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PET OF THE WEEK
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Chester

Chester is a three-year-old spirit cat with a heart that's been guarded, but not closed. He's deeply untrusting of humans in general and will need a calm, cat-savvy adopter who understands that some cats walk a quieter, more cautious path. Chester isn't one to seek out affection – or even attention – right away, but with time, patience, and a peaceful environment, he has the potential to open up in his own quiet way.



While he prefers the company of other cats, Chester has shown he can form meaningful bonds with the right kind of person. In his previous home, he developed a special connection with the teenage boy in the household, allowing pets and even seeking out his presence. For the right person, someone patient, respectful of his boundaries, and perhaps with a friendly feline or two, Chester could become a deeply rewarding companion and a sweet reminder that trust, once earned, is a powerful thing.

The Adoption Center is located at 101 West Swanzezy Road just outside of Keene on Route 10 South. Its open hours are Thursday through Sunday 11 a.m. to 3 p.m. Learn more about the adoption process and about other adoptable pets at www.monadnockhumanesociety.org.

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Fitzwilliam Library Book Sale August 23rd

The Fitzwilliam Library Book Sale will take place on Saturday, August 23rd from 9 a.m. to 2 p.m., rain or shine. Hundreds of books of all sorts will be available, so stock up for hours of enjoyment. Attendees will have the chance to

get those books they have been thinking about purchasing at bargain prices. For the last hour, 1 to 2 p.m., fill a large brown bag for a donation.

Starlight Lounge, An Evening Of Jazz With Paul Klemperer



Paul Klemperer

On August 28th from 6:30 to 8:30 p.m., the DubHub/Dublin Community Center at 1123 Main Street, in Dublin, will be transformed into the “Starlight Lounge,” a retro jazz club celebrating the smooth, sultry sounds of the 1930s, ‘40s and ‘50s. The public is invited to dress up in fancy “duds” and dance the night away, or simply come to listen and step into a bygone era.

According to DubHub Director Monica Laskey, “If you love the music of Sinatra, Bennett, Martin, and more, you will flip

for jazz great Paul Klemperer and his full band! We will provide the appetizers and the aesthetic. You are welcome to byob. Anything goes in a joint like this!”

Born in Boston, Klemperer discovered jazz at an early age, sneaking into smoky clubs by age 13. He studied with jazz legends Archie Shepp, Max Roach, and Ray Copeland before moving to Austin in 1982. There he has worked with many great artists in the blues, roots, and jazz traditions. Klemperer has a Masters degree in Ethnomusicology, has produced five CDs of original compositions, and has toured nationally and internationally for over 30 years. He continues to divide his time between Austin and the road, bringing his soulful saxophone sound across the U.S., Latin America, Europe, and Asia.

Advance tickets are available for \$25 each by check made out to the Dublin Community Center sent to PO Box 249 Dublin NH 03444; or by credit card for \$27 each via a secure payment link on the DubHub website, dubhub-nh.org. Folks should indicate if they would like to reserve a table for four.

Tickets are \$25 at the door, subject to availability.

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

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103 Roxbury St., Room 301, Keene

Developing Resilience During Challenging Times
Saturday, September 13 from 2 - 4pm
This is the second in a series of stand-alone workshops on developing and maintaining resilience during challenging times. In this workshop, we will explore:

1. Loving-kindness and compassion meditations and variations on these meditations.
2. Introduce attitudes and practices that contribute to resilience.
3. Sharing additions to or elaborations of what has been working.

Suggested donation: **\$20**

Deepening your meditation and mindfulness practices
Thursdays, September 4 - October 2, 6:30 - 8pm
During this interactive 5 week course, we will:

1. Explore 5 fundamental meditations, their variations, and purposes.
2. Discuss several crucial attitudes that can hugely increase one's enjoyment of meditation.
3. Explore various strategies and practices during the day.

Suggested donation: **\$95 (with a sliding scale available)**
To register or for more information, email: tombassarear@gmail.com

Awakening into the Grace of Aging
Wednesdays, October 8 - November 5, 9:30 - 11:30am
The 5 weeks are intended to draw on our collective wisdom in facing physical changes, loss, as well as altered roles in family and society. The group will share a quiet meditation followed by sharing readings provided with both discussion and reflection.
Suggested donation: **\$95 (with a sliding scale available)**
For more details, contact **Aylene Wozmak at 603-355-7255**.

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MORE POWER, Continued from page 1

to learn how the pieces of the 'construction puzzle' fit together. It wasn't until I got a little older that I really honed in on what trade I wanted to pursue. The electrical trade really piqued my interest, and I started focusing all my energy into learning as much as I could about the trade through trial and error as an apprentice."

Edwards goes on to say that his goal in his youth was to own a business "built on excellent reputation and quality work at a great price."

"After graduating from electrical trade school, I wasted no time to test for my New Hampshire journeyman license," he says. "Soon after that, I went on to test for my master license, becoming one of the youngest in the state of New Hampshire to obtain the master electrical license."

He continues: "I have gone on to further my education and get my Universal EPA Refrigerant License, allowing me to properly size and install ductless mini-split systems. I've also taken numerous different standby generator courses, allowing me to install generators as well as learn about each brand's features and benefits to best suit my customers' needs."

"John has done work at both my home, rental property, and in-laws," says Brandon Raitto, about his experience using the services of More Power Electric Co. "His determination to properly explain and execute in a timely manner always impresses me. I recommend him with confidence."

"My wife and I were very pleased with all the work John has done for us," says James Chapman. "He wired our new barn and worked for us on two



John Edwards of More Power Electric Co., LLC is the electrician for a 16-unit apartment complex in Keene. He's pictured working on one of the 16 electrical panels being installed in the units.

other buildings on our property. He shows up when he says he will, he returns communications, and he gets jobs done in a timely fashion."

Most electrical work includes navigating and interacting with the spaces behind walls, such as running wires, installing outlets, and troubleshooting electrical problems.

