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The Original Keene Shopper – “The Weekly with a Heart” – 67th Year of Community Service / August 6-12, 2025

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Toddlerfest: A Free, Fun Event For Children And Families



Emily and Elizabeth Burke of Marlborough enjoy a quiet moment at a previous Toddlerfest.

Rise for baby and family will be holding Toddlerfest on Saturday, August 9th from 10 a.m. to noon in the pavilion area at Peterborough’s Adams Playground. Rise has been holding Toddlerfest in Keene for many years and is now bringing the tradition to Peterborough as well.

Toddlerfest is a morning of free and fun activities for young children. Planned activities include bubbles, outdoor games, creative play, craft activities, and snacks. All are designed to appeal to toddlers. Everyone is welcome at this free, outdoor event, which is held rain or shine.

Rise provides early intervention services throughout the Monadnock Region, including speech, occupational, and physical therapy; counseling; and educational supports. These services are available to all children birth to age three in the Monadnock Region with developmental delays or disabilities. Services are provided in the child’s home and families never receive a bill for the services they receive.

Rise supports families with young children who experience or are at risk for developmental delays or disabilities and is a resource and advocate for inclusive early childhood systems throughout the Monadnock Region.

For more details about the event, visit www.riseforbabyandfamily.org/happenings, call 603-357-1395 or email info@riseforbabyandfamily.org.

Shipping Shack In Keene Local, Fast, Reliable Shipping



Karin Royce, owner, and Autumn Croke, store manager, processing a shipping order.

By Lori Catozzi Cook

Shipping has become an essential part of our lives, whether a business owner sends products to customers or an individual mails personal belongings. Choosing a shipping service like Shipping Shack in Keene can make a significant difference.

There are numerous benefits in using the services at this 63 Emerald

Street business: convenience, cost-effectiveness, and reliability. The team of dedicated shipping experts understands the meaning of customer care and has no qualms when it comes to packing difficult-to-ship items. They match the packing materials and techniques based on the fragility of their customers’ goods, specifications, value, and destination requirements.

SHIPPING, page 4

August Art Show Features Flowers And Gardens

On Friday, August 8th from 5 to 7 p.m., the public is invited to attend a reception in Dublin for the show, Flowers and Gardens as Inspiration: Art depicting and/or inspired by flowers and gardens. This show’s artists include Jeanne Maguire Thieme, Solveig Tryba, Carol Doleac, and James Cusmano.

Watercolorist Thieme began her art career in illustration and design in a Connecticut art studio. Always yearning for a more rural, quiet life she soon found herself in New Hampshire where she freelanced with local art studios and began teaching art. After teaching and administering as Fine Art Department Chair, she left to pursue a career as a full time artist in her own studio/gallery in Swanzy.

Tryba took her first painting

class after her retirement. She is fascinated with the process of translating three dimensional images onto a two dimensional canvas. She uses oil paint that she often mixes with cold wax medium. Nature is the most interesting subject to her and how light changes the experience of landscapes and flowers.

Doleac started painting 20 years ago, originally studying watercolors. Three years ago she began experimenting with pastels. Doleac has extensive flower gardens which provide endless ideas for flower paintings. As a colorist, flowers provide the opportunity to use all the colors in the rainbow.

New Jersey native Cusmano currently resides in Peterborough.



ART, page 4

By James Cusmano

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Frank Lloyd Wright:
Collection Of
Dr. Charles Hamilton

The Jaffrey Civic Center will share Dr. Charles Hamilton's private collection of Frank Lloyd Wright Memorabilia. This exhibition will run August 8th through September 20th. There will be an opening reception on Friday, August 8th from 5 to 7 p.m.

Jaffrey native Hamilton (1930 – 2019) first learned about Wright in 1953 when he happened upon a televised discussion between the architect and NBC reporter Hugh Downs in which Wright expressed his desire for a new American architecture to represent democracy and freedom. Over the following 50 years, Hamilton collected books, periodicals, and articles about Wright and corresponded with Wright homeowners who shared stories and photos. As Hamilton once wrote to a friend, "My collection gives me great solace. I can now sit in my room, close my eyes, and be transported into a Wright house. I can visualize the details and even the seasonal changes."

The Jaffrey Civic Center's hours are Wednesdays through Fridays noon to 5 p.m, and Saturdays 10 a.m. to 2 p.m.

For more details, visit jaffreyciviccenter.com.

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VLACS On Tour: Live Info Sessions Across The State

This August, Virtual Learning Academy Charter School (VLACS) is bringing its flexible online learning model directly to communities across New Hampshire. The “VLACS on Tour” series offers in-person info sessions and pizza parties where families can meet staff, ask questions, and learn how VLACS supports K-12 and adult learners statewide.

Five info sessions are scheduled throughout the state. The first one takes place on Monday, August 11th from noon to 2 p.m. at Pope Memorial Library in North Conway. That same evening from 5 to 7 p.m., another will be held in Plymouth at Pease Public Library.

On Tuesday, August 12th, folks in the greater Keene area may attend one from noon to 2 p.m. at the Keene Public Library. Another is being held that

night from 5 to 7 p.m. at the Nashua Public Library.

The last scheduled info session takes place on Wednesday, August 20th from 5 to 7 p.m. at VLACS Headquarters in Exeter.

At each event, families can enjoy pizza while attending live presentations and Q&A sessions with VLACS staff. The sessions highlight part-time, full-time, and adult education programs, and offer guidance on how VLACS helps students blend online learning with traditional schooling or extracurriculars. Families will get a clear sense of how VLACS works and what enrollment involves.

Space is limited; advance registration is encouraged. Visit vlacs.org/support-resources/open-houses/ to RSVP.

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Shipping Shack In Keene – They Ship It All

SHIPPING, Continued from page 1

The entire shipping process at Shipping Shack is streamlined and provides access to many flexible options. This locally owned and operated business uses the services of FedEx, UPS, USPS, and DHL—comparing rates and delivery times so that the customer can choose which service best matches their needs.

They offer packing services for any items needed to ship, a pickup service for items that require packing and shipping, and custom crating for large items or fragile antiques. They will even custom-build the crate if needed.

"I've had great experiences sending a number of shipments out through Shipping Shack," customer Matthew Paige explains. "Awesome service and just a great team to work with. I wanted to specifically call out a recent shipment where they helped me send a large, sensitive, and high-dollar item across the country via freight. Ethan worked with me throughout the process and was extremely helpful and professional. Shipping Shack had a crate built and expertly packed my shipment. It was picked up by the freight carrier immediately and delivered without issue."

Karin Royce purchased Shipping Shack in September of 2024 after 20 years in the shipping industry. Her daughter, Autumn Croke, is the manager and has worked at Shipping Shack for over six years.

"We like to maintain the family feel here and really emphasize the importance of customer relations," says Royce. "Our team is very close, which makes the environment very friendly and relaxed, and in turn, creates a better environment for our customers."

"Our staff takes great pride in our customer service. We have an amazing team here who will go above and beyond to help our customers with whatever they need," Croke adds.

Another customer, Hannah Pittman, has this to share about her experience using the services of Shipping Shack: "Lifesaver! I had to ship something to Ecuador for work, and the recipient was insistent that DHL is the only reliable service to use there. The closest DHL stores – according to their website – are in either Manchester, NH, Westborough, MA, or Hartford, CT. I was going to resort to using UPS or FedEx and hoping for the best, but I walked up to the Shipping Shack and saw 'DHL' on the door. Rejoice!"

