaining bread, corn, and cheese. Pour egg mixture evenly over strata. Cover with plastic wrap and refrigerate for at least eight hours or up to one day. When ready to bake, heat oven to 350 degrees. Bake strata, uncovered, until puffed, golden brown and cooked through, about 45 to 55 minutes. Let stand five minutes before serving.

Savory Herb Loaf

A loaf of Italian or French bread spread with butter and herbs makes a good accompaniment to nearly any meal. Makes eight to 10 servings.

Ingredients:

- 1/2 cup butter, softened
- 2 tablespoons chopped fresh parsley
- 1 clove garlic, minced
- 1/4 teaspoon ground coriander
- 1 teaspoon ginger
- 1/2 teaspoon celery seed
- 1 long loaf French or Italian bread

Cut bread into one-inch slices, but not quite through; or slice bread lengthwise in half. Combine butter with herbs; mix well. Spread butter on all available surfaces. Wrap in foil and refrigerate or freeze until ready to use. When ready to use, return to room temperature; then heat at 400 degrees for 10 to 15 minutes.

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ENTERTAINMENT
and DINING

Wednesday, Aug. 13

ARTS, MUSIC & THEATER

Teen Crafternoon: Mail Art 2-3pm. Keene Library, 60 Winter St. Teens and tweens create a piece of art to travel across the country. Crafting materials/stamps provided. Eleanor Green: 603-352-0157. egreen@keenenh.gov.

Hay Fever: Opening 7:30pm. Peterborough Players Theatre, 55 Hadley Rd. A comedy of bad manners. Through Aug. 24th. 603-924-7585. www.peterboroughplayers.org.

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Takes approximately 10 minutes from the time of arrival. 603-352-5739.

Storytime in Ashuelot Park 10:30-11:30am. Ashuelot River Park, West Street, Keene. Books, songs, and craft. Meet in Ashuelot Park. Rain location is Kay Fox Room. Register to be notified about a change of location. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

"Morning Meditation" Program 11am-12pm. Peterborough Town Library, 2 Concord St. Twice monthly, second and fourth Wednesdays. First class has instruction for newcomers, second class will focus on a quick review of meditation practices, questions, and meditation time. Free. 603-924-8040. www.PeterboroughTownLibrary.org.

Thursday, Aug. 14

ARTS, MUSIC & THEATER

The Winchester Music in the Park Series: The Riff 6-8pm. Downtown Winchester.

Electric Earth Concerts: Brahms, Ravel & Reger 7pm. First Church in Jaffrey, 14 Laban Ainsworth Way, Jaffrey. Tickets \$30. Students free. 603-499-6216. www.electricearthconcerts.org.

Concerts On the Common: "King Season" 7-8:30pm. Fitzwilliam. Electric jam, country funk, and rock and roll. In case of inclement weather, the venue will be Emerson School Gymnasium or town hall. Bill Davis: 603-585-2259.

LECTURES & WORKSHOPS

Health & Wellness Seminars: Advances in Oncology 5:30-6:30pm. Bond Wellness Center, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Understanding Cancer Related Health Issues. Presenter: Eric M. Bonnem, MD. Limited space. Register at 603-924-4699 ext. 1110. www.Seminars.MonadnockHospital.org.

MISCELLANEOUS

Cheshire Village at Home: Social & Volunteer Recognition 10-11:30am. Horseshoe Pavilion at Wheelock Park. Coffee and pastries. 603-903-9680.

Friday, Aug. 15

ARTS, MUSIC & THEATER

The Jesus is Lord Tour: "Rescued" from sin, death and the grave by Jesus Christ. 6-8pm. Central Square Gazebo, Keene. Prayer, worship, and testimonies. Thomas Travers: 603-381-9077. tds_55@yahoo.com.

Friday Night Classics Film: Office Space 7pm. The Colonial Theatre, 95 Main St., Keene. 603-352-2033. www.thecolonial.org.