"A unique quality I have acquired through the years is troubleshooting electrical problems," Edwards continues. "I fix the problem by going in-depth and taking the next step to find the cause to ensure it doesn't happen again. My extensive knowledge in electrical systems enables me to build your project efficiently, getting it done on time, and completing the work above the standard, building it to last."

"John has done extensive interior and exterior electrical work at my home in Keene," says Bob DeRosa. "He is always forthcoming and explains what needs to be done and why. His craftsmanship has been impeccable, and I found his prices to be very reasonable."

Customers of More Power Electric Co. will have peace of mind knowing that the work was conducted by a master of his trade who not only loves his craft but takes pride in every job, big or small.

"I strive to keep achieving my goals, adapting and evolving with my trade, which is constantly changing to keep people safe, and keeping my customers satisfied and educated," Edwards comments. "Pay to have a licensed professional who is a master at their craft do your work right the first time instead of an apprentice just trying to get eight hours. Taking pride in my work separates me from the rest. Every install has longevity and integrity in mind."

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The Edge Ensemble Presents *Laughing Wild*

EDGE, Continued from page 1

This time around Melanie Plenda-Washer will be playing the role of "the woman." There will be a talk-back after each performance. Coffee and homemade desserts will be available before and after each show, including some favorite desserts from the menu of Tolman's Table (the restaurant in Keene that Tolman owned).

The play features a male and female character, each dealing with the absurdities of modern life in New York City. The play is known for its dark humor and exploration of social norms, mental health, and the human condition. The two characters, who are not officially named, encounter each other in the tuna fish aisle of a supermarket and reveal, hilariously and poignantly, their own peculiar observations of what it means to be human. The play debuted in an off-Broadway production in 1987 featuring Christopher Durang.

Tickets are \$20 general admission, \$18 for seniors and students, and must be purchased at the door by cash or check. No credit cards can be accepted at this time. To learn more about The Edge Ensemble Theatre Company, visit edgeensemble.org.

For more details or to make reservations, call 603-352-5657 or email theedgeensemble@aol.com.

Read the MSN online:
www.shoppernews.com

“How New Hampshire Helped Save The American Buffalo From Extinction” Is Topic

The last presentation at the 78th Amos Fortune Forum summer speaker series will feature writer and filmmaker Dayton Duncan. Returning to the Amos Fortune Forum, Duncan will herald the improbable story of an eccentric nature writer and a small herd of bison in Plainfield, in the early 1900s, and how they led to a national movement that brought the species back from the brink of disappearing forever. The story is part of Duncan’s most recent book, *Blood Memory: The Tragic Decline and Improbable Resurrection of the American Buffalo*. Duncan is the author of 14 books and for more than 30 years has col-

laborated with Ken Burns as a writer and producer of historical documentaries for PBS. His films and books have won numerous awards, including two primetime Emmys. An Iowa native, Duncan moved to southwestern New Hampshire in 1971. He and his wife, Dianne, live in Rindge on Contoocook Lake. This free presentation will be held in the Meetinghouse located in Jaffrey Center on Friday, August 22nd at 8 p.m. A recording of each event will be available on YouTube shortly after the presentation. More program information is available at www.amosfortune.org.

3rd Congregational Church Of Alstead Yard Sale August 30th In Keene

The annual yard sale to benefit the 3rd Congregational Church of Alstead takes place on August 30th starting at 9 a.m. at 32 West Surry Road in Keene. There is always something for everyone and most items are donated. Treasures abound and more items are

coming in every day. Attendees might find things they’re looking for at lower costs. Some of the items available include tools, home goods and decor, fresh sunflowers, furniture, books, lamps, bedding, toys, games, music, and more.

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The Big Hayloader Moment

Our new team of horses was going to be haying with us for the first time, and I was nervous.

On mowing day, Willow and Fern were not daunted by the strange clackety-clack of the sickle bar mower. The next day, they weren't bothered by the whirl-whir of the tedder. The third day, there was no problem with the quiet rake.

But the next step was the big one: introducing the hayloader. If draft horses are going to be afraid of farm machinery, it's often the hayloader that worries them. It's a big noise coming from behind, high up, and some horses do not like that at all, which is why I was nervous.

After the raking, the horses rested in the barn with hay and water, while the farmers got the barn ready.

Ideally, this would have been done well ahead of time, but every year, it gets done the hour before the first load of hay comes in. Or, rather, the hours. We had to move out the two hayloaders, the spreader, the tools, the piles of junk accumulated over the winter.

We had to move a million greenhouse tables that had been set outside in the way.

Green Monadnock
with Kim Peavey



I got more and more nervous as the hours ticked by. I wanted to get the first haying over with, so I could quit imagining disasters.

Luckily our daughter was home, with a visiting friend, who wanted to help hay. The vigor of two 25-year-olds got us through the hours of junk and table moving. Plus I couldn't let my nervousness turn to outright grumpiness when we had a guest. So when my fellow remembered he had to put a new pole on the hay wagon, and we needed to cart a lot of musty old hay from the barn to the compost pile, I had to grin and bear it. Or just bear it.

Finally we were ready for the big moment. I worked hard to imagine everything going smoothly instead of runaways and smash-ups and horses getting hurt and farmers getting hurt and daughters getting hurt and guests getting hurt.

First we hitched the horses to the wagon and hayloader in the driveway, and my thankfully calm, confident fellow asked the team to walk just a few steps, with the hayloader out of gear, to minimize the noise. Willow and Fern flicked their ears back, listening, but weren't alarmed.

Then came the pull up the hill, including the top of the hayloader catching on branches, and the rattle and bang over rocks in the lane.

I walked briskly ahead, with a pounding heart, in case I had to try and stop stampeding horses. At least it is a steep hill, so the horses would have to work hard to run away pulling the hay wagon and hayloader.

But Willow and Fern weren't even considering running away.

In the field was the last test: putting the hayloader into gear, which made more strange new noises. Willow and Fern didn't blink an eye.

Then the full glory of this new team of horses was revealed. Tried and true, slow and steady, their classic funeral pace proved to be a blissful match for hayloader work.

My fellow farmer, our daughter, and this nervous farmer were all exulting. How easy! How fun! How downright relaxing to make hay with these fine and slow horses!