The focus at Shipping Shack is to save people time and money. That's why they also have notary



Karin Royce, owner, and Autumn Croke, store manager, preparing a work of art for crating.

services, shredding, faxing, printing, packing supplies, and more. They also have personal mailbox rentals – small, medium, and large – at low rates for people to receive mail and packages.

"We change to adapt to the current market by continuing to update our technology and expand our services," Royce says.

Shipping Shack is open Mondays through Fridays from 10 a.m. to 6 p.m., with the last FedEx pickup at 4 p.m. and UPS at 5 p.m. Saturday hours are from 9 a.m. to noon.

"We are a small family-oriented business that cares about customers on a personal level," Croke comments. "We pride ourselves on our customer service and reliability."

For more details, call 603-352-4249, visit www.shippingsshackkeene.com, or stop by during store hours.

August Art Show In Dublin Features Flowers And Gardens

ART, Continued from page 1

Having worked in pastels, oils, watercolor, print-making, textile, pottery, and ceramic tile, his current focus is on vibrant nature themed paintings using transparent liquid French dyes on white China silk. He has taught silk painting at VACNJ, and at the Center for Contemporary Art, Bedminster, NJ. Cusamo and his wife owned and operated a successful art and framing gallery for over 10 years.

Exhibit is available for viewing and purchase Wednesday, August 6th during open hours and by appointment, with a closing event, Coffee and Conversation with the Artists, on Thursday, September 4th from 10 a.m. to noon.

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

For more details, visit <https://www.dubhub-nh.org/calendar>.

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Dark Horse Salon Open For Business In Keene

Integrated Dermatology Of Chesterfield Welcomes Lisa Ahava, PA-C



The Dark Horse Salon team: Carabelle Newton (standing left), owner Christina Gonzalez, and Rebekah Murphy, seated.

Dark Horse Salon – a salon “rooted in care, creativity, and connection” – recently opened at 470 West Street, Suite 11 (Fairbanks Plaza) in Keene and welcomes new clients.

Owner Christina Gonzalez is no newcomer to the industry, and is known for her styling techniques and attention to detail.

Alongside Gonzalez is Stylists Rebekah Murphy and Nail Artist Carabelle Newton.

The trio handle everything from color, blonding, curly hair, and blowouts, to updos, special occasion styling, waxing, and manicures – flex gel manicures as well as regular manicures.

Dark Horse Salon is open Tuesdays through Thursdays from 10 a.m. to 7 p.m., Fridays from 10 a.m. to 5 p.m., and Saturdays from 9 a.m. to 1 p.m.

For more details, call 603-338-0006, email dark-horsehairsalon@gmail.com, or visit www.darkhorsehairsalon.com.

Lisa D. Ahava, PA-C, has joined Integrated Dermatology of Chesterfield and is now seeing patients across New Hampshire, and southern Vermont. A certified physician assistant with more than 20 years of dermatology experience, Ahava brings a strong commitment to delivering quality care for a broad range of skin conditions.

At Integrated Dermatology of Chesterfield, Ahava collaborates closely with the practice’s lead dermatologist, Jorge Crespo, MD, to provide medical dermatology care to patients of all ages. She performs comprehensive skin exams, diagnoses and manages chronic skin conditions, detects and treats skin cancer, and conducts in-office procedures such as biopsies, cryotherapy, and minor excisions. Her addition expands access to expert care in the region and reinforces the practice’s commitment to high clinical standards and patient outcomes.



Lisa Ahava

Ahava earned her Master of Health Sciences in Physician Assistant Studies and a Master of Public Health from George Washington University in Washington, D.C. She completed her undergraduate studies at Wellesley College in Massachusetts. Prior to joining Integrated Dermatology of Chesterfield, Ahava provided dermatology care for patients in Rhode Island and served as a sub-investigator in dermatologic clinical trials.

“Lisa brings a wealth of experience and a patient-first mindset to our practice,” said Crespo. “She shares our commitment to providing trusted dermatologic care, and we’re excited to have her as part of our growing team serving this community.”

For more details about Ahava and Integrated Dermatology of Chesterfield, visit <https://chesterfeldderm.com/> or reach the office by phone at 603-363-4465.

Yard And Bake Sale Help Feeding Tiny Tummies

A yard sale and bake sale will be held from 9 a.m. to 2 p.m. on August 9th at Sullivan Church. Proceeds will benefit Feeding Tiny Tummies. Items for sale include clothing, books, fabric, and more. Homemade baked goods and a hot dog lunch will also be available.

For more details, contact Gaynelle Pratt at 603-847-3271.

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Ten Generations: Deep Roots And Scientific Pursuits

The fifth presentation at the 78th Amos Fortune Forum summer speaker series will feature Kimball Physics CEO Abigail Gallup LePage. Having multiple generations live in one town has become uncommon,



Abigail Gallup LePage

and ten generations is practically unheard of. LePage will talk about growing up in a deep-rooted town and finding a career in a unique industry.

LePage grew up in Jaffrey and attended the public school system, where she was class valedictorian. She went on to receive a BS in Physics at Bates College. She joined Kimball Physics as a technician in 1998 and became the company's CEO in 2021. Kimball Physics, located in Wilton, makes enabling technology for the semiconductor industry that produces the integrated circuits that most cell phones depend upon. The session will use an interview format facilitated by William Baker.

This free presentation will be held in the Meeting-house located in Jaffrey Center on Friday, August 8th at 8 p.m. A recording of each event will be available on YouTube shortly after the presentation. For more details, visit www.amosfortune.org.

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MYSTERY PHOTO
from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a certificate for \$25 to The Pub. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



What large building is now located on the site of this former West Keene farm?

The winner of last week's Mystery Photo contest was Berny Cooper of Keene. The public park in the photo dated Aug. 1939 was Robin Hood Park, Keene.



"The Life Of Your Retirement Explained" At Peterborough Library

The Peterborough Town Library has announced an upcoming program, "The Life of Your Retirement Explained," presented by Kathryn Ruuska, financial professional and insurance agent with Bankers Life. The event will take place on Thursday, August 7th at 3:30 p.m.

This free informative session covers key decisions and strategies to help people enjoy a secure, worry-free future. "Many decisions we make at retirement age will affect us for the rest of our lives – having all the information available is the best way to ensure a more relaxing, worry-free retirement," says Ruuska.

From 4:30 to 6 p.m, Ruuska will also be available for drop-in one-on-one sessions to provide personalized guidance. Sign up on-site for a time slot. Attendees are welcome to join PTL just for the presentation, the drop-in session, or both.

The event is free and open to the public.

Peterborough Town Library is located at 2 Concord Street in Peterborough and is open Monday-Saturday. For more details on this program or on any services, visit PeterboroughTownLibrary.org or call 603-924-8040.

Lindsay And Her Puppet Pals Tuesday

The Keene Public Library will host Lindsay and Her Puppet Pals on Tuesday, August 12th from 1 to 2 p.m. at 60 Winter Street in Keene. This lively, interactive puppet variety show is designed for children ages three to eight and their families.

Featuring hand-crafted, larger-than-life characters, from dancing robots and stubborn goats to heroic tigers and singing dinosaurs, the program blends animated storytelling with playful humor

and thoughtful messages. Performer Lindsay Bezich has been presenting her show full-time since 2011, reaching thousands of children each year with themes of creativity, resilience, and empathy.

Admission is free. Registration is recommended through the library's online calendar.

For more details, contact Amy Kraemer at akraemer@keenenh.gov or call 603-352-0157.