LECTURES & WORKSHOPS

Amos Fortune Forum: Tricia Rose Burt 8pm. Jaffrey Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. Conformity to Courage: This Is No Time to be Timid. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS

Community Bike Ride: Bike Party 5:15pm. 79 Emerald St., Keene. Ride begins at 5:30. Contact pamelabys@gmail.com.

J Field Foundation Charity Golf Tournament 9am. Crotched Mountain Golf, Francestown. \$10k Hole-In-One Prize. 18 holes, drinks, prizes, lunch, raffle, more. \$450/four-some or \$125/pp. www.jenniferfield.org/golf-tournament.

Saturday, Aug. 16

ARTS, MUSIC & THEATER

Peterborough Folk Music: Paul Klemperer & Band 5:45pm. Deb's House, Harrisville. 603-318-9196. www.pfmsconcerts.org.

Monadnock Tri-State Dance Club: Hawaiian Night 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Featuring 'Brian Gill & the Allstars'. Everyone welcome. \$12. Refreshments, raffle. Rich: 603-398-8539.

FAIRS & SALES

The Winchester Farmers' Market 9am-1pm. Main St., Winchester. Produce, fresh prepared foods, artisan meats, and hand-crafted goods. 603-762-0133. winchesterfarmermarket@gmail.com.

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. Fresh veggies, fruits, herbs, specialty products and much more. www.keenefarmersmarket.com/.

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

FAMILY FUN

Surry Old Home Day 8am-2pm. Surry Village, Surry NH. Bird and cellar hole walk, kids' games, cornhole, bingo, book sale and refreshments, chicken BBQ, more. surryrecreationcommittee@gmail.com.

100th Anniversary Celebration 12pm. Vilas Pool & Recreation Area, 39 Acworth Road, Rte 123A, Alstead. Kids events 12 to 4 pm: pony rides, face painting, bounce house, bubbles, foam frenzy. Adult/family events 5 pm to dark: live music, kayaking, swan boat rides, swimming, and fireworks. Bobbie Wilson: 603-835-6127. vilaspoolpark@gmail.com.

MISCELLANEOUS

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dublin. Featuring Blame It On Sally. 603-563-8080. www.dubhub-nh.org.

Stammtisch 10am-12pm. Keene Library, 60 Winter St. Informal gathering of people who come together to speak German, sharing conversation and love for German culture and language. All levels. David Clinton: DAC.Keene@gmail.com.

Sunday, Aug. 17

FAMILY FUN

Rindge Conservation Commission: Hike and Paddle Series 1:30pm. Converse Meadow, Rindge. Free family-friendly event open to everyone. rindgeconcom@rindge.nh.gov.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Charles Coe 11am. Peterborough Unitarian Universalist Church, 25 Main St. Poetry for Political and Social Change. www.monadnocklyceum.org.

MISCELLANEOUS

Sound Massage: Kirk Jones and Jed Blume 4:30-6pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Everyone welcome. \$35. 603-762-3129. www.vagaro.com/alohakeene.

Monday, Aug. 18

MISCELLANEOUS

Red Cross Blood Drive 9:30am-2pm. Park Theatre, 19 Main St., Jaffrey. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Tuesday, Aug. 19

FAMILY FUN

Interactive Movie Afternoon 1-4pm. Keene Public Library, 60 Winter St., Keene. Screening this winter's most popular movie musical with lots of ways for you to engage and play along as the audience. Sing along and enjoy popcorn with the family. Registration appreciated. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

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MYSTERY PHOTO

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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)

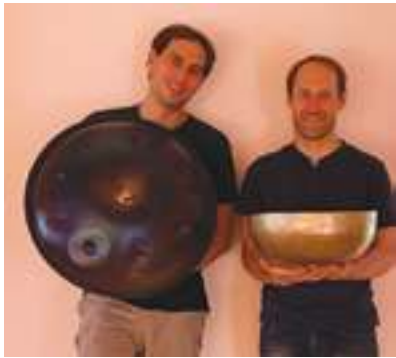


On what street in what community was Ideal Laundry and Dry Cleaning located?