Our guest seemed surprised by the nervousness/ borderline grumpiness turned to glee. "I guess I came on a good day to hay," she said.

"You sure did," we burbled. "No smash-ups, no break-downs, no run-aways, not even a person falling down over and over trying to load the hay while the wagon jerks and jolts and bounces behind a trotting horse!"

"Wow," said our sweaty, chaff-covered, worn-out guest, who was probably glad we hadn't mentioned such possibilities earlier.

"Yes!" we said. "This is heavenly haymaking! Lo, the hay angels are singing!" (Well, we didn't really say that last bit, because we didn't want our guest to think we were entirely wacky.)

Kim Peavey and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.

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QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene
Limit: 10 gal. per household per collection.

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it's hazardous, bring it up.

WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up & Toiletries.

OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

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Sullivan
Surry
Swanzy
Walpole
Westmoreland

Sat. 9/13/25

Acworth
Chesterfield
Dublin
Greenfield
Hancock
Harrisville
Jaffrey
Keene
Marlborough
Marlow
Nelson
Peterborough
Richmond
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Wed. 9/17/25

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Hancock
Harrisville
Jaffrey
Keene
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Marlow
Nelson
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Richmond
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Sat. 9/27/25

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Nelson
Peterborough
Richmond
Stoddard
Sullivan
Surry
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Sat. 10/18/25

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Walpole
Westmoreland

Sat. 10/25/25

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Dublin
Greenfield
Hancock
Harrisville
Jaffrey
Keene
Marlborough
Marlow
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Richmond
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Surry
Swanzy
Walpole
Westmoreland

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

Mover's Collections for 2025 • Saturday, November 15 & Saturday, December 13 • 8am-1pm

Note - the communities listed above may participate in the mover's collections, however, it is not open to "everyone" from that community, but rather people who are verified to be moving. Individuals from non-participating communities who are moving may also participate, however, they will pay the contractor directly at the rates established by the vendor - **North Ward Environmental Services** at the following rates - *Less than 10 gallons - \$100 • more than 10 gallons, less than 20 gallons - \$200 more than 20 gallons, less than 50 gallons - \$500* (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

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Don't Forget To Soak



I have had a lovely, sloped, west-facing, front garden for the last seven years. Above are before and now photos).

Oh my. We are having another extended, inordinately hot and dry time in Keene. Of course these conditions increase the risk of dangerous wildfires in our fields and forests. But this additional, extended period of intense heat, with only slight chances of rain, also threatens the well-being of the groundcover, perennial, shrubby, vegetable, fruit, ornamental, and shade tree plants in our home landscapes. Many of our plants are now under stress. Stressed plants are more vulnerable to disease and insect damage. Under these increasingly frequent, harsh summer circumstances, I suggest the following tasks to protect the landscape and gardens you love:

Woods and Gardens

with Michele Chalice

- Strategize Time In Your Landscape**
Plan your time outside for watering, weeding, and picking for early morning or early evening.
- Dress Protectively**
Wear a hat with a full brim, and if possible, a light shirt with long sleeves. Some shirts now offer sun protection.
- Intensify Watering**
Soak, not just water, the entire area around the base of your vulnerable plants, particularly those in containers, daily.
- Update Your Plantings**
I have had a lovely, sloped, west-facing, front garden for the last seven years (see before and now photos). This is a radiating series of arcs. Pink Nancy Lamium, Purple Palace Coral Bells, Chinese Astilbe, and Regal Splendor Hosta have been wonderful, until recently. Now they are increasingly parched and sun-scorched. I can start watering regularly but this is not my first choice. Instead, I'll redesign this area with drought-tolerant plants.

- Get Serious About Your Leaf Mulch**
These spells of hot, dry weather slow down the activity of the Jumping worms (amynthas spp.) that are damaging our soil. We need, now more than ever, to consistently add new nutrients and organic material to all of our landscapes' soil. Fall leaves can do this for free. I mow my leaves off of all paved surfaces first. Then I lay this lovely, free mulch of organic matter and nutrients around the bases of all of my plants, two to three inches deep.
- Consider Soaker Hoses On Timers**
I prefer to have plants that do not need supplemental watering. But even my native plants are showing stress right now. Burying soaker hoses just below the soil surface/mulch around plants is a great way to be super-efficient. Water goes straight to each plant's roots. This method eliminates air evaporation of above-ground mist. Both standard soaker hoses meant to be attached to our outdoor spigots and a rain barrel version with larger pores for lower pressure water are available.

- Plant More Shade Trees If You Have...**
Matched a different desired tree to our ecoregion. This prevents spending the money on a plant that is not hardy to our weather. Discover your ecoregion at the link below.
A desire to foster wildlife. In particular, Oak trees are both deep-rooted and have the most ecological benefits. Keystone White and Red Oaks are best suited to our home landscapes.
A location far enough away from buildings, Abundant healthy soil,
A location with full sun that shade trees need,
A location that has the moist, average, or well-drained soil to match the needs of your chosen tree, and
A personal commitment and time to provide 15 gallons a week for six to eight weeks.
Remember, just because a tree can survive where you want it does not mean it will thrive. We want to choose and nurture each tree to be able to offer its full potential of 22 amazing benefits (see below). Healthy, thriving trees shield children from ultraviolet rays, provide clean air and oxygen, cool our streets and neighborhoods, conserve energy, save water, help prevent water pollution, help prevent soil erosion, provide food, reduce violence, help humans heal

faster, reduce noise, along with many other benefits listed at the Tree People link below.
Watering by soaking and other adjustments to acknowledge and plan for these new weather patterns can protect our own health and that of our yards and gardens. I wish you, of course, happy gardening during another season of our landscapes' glory and splendor.