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Woodworking, History, More At Chase’s Mill



Dorothy Miller concentrates on using a hand drill to assemble her marble run, with help from her grandfather Richard Preston while teacher Juliana Stevens looks on.

Chase’s Mill, the historic waterpower mill in Alstead, has announced a range of events for August. “We work to have events that people in our community would enjoy – in addition to our popular weekend tours, we have events for families, for woodworkers, for history buffs, for crafty people,” says board member Nancy Botkin.

Those who are looking for a fun activity to do with children or grandchildren can

participate in the “Marble Madness” workshop on August 9th from 9 a.m. to noon. Using simple hand tools, participants will construct marble runs to take home.

For those interested in local history, Randy Miller will present “Alstead in the 1700s: the Origins of Community” at 7 p.m. on Friday, August 8th.

On Saturday, August 16th from 9 a.m to noon, Emma Kuester and Hale Morrell will lead a class in “Making Birch Bark Decorations.” This class invites participants (all ages welcome) to weave bird and star ornaments from natural birch bark.

On Saturday, August 23rd from 10 a.m. to noon, Amy Stodola will teach “Torn Paper Collage.” This class offers an easy-to-learn and enjoyable technique for creating stunning collages with materials found around the house (ages 18 and up).

Finally, a special two-day workshop, “Beginners Guide to Mosaics: Crafting a Stepping Stone,” will be held on Saturday, August 30th and Sunday, August 31st from noon to 4 p.m. Taught by Chloe Barcelou, participants will learn the fundamentals of mosaic art, from designing and cutting tiles to grouting, to create their own personalized stepping stone for their home or garden (children eight and up are welcome if accompanied by an adult).

These classes are designed to be accessible and inspiring for beginners. Space is limited, so early registration is encouraged.

People interested in doing their own woodworking project are invited to bring their ideas to open shop times Sundays from 9 a.m. to noon or Thursdays from 6 to 8 p.m. A shop steward will be on hand to review safety procedures and to help guide participants with their projects. The mill even provides an inexpensive “lumber bank” for materials.

For more details and to register, visit ChasesMill.org.

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Aloha Yoga Of Keene August Events

Aloha, located on Court Street in Keene, is raising money for the Monadnock Conservancy during August. Josephine Russell will hold an event at the top of Pitcher Mountain on Thursday, August 7th called Yoga on the Mountain. The class begins at 6:30 p.m. At 8, the sun will be setting and everyone will hear the hush of the day as they meditate to finish the practice. This is also the full moon.

Aloha also offers “Fabulous Fun Fridays” to finish the week out. On the

8th from 4 to 5 p.m., Genny Alexander will be teaching a Community class by donation. This pairs well with Yoga Nidra from 5:15 to 6:15 p.m.

Aloha always hosts a monthly sacred Circle on the Full Moon with Paige Johnson. This will be on an extra Fabulous Friday, August 8th from 6:30 to 8 p.m.

Aloha’s Sound Baths with Sound Massage will be happening Sunday, August 17th from 4:30 to 6 p.m.

Opera 101 With Torlef Borsting At Keene Library

Keene Public Library, located at 60 Winter Street, will host Opera 101 with Torlef Borsting on Saturday, August 9th from 1 to 2 p.m. in Cohen Hall. Baritone Torlef Borsting, currently performing in Wagner’s Ring Cycle at the Latchis Theatre in Brattleboro, VT, will offer a presentation that blends personal stories, opera history, and live performance. He

will reflect on his journey to a career in opera, sharing key moments from his life in music along with selected arias.

This event is free and open to the public.

For more details, contact Amy Kraemer at akraemer@keenenh.gov or call 603-352-0157.

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High Summer

This is always such a busy time of year: veggies to put in the freezer, berries to make into jam, cucumbers to pickle, tomatoes to can, weeds to remove from the garden, and plants to thin – along with everything else that needs doing to keep the family running. It's a good idea to pace yourself and remember to take breaks as needed.

One thing that should not be overlooked is the weeds that are about to, or are, forming seeds. There are many plants that sprout up and flower in the spring. Remember, first come the flowers, then come the seeds. If you look at some of these weeds, they will have hundreds of seeds on them when they are ready to finish their jobs. The main job of plants is to reproduce themselves. That's why if you want a flowering plant to keep on sending out flowers, you have to pick off the ones that go by.

I regularly check all around the garden for potential seed bearers. Grasses can sometimes be the worst as they skip the flower stage and go right to producing seeds. They can be perfectly seated outside of the garden and send up a stock that reaches right in. If you can get all of the root, these weeds will be done. I like to use a fork and dig around the stalk a little bit. I then grab the plant just below the soil line and pull. Generally, the whole plant will come up.

Taking a little time to peruse the garden for such individuals each day will save you hours of work in the years to come.

Freezing Corn

I know that I have probably written about this before. However, this is the biggest bang for the buck of everything that I do in the summer. It only takes corn six hours to go from a sugar to a starch after it is picked. That is why all the frozen corn that you buy at the store tastes nothing like fresh corn on the cob. But you can freeze it fresh and have luscious corn on the cob flavor all winter.

I go to the farmer's stand early in the morning and buy three dozen ears of corn, making sure that it was picked today. These I bring home and Bob helps me shuck them. Then I get out my steamer and boil some water in it (you can boil the corn if you don't have a steamer). I place six ears of corn in the steamer and leave them there for three minutes. Then I put them in a big bowl of ice water to cool down. Once cooled, I put them in a bowl and use a sharp knife to take the kernels off of the cob. These then go into a Ziploc bag, which I lay flat so that they will stack. It takes about three ears of corn to fill a quart bag. Once all the bags are filled, I put them in my freezer. I generally get 12 to 14 bags. And, many times, I will only use 1/4 or 1/3 of a bag for a recipe. So I get many great meals out of it.

Green Monadnock

with Celeste Longacre



From the time I leave the house to go to the market until the bags are safely stored in the freezer, it only takes about 3 or 3 1/2 hours. So much for so little! I am constantly having people thank me for sharing this idea with them.

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

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

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Summer/Fall 2025 Household Hazardous Waste Collection Schedule

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

Monadnock's master mixologist, Ignacio Oreamuno, serves up decadent drinks at the Peterborough Players all summer long. Most theaters serve wine and beer, but the Players and Oreamuno elevate the entertainment game. To keep the drinks exciting for the audience, each show he'll create a menu that is inspired by the themes, genres, and time periods, utilizing fresh, local ingredients to create his masterpieces.

For three years, Oreamuno has brought energy and passion for his craft to those at the theater inspiring everyone with his joyful libations, both alcoholic and non. He is constantly seeking special flavor profiles and unique ingredients to take his cocktails to the next level. His favorite drink to make is his famous espresso martini. What sets it apart is the special ingredient – the coffee. Oreamuno uses coffee that

he planted himself in Costa Rica. That attention to detail takes his drink from ordinary to extraordinary.

When he's not behind the bar, Oreamuno enjoys spending time with his daughter, hiking the Monadnock region, growing herbs, and leading trips to Costa Rica. He not only grows and sells his own coffee, he is also working on two books, one about a marketing style called quiet branding and the other about microexploring, encouraging people to explore the world that is right around them.

To enjoy a complete evening of entertainment, experience the phenomenal flavors of Oreamuno, and see the latest play by the Peterborough Players, *Native Gardens* is on-stage from July 30th to August 10th. The season finale, *Hay Fever*, will feature the inspiration he finds in Noël Coward, playing from August 14th through 24th. For more details, visit www.peterboroughplayers.org or call the box office at 603-924-7585.