The winner of last week's Mystery Photo contest was Ed Goodrich of Marlborough. The large building now located on the site of this former West Keene farm is Keene High School.

Sunday Aloha Sound Massage



Jed Blume (L) and Kirk Jones

Aloha, located on Court Street in Keene, will host Sound Massage Sunday, August 17th from 4:30 to 6 p.m.

In a Sound Massage, a large brass bowl is placed on the body, first on the back then on the front. It is struck with a mallet so the sound vibration goes directly into the body and throughout. Kirk Jones and Jed Blume facilitate. Blume's specialty is the hand pan. It becomes an immersive experience of sound and vibration.

The cost is \$35. Register at vagaro.com/alohakeene or call 603-762-3129.

Rindge Conservation Hike And Paddle Celebrates World Photography Week

The Rindge Conservation Commission will host a Hike and Paddle celebrating World Photography Week on Sunday, August 17th at 1:30 p.m. at Converse Meadow. Local photographer Judy Unger-Clark will be on hand to give tips for taking great pictures along the trail. This 1½-hour outing is free and open to everyone.

The event starts from the parking area on Converseville Road (north of NH-119 about 3.5 miles east of US-202).

Participants can choose either to paddle through ponds by canoe or kayak, or to explore trails among shady groves with views of open wetlands.

Paddlers must bring their own canoe or kayak, paddles, and life jacket. Hikers are asked to park in the lot by the kiosk. Participants should have sunscreen, bug spray, and water to drink.

For more details, email Rindge Conservation Commission at rindgecon.com@rindgenh.gov.

Craft Night At Conant Library

The Conant Public Library will host a craft night for adults and teens at 6 p.m. on Wednesday, August 20. Attendees will upcycle books into paper hedgehogs.

This free event is open to the public. Supplies are limited; advance sign-up is encouraged. For more details and directions, contact the library at 603-239-4331.

Aloha! Come to our Hawaiian night with live music of Brian Gill & the Allstars August 16 • 7-10PM @Monadnock Tri-State Dance Club ELMM Hall, Durkee St., Winchester \$12, free refreshments, 50/50 Raffle All ages welcome, Info: Rich 603-398-8539

Cheshire Village at Home Social and Volunteer Recognition Aug. 14th • 10-11:30am for coffee and pastries Horseshoe Pavilion at Wheelock Park 603-903-9680

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Richmond Community Church Yard & Bake Sale, Saturday, 8-2
Richmond Public Library Used Book Sale & Raffle, Sunday, 10-2
Richmond Historical Society Tramp House Reenactment, Sunday, 11-3
Richmond Fire Department Chicken BBQ, Sunday, 12-3

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Employment Opportunity: Welfare Director

The Town of Swanze is seeking qualified applicants to fill the Part-time position of Welfare Director. This position requires approximately 20-25 hours per week and is responsible for administering and implementing the Town's General Assistance and Welfare Program in accordance with NH RSA 165 and the Town's Welfare policy(s). The applicant should have familiarity with NH laws and regulations regarding General Assistance and NH RSA 165. The qualified applicant should demonstrate strong attention to detail, the ability to deal with diverse populations and the ability to maintain a high degree of confidentiality. The ideal candidate should possess a bachelor's degree in social services or related field or any combination of education and experience that demonstrates possession of required knowledge and skills.

The wage will range between \$29 - \$37 depending on experience and education. The Town offers accruals for sick time, vacation, holiday and personal time.

Please submit employment application, letter of interest and resume to Human Resource Coordinator Meagen Kerris at 620 Old Homestead Highway PO Box 10009 Swanze, NH 03446 or mkerris@swanzeynh.gov. Interested candidates should review the full job descriptions on the Town's website www.swanzeynh.gov or upon request. The Town is looking to fill the position as soon as possible and applications will be reviewed upon receipt.

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