Resources:
Ecoregion Finder: <https://homegrownnationalpark.org/ecoregion-finder>
Definition of Keystone plants: <https://www.prairienursery.com/resources-guides/what-are-keystone-species/?srsltid=AfmBOoq7yIBf6QQ0-SdQOQPJRgBvOqFBgIJgWxZ8CUpwBip9xtMJeZeq>
22 Benefits of Trees: <https://treepeople.org/22-benefits-of-trees>

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	216.77	0.46	Danaher Corp. (Kollmorgen)	210.93	10.37
Becton Dickinson (C.R. Bard)	195.94	2.44	Merck (Hubbard Farms)	84.21	3.52
Toronto Dominion Bank (TD Bank)	74.01	0.76	Deluxe (NEBS)	19.29	0.15
PC Connection	62.87	1.56	Teleflex (Jaffrey)	120.68	2.27
Bank Of America (Fleet)	46.94	0.93	Timken (MPB Corp.)	76.00	1.61
Corning Inc.	65.44	(0.33)	M&T Bank Corp. (People's United)	190.07	2.90
Ametek, Inc. (Precitech)	181.36	(0.72)	Dover Corp. (Markem)	176.54	3.02
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	38.47	(0.06)	Wheat (cents per bushel)	527.00	11.50
Gold (\$ per ounce)	3,382.60	(73.50)	Corn (cents per bushel)	406.25	0.25
Platinum (\$ per ounce)	1341.55	8.89	Soybeans (cents per bushel)	1,042.75	56.25
			Cattle (cents per pound)	230.65	4.70
			Crude (\$ per barrel)	62.80	(0.68)

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Market Update

The last few days of July and the beginning of August have brought a flurry of key economic data, central bank activity, company earnings results, and tariff news. Here are some takeaways from the week of July 28:

Slowing U.S. Economy
Second-quarter gross domestic product grew at a 3 percent annualized rate, though much of the growth stemmed from a sharp drop in imports after companies rushed orders ahead of tariffs. July's jobs report showed a slowdown in hiring, signaling a labor market losing some steam. While this could support the Federal Reserve's (Fed) case for easing, it also introduces concerns about consumer spending. Though we see no signs of an imminent recession, we believe the U.S. economy is unlikely to grow faster than 2 percent in the second half.

Resilient Corporate Earnings
Earnings season has been better than anticipated, showing that corporate America has more earnings power than previously thought. Analysts called for S&P 500 earnings per share to grow 4 to 5 percent year-over-year when earnings season began. We expected some upside, perhaps to around 8 percent, but companies are collectively on track to grow earnings by over 10 percent (source: FactSet). Big tech companies have been the key driver, accounting for half of earnings growth amid big investments in artificial intelligence (AI).

Stage Set For a September Rate Cut
The Fed held rates steady on July 30, but Fed Chair Powell's comments were less definitive than markets had hoped. The weak jobs report on August 1, however, revived expectations for a rate cut in September,

which may help mitigate the magnitude of any stock market pullbacks. Two cuts of 0.25 percent each are likely this year, if not three, which should help support the bond market.

Economy and You

with Josh Houle



Don't Dismiss Trade Risks Yet
The August 1 negotiation deadline passed, with several countries slated for tariffs well above the apparent floor at 15 percent. Only about half of the presumed tariffs have been implemented, meaning more upward pressure on prices and company profit margins lies ahead – after more tariffs take effect on August 7. Meanwhile, negotiations are continuing with China and several other key trading partners.

What This Means For You
The market is navigating a complex landscape, with several economic and policy crosscurrents. A slowing economy, tariff implementation, and seasonal stock market weakness point to potential bouts of volatility ahead. Expected rate cuts, AI investment, and impending stimulus from tax and spending legislation passed last month may help buoy investor sentiment.

Pullbacks, when they inevitably come, can refresh bull markets and set them up for their next leg higher. So, we believe it's important to stay invested and well-diversified, while looking for opportunities to add equities on a dip. Economic and corporate fundamentals remain in great shape.

If you would like to discuss whether your investment strategy fits your overall financial goals, please get in touch with us to schedule a complimentary review.

No Strategy assures success or protects against loss.
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Joshua I. Houle, CFP is Founder and Wealth Manager of Houle Wealth Management at 143 West Street in Keene. He can be reached at 603-352-0222/ josh.houle@lpl.com.

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DAN BULLOCK

Reflections On The Value Of Mindfulness

Every day, unpleasant and unwanted things happen – some small and some big. Victor E. Frankl, noted author and psychologist, wrote that “between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness.” When we remember to pause, it creates enough space for us to remember that we have choices other than the initial reaction. It’s like your agitation muddies the waters, and the pause enables us to see more clearly.

Healing Perspectives

with Tom Bassarear



One of the more gratifying things about teaching mindfulness is to see how it changes people’s lives. Once or twice a year, I ask the people at the Monday night sitting at our center to share examples of when an unpleasant situation arose and they remembered to pause. Here are several of their stories.

Situation: I was feeling frustrated with my life and realized that I was getting stuck in a cycle of ruminating.

Response: I stopped and took a breath... then I decided to focus on some of the positive things about my life.

Situation: I was away for a mini-vacation and was frustrated when things weren’t going the way I had envisioned.

Response: I realized that I was getting more negative. So I paused and asked myself what’s really important here. I immediately thought rest and relaxation, and there are so many ways to get R & R at the ocean!

Situation: I had made dinner and suddenly smelled something burning. The dinner was ruined. The old stories began immediately: What an idiot, how could you do this?

Response: I paused and took a few breaths. Calmer now, I realized I could make something else quickly. Not the delicious meal I had planned, but nutritious, and enough.

Situation: I have a troubling relationship with a friend, and it’s easy to fall into rumination about that person and all their issues.

Response: One day I decided to simply take a step

back and go into witnessing mode, that is, observing myself ruminating like I was watching a play. My mood lightened noticeably.

Situation: We had just started meditating and suddenly some people outside started talking loudly and were playing music on a boom box.

Response: Initially I was irritated, but when I paused to consider it, I realized that while my mind didn’t like the noise, my body didn’t mind. With this change in attitude, I noticed the birds and then the noise was no longer a bother.

Situation: During the meditation, I started having a fair amount of back pain and all of my attention was trying to move to get rid of it. Not working.