Ashuelot Concerts Announces Star Lineup For New Season

CONCERTS, Continued from page 1



The Doric String Quartet performing at Stonewall Farm

Firmly established as one of the leading quartets of its generation, the Doric String Quartet regularly appears at Carnegie Hall, Amsterdam's Concertgebouw, Vienna Konzerthaus, and London's Wigmore Hall.

The Heath Quartet won the 2016 Gramophone Chamber Music Award and regularly appears at leading venues in London, Berlin, Hamburg, Paris, Amsterdam and Brussels. Violist Masumi Per Rostad tours internationally and has performed at many of the most prominent venues and festivals worldwide.

Cuban-American cellist Thomas Mesa recently was named a 2025 Avery Fisher Grant recipient, and he has appeared as a soloist with major orchestras such as The Philadelphia Orchestra, The Los Angeles Philharmonic, and The Cleveland Orchestra.

Cellist Francisco Vila has appeared as a soloist with the Houston Symphony, Aalborg Symfoniorkester, Liege Royal Philharmonic, Royal Chamber Orchestra of Wallonia, Santander

Festival Orchestra, and all principal orchestras of his native Ecuador.

Cellist Edward Arron tours and records as a member of the renowned Ehnes String Quartet and regularly appears on the leading classical stages around the world.

Ahead of each concert weekend, Ashuelot Concerts will be offering 40 in-school performances to 5,000 local children. Ashuelot Concerts Schools Program uses live music to inspire children to explore the limitless potential of their brains. Live music demonstrates that something that feels difficult or impossible in class today can quickly become achievable and enjoyable with the right attitude, work, determination, and learning techniques. Turning something impossible into something one loves is at the heart of what it means to be a professional musician.

Full details and ticket information are available online at ashuelotconcerts.org and early booking is recommended for all events as capacity is regularly reached.



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August Is National Family Fun Month

The month of August is National Family Fun Month and a great way to celebrate the last few weeks of summer break before the kids head back to school. Although the specific details around how August became known as Family Fun Month remain uncertain, the designation serves as a reminder to prioritize family before the busy fall activities begin. It provides an opportunity to prioritize family and promote building strong family bonds.

Monadnock Family
with Sheri Lapointe



Use this month dedicated to family to focus on fun and connection and to celebrate the uniqueness of your family. Each family is unique in structure, interests, and physical closeness. There is no one-size-fits-all for family. And don't forget those family members who may not be related by blood but are family nonetheless. In a book I recently read, the main character was reminded that "family is earned, not inherited." Those close ties to people who are family but not technically

related are just as important. Celebrating Family Fun Month could include an end of summer vacation together or just finding ways to share some family time in your own backyard. Take the time to recognize how easily we can take one another for granted and really make an effort to let family members know how grateful you are to have them in your life.

One great way to celebrate each other is to create a memory box. Print out some favorite family photos from memorable experiences. Include some mementos from fun activities you have shared such as ticket stubs or a program from a show you attended, a sea shell or stone picked up at the beach, or something cut out of a magazine or newspaper that drew your attention. Make the box really personal and have each person write a note for each family member, explaining what they love about that person. Give the direction to avoid giving reasons that anyone might notice like "she's really kind to everyone," but to really think about what each person means to the writer individually, such as, "I can wake up my sister any time of night if I need to talk and she just listens." Then hide the box for an agreed upon amount of time, such as until next August, and then open and

reveal the treasures within. Spend some time digging into your family genealogy and learn about your family history. Go old school and write letters to distant family members. Each person could select a different family member to write to. Perhaps it's a cousin in Washington or an aunt living in Arizona. It can even be distant family members that you don't know very well. It would be fun to use this time to connect with relatives you are not very familiar with. And it can be fun to get mail you aren't expecting. You could even decide to get the family together for a reunion.

Try something new together as a family, whether you decide to get some audiobooks to learn a new language together, attend a crafting class to make something fun, or pick up some cookbooks and discover some new recipes to enjoy together. Learning something new together can be a great way to build family relationships and have fun.

Start a family recipe book including family favorite recipes that you love. Having a tangible book of these recipes may become a treasure that gets passed down across generations. Kids learn to cook from their parents, and having the favorite recipes written into a recipe book will enable the family favorites to be made by anyone.

Look up some unique August holidays

to celebrate. There are some fun and wacky holidays such as National S'mores Day on August 10th, International Cat Day on August 8th, or National Book Lover's Day on August 9th. Choose a fun holiday and plan a family celebration around the theme of that day.

Or, create your own holidays. You could select a day to honor and celebrate each family member. The celebrated person could choose a family activity and family dinner option for that day. You could make a card and everyone can write a special message to that person. It can be a fun way to celebrate each person.

Make August a month to honor and celebrate family with fun and engaging activities that the whole family can do together. Prioritize family relationships and honor the unique qualities each person brings to the family. Make August your Family Fun Month!

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

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	217.71	(6.53)	Danaher Corp. (Kollmorgen)	197.09	(8.39)
Becton Dickinson (C.R. Bard)	176.37	(8.95)	Merck (Hubbard Farms)	79.29	(5.42)
Toronto Dominion Bank (TD Bank)	72.55	(2.38)	Deluxe (NEBS)	15.59	(1.44)
PC Connection	60.96	(3.04)	Teleflex (Jaffrey)	115.89	(1.30)
Bank Of America (Fleet)	45.66	(2.79)	Timken (MPB Corp.)	73.50	(8.16)
Corning Inc.	62.05	6.69	M&T Bank Corp. (People's United)	184.99	(8.78)
Ametek, Inc. (Precitech)	182.36	2.27	Dover Corp. (Markem)	174.97	(11.53)
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
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			Cattle (cents per pound)	223.68	0.53
			Crude (\$ per barrel)	67.33	2.17

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Midyear Outlook 2025

If “tariff” isn’t the word of the year, then perhaps it’s “uncertainty” or even “volatility.” Much of this year’s market turbulence has stemmed from the assumption that President Trump’s second-term policies would closely resemble those of his first. As it became clear that this would not be the case, markets were forced to recalibrate.

While uncertainty is likely to persist for the near future, the peak of policy-driven volatility may be behind us. As clarity returns, so too should market stability – bringing with it a range of new investment opportunities. Given the economic distortions of recent months, it is a difficult time to hold strong convictions. However, some clarity is expected to emerge in the second half of the year.

LPL Research* believes the economy will begin to reflect the delayed effects of trade policy, including slower labor demand, weaker growth, and a modest uptick in inflation. This challenging backdrop will likely create bouts of continued volatility in the stock market, but ultimately, equities are expected to finish the year moderately higher. We believe neither the White House nor the Federal Reserve is permanently committed to their current policy paths, which leaves room for constructive shifts.

In this environment:
The importance of diversifying across asset

classes and geographic regions cannot be emphasized enough.

Integrating investments that may enhance portfolio stability and have low correlation to traditional markets, like alternatives, is favored.

Economy and You

with Josh Houle



Periods of volatility should be viewed as opportunities to selectively increase equity exposure at more attractive levels.

If you would like to receive a link to *LPL Research’s, Midyear Outlook 2025: Pragmatic Optimism, Measured Expectations, email me at Josh.Houle@LPL.com.

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.