Response: I was doing a body scan meditation, so I moved my attention to my legs and intentionally brought more curiosity to the sensations in my legs. I then continued the body scan. The next time I got to my back, the pain was gone! (Many people have told similar stories.)


Situation: I was looking forward to spending the morning on a new project that I was excited about. However, at the doctor’s office, I was told it would be awhile as they were backed up.

Response: I was irritated by the wait. So, I decided to meditate with my eyes open. After a few minutes, I suddenly had all these incredible ideas about the project.

There are several amazing things about these stories. First, many of the choices are classic practices and techniques from various meditation teachers. Second, many of these stories were told by people who had been meditating for less than a couple of years. Third, this article could have been twice as long, because almost everyone responded to the question. Over time, when people learn to pause and realize they have a choice, it really makes a difference!

The Monadnock Mindfulness Practice Center offers instruction and practice in mindfulness meditation. See the website: www.mindfulnesskeene.org.

Tom Bassarear has been practicing mindfulness meditation for almost 40 years and has taught mindfulness and meditation at Keene State College, at Cheshire Medical Center, at the county jail, in local schools, and at the Monadnock Mindfulness Practice Center, which he helped to found in 2002.



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“Change It Up” For Food Variety

It's easy to change-up many recipes and food ideas to make something that is the same but different, familiar but changed. You might call it modifying a recipe – preparing a recipe in a different way by substituting ingredients. Changing up or modifying a recipe can be done to make it healthier or simply to give it new flavors and a different look. Some of the simplest foods to change up are stir fry, pizza, pasta, soup, stew, and pie (sweet or savory food in a crust). This week Cooking Corner shares some favorite change-ups from my kitchen.

Butterscotch Snack Mix

We all know and love the Chex cereal snack mix popularized in the 50s. This change-up is loosely adapted from a cookbook by Hailee Catalano, *By Heart: Recipes to Hold Near and Dear*. I bet you'll find it hard to stop eating these!

Ingredients:
6 cups corn or rice Chex cereal
1½ cups cashews or mixed nuts
2 cups oyster crackers
2 cups mini pretzels
1/4 cup sesame seeds
1/2 cup butter
1/4 cup dark brown sugar
1/2 cup real maple syrup
1 scant tablespoon lite soy sauce
1/2 teaspoon paprika
coarse salt to taste

Preheat oven to 275 degrees with rack in the middle of oven. Line a large baking sheet (or two smaller ones) with parchment paper. In large bowl, combine cereal, nuts, oyster crackers, pretzels, and sesame seeds; set aside. In a small saucepan, combine butter, dark brown sugar, and maple syrup. Cook, stirring occasionally, until butter and sugar have melted and mixture is bubbling, four to five minutes. Remove from heat and whisk in soy sauce, paprika, and salt. Pour the maple mixture over the cereal mixture in the bowl, tossing to coat well. Spread the mixture evenly on the baking sheet and bake for 50 to 60 minutes, tossing mixture a bit every 20 minutes, until it is a nice golden brown. Remove mixture from oven to cool on a wire rack; don't worry if it appears loose and slightly sticky – it will crisp up as it cools. If desired, toss occasionally as it cools to keep it from clumping together; or if you like it in clumps, just leave it alone. Serve or store in airtight jars for up to two or three weeks for future snacking.

Cornbread Chili Pot Pie

Here's a simple change-up dish, using a chili recipe and a box of corn muffin mix. You can use a vegetarian chili recipe with squash, black or pinto beans, and tomatoes, or use your family favorite chili made with burger meat. No ingredients list needed – just pull out your favorite chili recipe and follow the box instructions on the corn muffins.

To assemble: Prepare your own chili recipe. While it is simmering, mix the cornbread mixture in a bowl and set aside. Pour chili into a 9x13" baking dish. Using a scoop or tablespoon, dollop the cornbread mixture on top. Bake in 425 degree oven for 25 to 30 minutes, until golden brown. If desired, five minutes before serving, spread the cornbread with a mixture of honey and butter.

Peachy Baked Beans

Take this pot of beans to your next reunion or any bring-a-dish gathering and watch the smiles grow. The alcohol in the bourbon will cook off and only the

flavor will be left to linger in this easy sweet/tangy dish. Makes six to eight servings.

Ingredients:
2 or 3 slices lean bacon, chopped
1 small onion, chopped
3 (15 oz.) cans great northern or pinto beans, rinsed and drained
1 cup ketchup
1/4 cup dark brown sugar
1 cup peach preserves
3/4 cup vegetable broth (or sub chicken broth or water)
1/4 cup bourbon
1 tablespoon Dijon mustard
salt and freshly ground black pepper as desired

Preheat oven to 350 degrees. In a Dutch oven, cook bacon over medium heat until crispy, six to eight minutes; set bacon aside on paper towel. In one tablespoon of bacon fat left in pot, cook and stir onion for eight to 10 minutes. Reduce heat to low and add remaining ingredients to Dutch oven, mixing well to combine. Bring to a simmer, cover and bake for 40 minutes; stir before serving.

Cooking Corner

with Nancy Adams



Kale Slaw

If kale is one of your favorite go-to's, then this slaw-style variation on a kale salad may be just the thing to change-up your menu. Makes six servings.

Ingredients:
1/2 cup mayonnaise
1/2 cup Greek yogurt
1 tablespoon Dijon mustard
2 tablespoons apple cider vinegar
1 teaspoon honey or maple syrup
1 teaspoon celery seeds
salt and freshly ground black pepper as desired
5 cups shredded kale
3 cups shredded cabbage
3 cups shredded carrots
1/2 cup sunflower seeds (or pumpkin seeds)

In a small bowl, combine mayonnaise, Greek yogurt, mustard, vinegar, honey, celery seeds, salt and pepper; mix to blend and set aside. In large bowl, combine remaining ingredients. Pour the dressing over and toss to combine until well-coated. Serve or refrigerate for two to three days.

Crab-Stuffed Potatoes

Everyone seems to love baked-stuffed potatoes. While they are often served with vegetables, this change-up is definitely fancier and a special taste treat. A lightly dressed salad of fresh assorted greens is all that's needed to complete the meal.

Ingredients:
4 medium Idaho potatoes
1 (6½ oz.) can crabmeat
1/2 cup butter
1/2 cup light cream
1/2 teaspoon salt
1/4 teaspoon cayenne, more or less
4 tablespoons grated onion
1 cup grated sharp cheese
1/2 teaspoon paprika

Scrub potatoes well and dry thoroughly and bake in slow oven until you can pierce them easily with a fork. Drain the crabmeat and pick it over, removing the bones; set aside. Cut the baked potatoes in half, lengthwise. Scoop out the potato and in a bowl, whip the potato, butter, cream, salt, cayenne, onion and cheese well with a whisk, masher or electric mixer. With a fork or spoon mix in the crabmeat and refill the potato shells with potato/crab mixture. Sprinkle with paprika and reheat in a hot oven about 15 minutes. Note: These may be made in advance, frozen, and reheated in a hot oven for about 30 to 40 minutes before serving.

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





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Transition Back To School Smoothly

Back to school time can be challenging for all children, and it can be especially difficult for children with additional special needs such as learning disorders or mental health challenges.

After the more relaxed summer, it may be especially challenging for kids to reorient to the structure and stressors of the school year. For kids who struggle with their ability to sit still, focus, and get organized, school can feel very chaotic and pressured. Kids with anxiety may feel overwhelmed by having to interact with so many other people or struggle with separation from parents. The start of the school year can even trigger an increase in mental health symptoms.

Monadnock Family
with Sheri Lapointe



Children may need extra support to adjust to their new schedule. Parents can help alleviate anxiety by creating predictable structure at home. Having consistent bedtimes, mealtimes, and homework routines can provide anxious kids with a sense of security. Instituting some quiet time when kids first get home from school can help them recharge after the emotional toll that a day surrounded by peers can create. If providing extra support and consistent, predictable schedules does not alleviate your child's symptoms, talk with the teacher and consider connecting your child with a mental health professional.

Children who are entering adolescence will experience significant changes in their brains. As their brains are developing, some synapses will be strengthened while others may weaken or be eliminated. This process is known as pruning, and it can create a temporary imbalance in areas of the brain which can increase risky behaviors and may increase anxiety and depression. This can make young teenagers vulnerable. At the same time, they begin to look more like adults and may start to think of themselves as grown and independent while actually needing increased parental support. Make sure you strive for open and regular communication with your children as they enter this vulnerable phase of their lives.

Be mindful of the fact that mental health struggles often run in families. If a child's parents tend to be anxious or depressed, the child is more likely to experience symptoms of anxiety or depression. These behaviors can also be learned. Kids often relate to and adopt behaviors they observe. Making an effort to model calm and confident behavior as children prepare for school can help kids feel more at ease about the transition.

Rely on teachers to provide additional insight into your child. Teachers have the opportunity to see how children behave when parents aren't around. Parents may often get to see one side of their children. Children are likely to form patterns with family members that aren't replicated in the school. A child might be very confident expressing themselves at home, but in the school setting become withdrawn. Think of teachers as allies and learn from their observations to gain the best understanding of your children.

If your child has learning difficulties, it will be especially important to

create a supportive routine for homework. This might include creating a quiet work space, assist in emptying their backpack, review homework assignments and discuss them in case your child has questions. Don't rely on your child to remember to tell you what is required; children often forget to bring things up on their own. By creating this homework ritual, you can be confident in understanding what your child needs to accomplish, reinforce positive study skills, and observe your child's strengths and challenges with assignments. Make the experience positive and supportive.

Help your child build good sleep, physical activity, and eating habits to promote their well-being and ability to maintain their ability to navigate the school year successfully. Attending to these basic requirements can help kids with memory, concentration, creativity, and learning.

Attend the back to school activities so you are connected and informed. If you have the time, volunteer for school events. Use the school's electronic system to stay on top of your child's academics. Your child will learn from your example that school is important and worthwhile. Remember, putting more focus on the positives rather than your child's struggles will help motivate your child. A little effort on the part of parents can help kids transition back to school with a positive mindset.

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.

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Please contact Ella Weber at: eweber@scshelps.org for more information.







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ENTERTAINMENT

and DINING

Chakra Practice And Balancing



Josephine Russell pictured on her 70 birthday in a gesture of gratitude.

On Friday, August 22nd, Josephine Russell will offer an asana class as a journey through the chakras, at Aloha on Court Street in Keene. The class is from 4 to 5 p.m. by donation, suggested is \$10.

Following a break, Russell will play her crystal singing chakra bowl set. This experience is from 5:15 to 6 p.m. Suggested donation is \$15.

All monies collected go to the Monadnock Conservancy to support their work. Folks may attend one or both classes. They each stand alone but also pair well together.

Register at vagaro.com/alohakeene or call 603-762-3129.

Wed, Aug. 20 LECTURES & WORKSHOPS

Forest Stewardship Workshop Summer 2025 3-5pm. 24 Valley Road, Alstead. For individuals with small woodlots who want to learn how to safely fell trees and remove logs using small equipment. Register, Nina Halsted: **802-400-3660**. nina@cheshireconservation.org.

Drinking Liberally 7:30pm. Margarita's, Main Street, Keene. Left of center political discussion and other current events. No RSVP needed. **603-352-1707**. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

MISCELLANEOUS

VLACS/Virtual Learning Academy: Charter School Info Session 5-7pm. VLACS Headquarters, Exeter. Space is limited; advance registration encouraged. RSVP to www.vlacs.org/support-resources/open-houses/.

Keene Pride Youth Book Club: Infinity Alchemist 5:30-6:30pm. Keene Library, 60 Winter St., Keene. Discussion of Infinity Alchemist by Kacen Callender. Snacks, crafts, and the chance to talk about this month's pick. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Teen & Adult Craft Night 6pm. Conant Public Library, 111 Main St., Winchester. Upcycle books into paper hedgehogs. Free and open to the public. Supplies limited, sign up encouraged. **603-239-4331**.