Monadnock Peer Support Designated A Recovery Friendly Workplace

Monadnock Peer Support (MPS) has announced its official designation as a Recovery Friendly Workplace by the Office of Governor Kelly Ayotte. This recognition reflects the organization’s ongoing commitment to fostering a safe, healthy, and supportive work environment for all employees, particularly those impacted by substance use and mental health challenges.

The Recovery Friendly Workplace (RFW) Initiative empowers organizations across New Hampshire to create stigma-free workplaces and actively support the recovery of employees and their loved ones. Through education, collaboration, and community partnerships, the initiative aims to transform workplaces into spaces where recovery is respected, valued, and celebrated. For more information on the initiative, visit www.recoveryfriendlyworkplace.com.

Find out more about Monadnock Peer Support’s free services by visiting www.MonadnockPSA.com or by calling 603-352-5093.



Pictured L-R are: Melissa Callender, Director of Mission Impact, MPS; Sam Tarplin, Recovery Friendly Advisor, Granite United Way; Eli Rivera, Interim Executive Director, MPS; Stacy Wilbur, Program Director, MPS; Karen Richi, Administrative Director, MPS; William Holderby, Program Support Staff, MPS.

Keene Voted New Hampshire’s Best Main Street For Wellness Walks

Assisted Living Magazine, a senior living concierge, carried out a survey of over 3007 residents to name the most walkable streets in America. From cobblestone stretches in New England to palm-lined avenues out West, they asked people to nominate the spots where walking isn’t a chore, but a pleasure. Out of two Main Streets in New Hampshire featured among the best for wellness walks, Keene’s Main Street was voted as one of them.

“Too often, wellness gets boxed into gyms and gadgets,” says CEO Jeremy Clerc of *Assisted Living Magazine*. “But the simple act of walking – especially in places that are beautiful, social, and full of charm – can be just as powerful. These Main Streets remind us that movement can be both joyful and effortless when the environment invites you in.”



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Richmond Reminisces Program At Library

A program called Richmond Reminisces will take place Wednesday, August 6th at 11 a.m. at the Richmond Public Library. Attendees are encouraged to tell stories of Richmond that they might remember, and the tales are recorded for future generations to enjoy.

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

A Garden And Her Building

As I sit under the stone archways of an historic library, I'm enjoying the view of a wide granite stone path surrounded by tall cinnamon ferns. Native mosses are tucked between the stones themselves and century-old mountain laurels frame the view. These stately bushes were planted when the building was erected and subsequent caregivers have had the good sense to leave them. Without the laurels, the ferns in between might look a little too disorganized for the stone edifice.

All these ruminations got me thinking about how lovely it is when a garden melds with its adjacent building. The effect is almost always welcoming and offers (me at least) a deep-seated feeling of contentment. Conversely, when a garden is placed around a building with little forethought, that is also usually apparent.

Woods and Gardens

with Yedida Landis



Some considerations for matching a garden to nearby structures include the construction materials used and style, the time period of the building, and any repeating shapes in the construction itself. All of this, of course, is tempered with personal style and desired function(s) of the garden.

In terms of materials used and style, I tend to see a general gradation of formal to informal. The most formal garden to me would be appropriate alongside an historic stone, brick, or timber frame building. A western European style would include the use of hedgerows to frame a space, mature flowering bushes and specimen trees. I would probably interplant these with native flowering perennials and annuals, chosen to fit a specific color scheme

— creams, silver and greens, soft blues, pinks and purples, or even the sunny yellows, oranges and reds.

In a stick frame, or smaller timber frame or mobile home, an English cottage style can blend nicely with the building. These gardens might include larkspur, catmint, foxgloves, and columbines — all plants that will return year after year and spread their seeds around. They'll form joyful clumps that can be organized by height and color. An arbor with either clematis or climbing roses near a door is a sure way to bring garden and building closer.

The time period of the building can also affect how you plan a garden. Although most buildings around the Monadnock region are newer, there are quite a few historic sites. If you're wanting to garden on an historic site, I recommend looking up garden designs from the era the building first went up. A home built between the 30's and 40's could inspire a victory garden. Revolutionary war era gardens utilize wattle fences and very specific herbs, veggies, and flowers. Heirloom plants from the time the building went up greatly enhance the presence of a place.

Lastly, an interesting way to integrate buildings and gardens is to look at repeating shapes in the wall that faces the garden. What do you notice most? Straight lines, rectangles, squares, circles? I especially love pulling window shapes down into garden paths, having pavers repeat the shapes. If there are arched windows or doors, a gravel arc and tangent pathway can beautifully connect the spaces. Another fun option is to mimic the layout of the building with the layout of the garden, creating garden "rooms."

There's much to consider here; but, even more so, it's important to make the garden meaningful to you. You

might love garden art or water features. You might love crisp, clean lines or a riot of color. Maybe you prefer raised beds or raised pathways. Those personal touches make a garden a place you want to spend time. However you choose to approach your next gardening project, I hope this article helps you to seamlessly blend your home and gardens. Happy gardening!

Yedida Landis has been teaching organic gardening to children for over 20 years and is Lead Gardener at MacDowell.

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Handcrafted Items Found Weekly At Winchester Farmers Market



Ruth Joslin from Tie Tie Totes shows one of her fun tie dye creations for sale at the Winchester Farmers Market – held every Saturday from 9 a.m. to 1 p.m. on Main Street.

Besides vendors with handcrafted goods, event goers will find vendors selling fresh flowers and plants, local produce, artisan meats, and freshly prepared foods. This event also has live music weekly.

Teen Crafternoon: Mail Art At Keene Library

The Keene Public Library will host Teen Crafternoon: Mail Art on Wednesday, August 13th from 2 to 3 p.m. at 60 Winter Street in Keene.

This hands-on creative session invites teens to design a piece of mail art to send to friends or family. Participants

are asked to bring an address; all crafting materials and postage will be provided by the library.

For more details, contact Eleanor Green at egreen@keenenh.gov or call 603-352-0157.

Cornhole Tournament And Fun Day

A Cornhole Tournament and Fun Day will be held at the Drill Yard at 156 Bowkerville Road in Fitzwilliam from 11 a.m. until dark on Saturday, August 9th.

This fundraiser event for the Danny

Baker Fund includes food, music, games, and raffles and ends with a fireworks display over Bowker Pond.

To enter the tournament, call Adam Dubriske at 603-585-6561 or email admin@fitzpolice.us.

Webb Depot Boys Perform In Marlborough

The Elizabeth Richards Concert Series continues on Tuesday, August 12th, with a performance by the Webb Depot Boys on the lawn of the Frost Free Library, located on Jaffrey Road in Marlborough. The concert begins at 6:30 p.m.

Presented by the Friends of the Frost Free Library, this outdoor event is free and open to the public. Attendees are encouraged to bring blankets or lawn chairs.

For more details, call the library at 603-876-4479.



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**Summer
Farm
Tour At
Lee's Bees
August 12th**

The Cheshire County Conservation District (CCCD) in partnership with Monadnock Food Co-Op, UNH Cooperative Extension, and the USDA Natural Resources Conservation Service (NRCS) will offer a tour of Lee's Bees, a local apiary producing pure honey, beeswax products, honeycombs, bee pollen, and more.

Attendees will learn about local programs supporting our local farms like the Monadnock Food Co-op Farm Fund, NH Conservation Districts Climate Resilience Grant Program, and other state-wide resources. Limited spots are available.

The event will take place August 12th from 5:30 to 7 p.m. at Lee's Bees at 126 Sand Hill Road in Walpole.

For more details or for registration, contact Nina Halsted at nina@cheshireconservation.org or 802-400-3660.



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Simple Summer Meals At Home

*"A simple meal can be the perfect way to relax and recharge."
— Oprah Winfrey*

What to do when you're sick of take-out and crave some simple homemade meals that can be made with ease and relative simplicity? I hope this week's recipe ideas will help you prepare some simple summer meals when you're feeling 'shuffled' and out of sorts.

Bean, Tuna & Shaved Squash
A lemony dressing infuses a salad of white beans, tuna and shaved summer squash with bright flavors for a no-cook summer evening meal. Four servings.

Ingredients:
1/2 cup plus 2 tablespoons olive oil
1/4 cup fresh lemon juice
1 shallot, minced
1 tablespoon fresh thyme leaves (or 1 scant teaspoon dried)
1 clove minced garlic
salt and black pepper to taste
1 (14 oz.) can cannellini beans, drained and rinsed
1 (6.7 oz.) jar tuna in olive oil, drained and separated into large flakes
1 each small zucchini and yellow squash, thinly shaved lengthwise into ribbons
dill sprigs for garnish, optional

In large bowl, whisk together olive oil, lemon juice, shallot, thyme, garlic, salt, and pepper for the dressing. Fold in beans and tuna; let marinate at room temperature for 20 minutes. Gently fold ribbon-shaved squashes into bean mixture and let marinate at room temperature until squash softens slightly, about 20 minutes. Season with a bit more salt and pepper to taste and divide mixture among four shallow bowls to serve. Garnish with dill sprigs, if desired.

'Shrimp Boats (is a'coming, their sails are in sight...)'

When you don't want to heat up the kitchen, put on some Jo Stafford music and enjoy time in the backyard. With crusty bread and a salad, dinner is on the table with relative ease. Serves four.

Ingredients:
1 bottle or can of beer
2-3 teaspoons Cajun seasoning, to taste
1 lb. large shrimp, cleaned and peeled (or unpeeled do-your-own)
juice of 1/2 lemon

Pour beer and Cajun seasoning into a bowl. Add shrimp and marinate in refrigerator for about one hour. Remove shrimp from marinade and place on several layers of heavy duty foil. Season with lemon juice. Place another layer of foil over top and seal edges tightly. Place entire pack in a fourth sheet of foil and seal tightly. Set over medium-low coals or on a grill with medium heat. Cook eight to 15 minutes until shrimp are done (don't overcook). Unwrap carefully – steam is hot.

Sweet Potato Nachos

Some prepared foods and eggs turn this also-breakfast dish into something everyone will love for an easy summer dinner. Makes four to six servings.

Ingredients:
1 (20 oz.) bag frozen sweet potato waffle fries
1 lb. bulk breakfast sausage or Italian sausage, casings removed and crumbled
1 tablespoon olive oil
6 large eggs
salt and freshly ground black pepper
2 cups shredded cheddar cheese
1 avocado, thinly sliced
1/2 cup quartered cherry tomatoes
3 scallions, thinly sliced
1/4 cup chopped fresh parsley or cilantro
toppings: sour cream, hot sauce, thinly sliced jalapeño

Preheat oven to 350 degrees. Spread fries on rimmed baking sheet and bake according to package directions. Meanwhile, cook crumbled sausage in a skillet until browned and cooked through, about five to six minutes; set aside. Wipe out skillet, add olive oil and cook the eggs three to five minutes, depending on how you like the yolks; season to taste with salt and pepper. When the fries are ready, turn the oven to broil. Top the fries with sausage and cover with the cheese. Cook under the broiler until cheese is completely melted, about two to three minutes. Remove from broiler; top nachos with cooked eggs, avocado slices, tomatoes, scallions and chopped parsley. Dollop with sour cream and other toppings as desired.

Chicken Cutlet Saltimbocca

A simple 'hack' of a well-known Italian dish that is made with chicken, flavored with sage, cheese and prosciutto. If you can't find fresh sage leaves, rub the chicken breasts with some dried sage when you season it with salt and pepper.

Ingredients:
4 boneless, skinless thin-sliced chicken breasts
salt and freshly ground black pepper
4 fresh sage leaves
4 ounces prosciutto
1 tablespoon olive oil
4 ounces provolone cheese

Preheat oven to 400 degrees. Tear off four pieces of parchment paper, each slightly larger than the chicken breast slice. Place each breast on a piece of parchment, season with salt and pepper and top each with a sage leaf and slice of prosciutto. Heat oil in large ovenproof skillet over medium-high heat. Pick up each chicken breast by the parchment paper and pop it prosciutto side down into the skillet; remove/discard the paper. Cook until prosciutto is crisp, three to four minutes. With a spatula, flip chicken breasts, then top each with a slice of cheese. Put skillet in the oven and bake until chicken is cooked through and cheese is nicely melted and bubbly, five to seven minutes. (If you want cheese to brown more, turn on the broiler one to two minutes). Makes six servings.

**Cooking
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with Nancy Adams



Oven-Baked Omelet

With a salad and bread, this makes an easy supper for four to six people. I love this recipe because it is so versatile: If desired, add cooked bacon pieces, ham or other leftover meat; or add a few greens that will wilt when cooked or small pieces of cooked vegetables.

Ingredients:
6 large eggs
1/2 cup cottage cheese
1/2 cup sour cream
salt and black pepper to taste
1/2 cup salsa of choice
1½ cups shredded Monterey Jack or cheddar cheese (or combination)

Spray a nine-inch pie pan with nonstick cooking spray. Whip together eggs, cottage cheese, and sour cream in a bowl; season with salt and pepper. Spread salsa over bottom of pie pan and sprinkle cheese over that. Pour egg mixture over cheese. Bake in 350 degree oven for 45 minutes.

Turkey Calzone Sandwich

Deli turkey, cheddar, bacon and apple make a delicious combination in this super-sized calzone-style sandwich for six; amounts may be doubled.

Ingredients:
1 tablespoon cornmeal
1 lb. loaf frozen pizza dough, thawed
3/4 lb. thinly sliced cooked turkey, divided
8 slices cheddar cheese
5 strips bacon, cooked and crumbled
1 small Granny Smith apple, peeled and thinly sliced
1 large egg, beaten
1 teaspoon Italian seasoning

Sprinkle cornmeal over a lightly greased baking sheet. On a lightly floured surface, roll dough into a 15-inch circle; transfer to pan. Arrange half of the turkey over half of the dough; top with the cheese, bacon, apple, and remaining turkey. Fold dough over filling and pinch edges to seal. Cut three slashes in the top for steam release. Brush with egg, then sprinkle with Italian seasoning. Bake at 400 degrees until golden brown, 20 to 25 minutes. Let stand five minutes, then cut into six slices.

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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Resonance

Energy waves have frequency and amplitude. When they resonate with each other they synchronize and share information. For us, this phenomenon is not limited to emotional states, which may pass from one person to another, but relates also to how certain people or events may activate stored trauma within you. The sharing of resonate energy waves often explains that sense of familiarity with special people when you meet them. Resonance also applies to memory and recall of important events.

quality relationships that help me grow. In one of my recent sessions with hypnosis where I was asking my subconscious about the direction of my life's work, the advice given was "Follow the sweetness."

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears auras and homes of unwanted darkness. She can be reached at 603-852-8300.