Storytelling & Spoken Word Circle 6:30-8:30pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. www.dublincommunitycenter.org.

Storytime in Ashuelot Park: Last of the Season 10:30-11:30am. Ashuelot River Park, West Street, Keene. Read books, sing songs, and make a craft. Rain location, Kay Fox Room. Register to be notified if change of location. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Thurs, Aug. 21

ARTS, MUSIC & THEATER

Concerts On the Common: "Gaslight Tinkers" 7-8:30pm. Fitzwilliam. A blend of global, danceable music of Afrobeat, Caribbean funk, and Latin tunes meets up with Northern fiddle music. In case of inclement weather, will be held at the Emerson School Gymnasium or town hall. Bill Davis: **603-585-2259**.

MISCELLANEOUS

Infinite Worlds Book Club: Space Operas 6-7:30pm. Keene Library, 60 Winter St., Keene. Non-traditional speculative fiction book club for adults. Pack a dinner to munch during discussion, library provides dessert. Katelyn McStravick: **603-352-0157**. kmcstravick@keenenh.gov.

Friday, Aug. 22

ARTS, MUSIC & THEATER

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

Laughing Wild 7:30pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. \$20/seniors & students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

LECTURES & WORKSHOPS

Amos Fortune Forum: Dayton Duncan 8pm. Jaffrey Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. How New Hampshire Helped Save the American Buffalo from Extinction. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS

Asana Class: Journey Through the Chakras 4-5pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Everyone welcome. By donation, suggested is \$10. Class will be followed by singing bowls at 5:15pm. Suggested donation is \$15. **603-762-3129**. www.vagaro.com/alohakeene.

Red Cross Blood Drive 11:30-3:30pm. Community House, 160 Main St., Marlborough. Home-made snacks. Register at **800-733-2767**. www.RedCrossBlood.org.

The Magic of Jason Purdy: End of Summer Reading Extravaganza 12:30-2:30pm. Keene Library, 60 Winter St., Keene. Games, prizes, and treats. Register, Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Saturday, Aug. 23

ARTS, MUSIC & THEATER

Laughing Wild 7:30pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. \$20/seniors & students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

DINING PLEASURES

Family BBQ & Social 11:30am-3:30pm. Rindge Recreation Center, 283 Wellington Rd. Face painting; children's crafts; touch-a-truck; and raffle baskets. \$10 adults/\$5 kids 5-12/free for those under 5.

FAIRS & SALES

Richmond Days: Yard & Bake Sale 8am-2pm. Richmond Community United Methodist Church, 11 Fitzwilliam Rd., Richmond. Tools, household items, decorations, and homebaked goodies. Alison: **603-239-4494**.

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Rescued – The Jesus Is Lord Tour Concert Series

The Jesus Is Lord Tour consists of musicians sharing their faith and testimonies of Jesus Christ in public places, resulting in people being rescued from addictions, brokenness, hopelessness, and oppression.

Organizer Thomas Travers, who once owned adult book stores, now shares the gospel of Jesus Christ. Tom and his wife Carol ran The Power Station, a coffee house ministry, in Troy before transforming The Power Station into a mobile ministry known as The Jesus is Lord Tour.

Asked why he does this ministry, Travers responded, "Once I had the revelation of Jesus Christ, how could I not share the truth and the love of Jesus. There are many people just like I was, not knowing Jesus, trapped, oppressed and perishing not knowing that Jesus Christ is the Way, Truth and Life."

"Standing at the edge of an ice encrusted roof, two days from being divorced, the devil was luring me to end my life," Travers said. "I broke down and cried out to God, saying, 'God, I messed up my life, I am responsible for my actions, I am sorry for the things I have done, I don't want to hurt or hurt anyone, anymore. Please help me. God answered my prayer and rescued my that day.'"

"That day, God instantly restored my relationship with myself, my marriage, family and finances."

Travers has grown in his faith in God. He is learning and applying the bible in real life and has faith.

The Jesus is Lord Tour takes place Friday evenings at Keene's Central Square.

Monadnock Garden Club 100th Anniversary Flower Show

On Tuesday, August 26th, The Monadnock Garden Club will host its 100th Anniversary Flower Show, Monadnock Rhapsody, at Jaffrey Civic Center at 40 Main Street from 3 to 5 p.m. Admission is free.

Visitors will experience juried entries in floral design, photography, horticulture, and conservation, showcasing the talent, artistry, and environmental stewardship of club members and the wider community.

Fitzwilliam Garden Club Plant & Bake Sale 9am-12pm. Fitzwilliam Common, Rt. 119, Fitzwilliam. Annuals, perennials, and baked goods will be sold. Garden Club members will be available to help choose plants and provide planting and growing tips. fitzwilliamgardenclub@gmail.com.

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

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

Football Frenzy: Books and More Sale 9am-1pm. 9 South Village Common, Westmoreland. Special treasures, books, puzzles, and games.

Fitzwilliam Library Book Sale 9am-2pm. Fitzwilliam Town Library, 11 Templeton Turnpike. For the last hour of the sale, for a donation, attendees can fill a brown bag with as many books as they can fit into it.

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**.

Sunday, Aug. 24

ARTS, MUSIC & THEATER

Laughing Wild 2pm. The Edge Ensemble Theatre Company, 310 Marlboro St., Suite 112, Keene. \$20/seniors & students \$18. For reservations call **603-352-5657**. www.EdgeEnsemble.org.

DINING PLEASURES

Richmond Days: Chicken BBQ 12-3pm. Richmond Fire Department, 17 Winchester Road, Richmond.

FAIRS & SALES

Richmond Days: Used Book Sale & Raffle 10am-2pm. Richmond Public Library, 19 Winchester Rd., Richmond. Richmond Public Library: **603-239-6164**.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Sara Bronin 11am. Peterborough Unitarian Universalist Church, 25 Main St. Key to New Hampshire: How Zoning Shapes Our World. www.monadnocklyceum.org.

MISCELLANEOUS

Richmond Days 11am-3pm. Tramp House Reenactment. Courtesy of the Richmond Historical Society.

Tuesday, Aug. 26

MISCELLANEOUS

Monadnock Garden Club: 100th Anniversary Flower Show 3-5pm. Jaffrey Civic Center, 40 Main St., Jaffrey. All invited to join in celebrating. Special commemorative flower show.

Read the MSN online:
www.shoppernews.com

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 community and on what street was Nolin's clothing store located?

The winner of last week's Mystery Photo contest was Jeffrey Smith of West Lebanon. Ideal Laundry and Dry Cleaning was located on West Street in Keene.

HAPPY BIRTHDAY!

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Brayden Richard Trempe, son of Erin Trombley & Derrek Trempe, North Swanzey, 5

August 22, 2025

Haisley Naeck, daughter of Cody & Olivia Naeck, Swanzey, 5

Layla Atwood, daughter of Karissa Atwood, North Swanzey, 3

Riley Ruth Cormier, daughter of Allison & Zack Cormier, Rindge, 6

August 23, 2025

Gavin Sweeney, son of Charity & Michael Sweeney, Keene, 12

Ellie G. Powell, daughter of Alisha & Kevin Powell, Westmoreland, 9

August 24, 2025

Macauley Mickle, son of Matthew Mickle & Kelsey Fitzgerald, Bellows Falls VT, 3

Benjamin Chamberlin, son of Trevor & Rachel Chamberlin, Cornish, 1

August 25, 2025

Leo Desruisseau, son of Naomi Rhodes, Swanzey, 10

August 26, 2025

Emerlyn Goddard, daughter of Josh & Dallas Goddard, Fitzwilliam, 9

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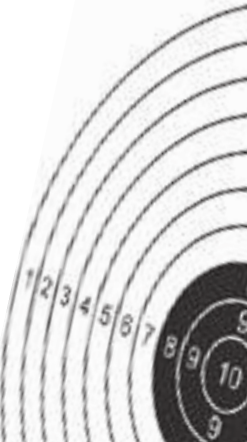
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“Spilling The Tea” On Life Backstage At Peterborough Players



E.D. Fitzgerald drinking the tea

According to E.D. Fitzgerald, aka Fitz, the ability to make art with friends brings them to the woods summer after summer.

Fitzgerald started coming to the Peterborough Players in 2019, when they arrived as an Administrative and Marketing Core Company member. After discovering an affinity for stage management, they began to use their organizational powers to coordi-

nate all the magic and madness backstage. Now, a member of Equity, the Actors and Stage Manager union, Fitzgerald has been the assistant stage manager for all five productions the Players produced this summer, the last of which is *Hay Fever*, by Sir Noël Coward.

It’s a comedy of bad manners that is centered around an eccentric, artistic, bohemian 1920s British family and their guests who spend a very memorable weekend in their countryside estate. There is mayhem among the characters on stage, but behind the scenes, it is calm as Fitzgerald is making sure that everything and everyone is where and when they ought to be.

Fitzgerald works hard to ensure that everyone involved in the process has what they need to complete their jobs. Each production presents unique challenges, such as the murderous scissors from *Dial M for Murder*, of which there were multiple pairs for multiple purposes, or ensuring there are ample apple juice boxes for *The 25th Annual Putnam County Spelling Bee*. The current play, *Hay Fever*, involves real food and drink, which is a challenge that Fitzgerald is well up for. Thanks to their dedication and care, no one can see the work they do. And that is just the way Fitzgerald wants it.

Hay Fever, plays through Sunday, August 24th. For more details, visit www.peterboroughplayers.org or call the box office at (603) 924-7585.

The Keene Chorale Welcomes Singers



The Keene Chorale

CHORALE, Continued from page 1

A welcoming choral community, The Keene Chorale invites everyone interested in singing to participate. There are no auditions. Some singers bring decades of experience to the group, while many others find The Chorale a fun and helpful place to start learning how to sing choral music, or find their voices again after years away. Singers range in age from 20 to 80, and come from New Hampshire, Massachusetts, and Vermont.


Under the leadership of Music Director Jonathan Colby and accompanied by world-renowned pianist Vladi-

mir Odinokikh, Chorale members learn to bring out the best in the music they sing, as well as in themselves as singers.

Rehearsals take place on Tuesdays, from 7 to 9 p.m., at Monadnock Covenant Church at 90 Base Hill Road in Keene. Interested singers are encouraged to register online, though in-person registration is offered at 6:30 p.m. on September 9th and September 16th. These first two rehearsals are open rehearsals, providing an opportunity for singers to experience the Chorale before making a commitment to join.

For more details, visit www.keenechorale.org.

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Employment Opportunity: Welfare Director

The Town of Swansey 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 Swansey, NH 03446 or mkerris@swanseynh.gov. Interested candidates should review the full job descriptions on the Town’s website www.swanseynh.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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Monadnock Worksource

Monadnock Worksource is looking for Home Care Providers in the Keene area to Join our Adult Foster Care Team.

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Responsibilities: Assist individuals with daily living skills, including personal hygiene, routines, housekeeping, nutrition, and cooking. Develop and implement routines that promote skill-building, community participation, and relationship-building. Provide transportation to appointments, shopping trips, and community activities. Manage schedules for medical, dental, and other necessary appointments. Coordinate medication administration and ensure compliance with health needs.

Requirements: Valid driver's license and auto insurance, Home or renters' insurance. Ability to pass criminal, DMV, DCYF, and BEAS background checks. Your home must meet State Certification Requirements.

Benefits: A generous bi weekly stipend and support from a great team. Individuals have day programs 6 hours each weekday.

To Apply: Email Patti at Patti@mworksource.org or Branden at Branden@mworksource.org. Or Call us at 603-924-3326.



Monadnock Worksource

Monadnock Worksource is looking to fill the following position: **Direct Support Professional (DSP)**-we are looking for DSPs to provide support and guidance to individuals who experience intellectual disabilities. We are looking for DSPs in the Keene/Peterborough Areas.

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Please contact Branden at Branden@mworksource.org or Patti at Patti@mworksource.org for more information on our positions and to schedule an interview. You can also call us at 603-924-3326

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