Healing Perspectives

with Rosie Carey



Recently I have become intrigued by hypnosis, especially for accessing past lives. Hypnosis can utilize a part of your brain that deals with imagery – images that are symbolic of, or activate memories of, a significant event in the past. Hypnosis has helped me to gain a broader perspective of myself. It has opened my mind to view experiences and tough situations as opportunities to resolve character flaws and limitations within me. Hypnosis offers up information and mind-states that engender peace. Afterwards, I find myself contemplating the nature of my soul and value of life. I tend to be less fearful overall and less pulled into the drama of current situations. I do always look to see the lesson or the solution.

We often reincarnate with loved ones or family. We do not always mix well with these people, but we do have resonance with them. In a way, we match up. They carry information and energy which contributes to expanding our consciousness as we overcome the difficulties inherent in life's learning situations. And we find these people show up as mother, brother, or significant other.

I find hypnosis reveals how so much of life translates into energy. You can call it resonance or love, or trauma, or synchronicity. But as I track events that have a similar theme in my life, or from one lifetime to another, I recognize that resonant energy waves are the breadcrumbs that connect everything.

The energy of trauma affects you throughout your life. By nature, we store trauma that is overwhelming until we can process it. The energy waves of stored trauma or events imprint your energy field. They may manifest diseases or illness, or emotional wounding. Through hypnosis, your subconscious mind can recall these memories and events whereby they become potential vehicles for healing.

This is also true of past life trauma as it affects your present life. There are classic resonant situations where a person might have a spear in his side and that might develop into a lung problem in this life.

As I am beginning to understand myself in a broader and deeper sense, I appreciate the

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ENTERTAINMENT and DINING

Wednesday, Aug. 6 ARTS, MUSIC & THEATER

Teen Crafternoon: Paint & Sip 3-4pm. Keene Public Library, 60 Winter St., Keene. Teens and tweens follow along with a painting tutorial. The art supplies, as well as a beverage bar of regular and sparkling juices will be provided. Register online prior to the program. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Reel Night Out: Summer Vacation 6-8pm. Keene Public Library, 60 Winter St., Keene. Film and popcorn. Film ratings vary from PG to R, so be sure to double check the calendar. There is no cost to attend, snacks are allowed but only inside the theater. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

An Evening of Poetry & Music: Kimberly Cloutier Green and Sarah Bauhan 7pm. Hancock Town Library, 25 Main St., Hancock. Poet Kimberly Cloutier Green, together with whistle and flute player Sarah Bauhan and fiddler Jane Orzechowski. **603-525-4411**.

FAIRS & SALES

First Church in Jaffrey Summer Fair 1-4pm. First Church in Jaffrey, 14 Laban Ainsworth Way. Antiques and collectibles, fine art – painting, prints, and photographs, “white elephants,” vintage and craft jewelry, decorative linens, and the garden center. Bakery buffet, Children’s Fair offers games to win prizes, cupcake decorating, and find treasures to buy. Model T returns for rides. Pauline Brackett: pbrackett2001@yahoo.com.

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: **603-239-6164**.

MISCELLANEOUS

Book Crush: A Romance Readers Club 6-7pm. Keene Public Library, 60 Winter St., Keene. A non-traditional book club for romance readers. Choose a book to fit the theme, share the pick with other readers, and discover new titles to try. August theme is Hollywood: any romance that involves the film or theatre industries. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

Storytime in Ashuelot Park 10:30-11:30am. Ashuelot River Park, West Street, Keene. Read books, sing songs, and end up with a special craft to take home. Ashuelot Park near the Gazebo. In case of rain: location Kay Fox Room. Register to be notified about a change of location. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Richmond Reminisces 11am. Richmond Public Library, 19 Winchester Rd., Richmond. These memories will be recorded for future generations to enjoy. Richmond Public Library: **603-239-6164**.

Thursday, Aug. 7 ARTS, MUSIC & THEATER

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

Concerts On the Common: “Tattoo” with Walden Whitham 7-8:30pm. Fitzwilliam. An acoustic five-piece band performing American roots, rock and roll, soul, swing, Cajun, and originals. In case of inclement weather, the venue will be held at the Emerson School Gymnasium or upstairs in the town hall. Bill Davis: **603-585-2259**.

LECTURES & WORKSHOPS

Medicare Made Easy: Free Monthly “New to Medicare” Workshop 1-3pm. NH Care Collaborative, 105 Castle Street, Keene. The workshop is available both in person and virtually. Registration is required. Call **603-357-1922** or **866-634-9412**.

Free Talk: “The Life of Your Retirement Explained.” 3:30pm. Peterborough Town Library, 2 Concord St., Peterborough. Presented by Kathryn Ruuska, financial professional and insurance agent with Bankers Life. From 4:30 to 6pm, Ruuska will be available for drop-in one-on-one sessions to provide personalized guidance. Sign up on-site for a time slot. **603-924-8040**. www.PeterboroughTownLibrary.org.

MISCELLANEOUS

Precision Optics Open House 4-6pm. Keene State College. Explore how to launch an optics career in just one year. From smartphones to life-saving medical imaging and deep space telescopes, optics are everywhere. Register today at www.keene.edu/optics.

Aloha Presents: Yoga on the Mountain 6:30pm. Join Josephine at the top of Pitcher Mountain. The class begins at 6:30. At 8 the sun will be setting and everyone will hear the hush of the day as they meditate to finish the practice. This is also the full moon. **603-762-3129**. www.alohakeene.com.

Friday, Aug. 8 ARTS, MUSIC & THEATER

Art Show: Public Reception 5-7pm. Dublin Community Center, 1123 Main St., Dublin. Flowers and Gardens as Inspiration. Art depicting and/or inspired by flowers and gardens. Solveig Tryba, Jeanne Maguire Thieme, Carol Doleac, and James Cusmano. Exhibit viewing through Thursday, Sept. 4th. **603-563-8080**. www.dubhub-nh.org/calendar.

Opening Reception: Frank Lloyd Wright 5-7pm. Jaffrey Civic Center, 40 Main St., Jaffrey. The Collection of Dr. Charles Hamilton. Viewing through September 20th.

The Jesus is Lord Tour: “Rescued” from sin, death and the grave by Jesus Christ. 6-8pm. Central Square Gazebo, Keene. This is an outdoor time of prayer, worship, and testimonies of God’s goodness through his son Jesus Christ. Thomas Travers: **603-381-9077**. tds_55@yahoo.com.

Electric Earth Concerts: Juanito Pascual Trio 7pm. Temple Congregational Church, 17 Main St., Temple. Tickets \$30. **603-499-6216**. www.electricearthconcerts.org.

FAIRS & SALES

Yard Sale 9am-3pm. Chesco, 145 Gilbo Avenue. Rain date Friday, August 15th. **603-357-3915**.

LECTURES & WORKSHOPS

Amos Fortune Forum: Abigail LePage 8pm. Jaffrey Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. Ten Generations: Deep Roots and Scientific Pursuits. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS

Community Class 4-5pm. Aloha Keene, 83 Court St., Keene. Find balance, strength, and inner peace. All levels are welcome. Reserve a spot. Donation based. Suggested \$10. This pairs well with Yoga Nidra 5:15-6:15pm. **603-762-3129**. www.alohakeene.com.

Full Moon Sacred Circle: Paige Johnson 6:30-8pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Join the circle and be with folks in a sacred way on this auspicious day.

Saturday, Aug. 9 ARTS, MUSIC & THEATER

Opera 101 with Torlef Borsting 1-2pm. Keene Public Library, Cohen Hall, 60 Winter St., Keene. Borsting chronicles his life as a relatively normal young man who discovered a talent and interest in opera. He will talk about major milestones in his singing life with some opera history and a couple of arias woven in. Free. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Art Exhibit Opening: “Born of Silence” 5-7pm. Cunningham Gallery, Jaffrey Civic Center, 40 Main St., Jaffrey. Featuring paintings, sculptures, and mixed media art made by artists who meditate. The artists will be present to discuss their work. Exhibit runs through Sept. 18th. **603-532-6527**. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Isness Ensemble 8pm. Mole Hill Theatre, 6 Baine Way, Alstead. A lineup comprising six musicians, each a virtuoso in their own right, Isness Ensemble creates a melodic tapestry. \$15. BYOB and snacks. Dennis Molesky: **603-352-2585**. info@molehillnh.com.

FAIRS & SALES

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

Keene Farmers’ Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy’s Diner. Local vendors will be selling their locally grown and made goods. Fresh veggies, fruits, herbs, specialty products and much more. www.keene-farmersmarket.com/.

Yard Sale & Bake Sale 9am-2pm. Sullivan Congregational Church, 4 Church St. Sale to benefit Feeding Tiny Tum-mies. Clothing, books, fabric, odds and ends and more. Homemade baked items. Hot dog lunch. Gaynelle Pratt: **603-847-3271**.

FAMILY FUN

Toddlerfest 10am-12pm. Adams Playground Pavilion, Peterborough. Games, crafts, and snacks. A free fun event for young children.

Cornhole Tournament and Fun Day 11am. The Drill Yard, 156 Bowkerville Road, Fitzwilliam. Supporting the Danny Baker Fund. Food, music, games, and raffles. Fireworks display over Bowker Pond. Tournament features three divisions and all skill levels are encouraged to enter. Adam Dubriske: **603-585-6561**. admin@fitzpolice.us.

MISCELLANEOUS

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

Sunday, Aug. 10 DINING PLEASURES

Taste Of Monadnock & Beyond: Food & Wine Festival 5-8pm. Food and Wine Tasting at Woodbound Inn, Rindge. Benefits Shelter From The Storm, a transitional shelter for the homeless in Cheshire County. Tickets may be purchased at Woodbound Inn, Jaffrey Chamber, Shelter from the Storm or online at **603-532-8222**. www.shelter-fromthestormnh.org.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Nora Fiffer 11am. Peterborough Unitarian Universalist Church, 25 Main St. Making Room for the Audience: A Conversation with a Theatre and Film Director. www.monadnocklyceum.org.

Tuesday, Aug. 12 ARTS, MUSIC & THEATER

Elizabeth Richards Concert Series 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. “Webb Depot Boys”. Music on the lawn. Shine only. Frost Free Library: **603-876-4479**.

FAMILY FUN

Lindsay and Her Puppet Pals 1-2pm. Keene Public Library, 60 Winter St., Keene. Funny, fast-paced, interactive variety show delights the young and the young at heart. Kids will meet several larger-than-life, hand-crafted puppets. Ages 3-8 and families. Registration is recommended via the library’s online calendar. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

Teen Movie Tuesday 3:30-6pm. Keene Public Library, 60 Winter St., Keene. Teens and tweens join for Teen Movie Tuesday, a feat of incredible animation. The first installment in an ongoing trilogy of animated superhero films that came out in 2018. A visually stunning and inspiring film about what makes a hero and the responsibility that comes with power. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

VLACS/Virtual Learning Academy: Charter School Info Session 5-7pm. Nashua Public Library, 2 Court St., Nashua. Space is limited; advance registration encouraged. RSVP to www.vlacs.org/support-resources/open-houses/.

Summer Farm Tour Series: Lee's Bees 5:30-7pm. Lee's Bees, 126 Sand Hill Rd., Walpole. Tour a local apiary producing pure honey, beeswax products, honeycombs, bee pollen, and more. Register at Nina Halsted: **802-400-3660**. nina@cheshireconservation.org.

VLACS/Virtual Learning Academy: Charter School Info Session 12-2pm. Keene Public Library, 60 Winter St., Keene. Space is limited; advance registration encouraged. RSVP to www.vlacs.org/support-resources/open-houses/.

Wednesday, Aug. 13
ARTS, MUSIC & THEATER

Teen Crafternoon: Mail Art 2-3pm. Keene Public Library, 60 Winter St., Keene. Teens and tweens create a piece of art to travel across the country to family and friends. Bring the creativity and address, and the crafting materials/stamps will be provided. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

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

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes. **603-352-5739**.

Thursday, Aug. 14
ARTS, MUSIC & THEATER


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

Friday, Aug. 15
MISCELLANEOUS

2025 J Field Foundation Charity Golf Tournament 9am. Crotched Mountain Golf, Franconstown. Shotgun start at 9am. \$10k Hole-In-One Prize. 18 holes, drinks, prizes, lunch, raffle, more. \$450/foursome or \$125/pp. www.jenniferfield.org/golf-tournament.

Saturday, Aug. 16
FAMILY FUN

Surry Old Home Day 8am-2pm. Surry Village, Surry NH. Bird and cellar hole walk, kids' games, cornhole, bingo, library book sale and refreshments, fireman's chicken BBQ and more. Surry Recreation Committee: surryrecreation-committee@gmail.com.



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Electric Earth Concerts: Brahms, Ravel & Reger

On Thursday, August 14th at 7 p.m. at the First Church in Jaffrey, Electric Earth Concerts presents "Brahms, Ravel & Reger," the second of two collaborative concerts with Maine's Sebago-Long Lake Festival with a program including: Max Reger: Serenade for Flute, Violin and Viola in G Major, Op. 141a; Maurice Ravel: Sonata for Violin and Cello; and Johannes Brahms: Piano Quartet in A Major, Op. 26.



Todd Phillips

The program features Laura Gilbert, flute; Emilie-Anne Gendron, violin; Todd Phillips, violin; Matthew Sinno, viola; Mihai Marica, cello; and Mihae Lee, piano.

Maurice Ravel's Sonata for Violin and Cello was written from 1920 to 1922. He dedicated it to Claude Debussy, who had died in 1918. It premiered on 6 April 1922.

Max Reger's Serenade for Flute, Violin, and Viola is romantic music written in the early twentieth century. Reger was a German composer and conductor whose works could be considered retrospective, as they followed classical and baroque compositional techniques such as fugue and continuo. This chamber work is considered deeply reflective and unconventional.

Brahms' Piano Quartet in A Major was completed in 1861 and received its premiere in November 1862 by the Hellmesberger Quartet with the composer playing the piano part. It has been especially noted for drawing influence from composer Franz Schubert. This quartet is the longest of Brahms's chamber works and is one of the longest piano quartets in the repertoire.

Admission is \$30, payable online or at the door via cash or check. Students may attend for free.

For more details, call 603-499-6216 or visit www.electricearthconcerts.org

Special Events at the DubHub:

Art Show Reception: Flowers & Gardens
Jeanne Maguire Thieme, Solveig Tryba, Carol Doleac & James Cusmano
Friday, August 8 • 5–7 pm

Coffee House & Open Mic
Saturday, August 16 • 6–9 pm
Feature: Blame It on Sally

Storytelling & Spoken Word Circle
Wednesday, August 20 • 6:30–8:30 pm

Starlight Lounge, An Evening Of Jazz
Paul Klemperer Band, Contact DubHub for Ticket Info
Thursday, August 28 • 6:30–8:30 pm



Dublin Community Center
1123 Main St., Dublin, NH
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