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River Valley Artisans' Art, Wine & Cruise-In Festival



Amy Hussey creates oil paintings with a nature theme. People can see her work at the festival at Summit Winery.

River Valley Artisans' Art, Wine & Cruise-In Festival will take place exclusively at the Summit Winery on September 6th and 7th. This shift to a single venue promises an intimate and immersive experience celebrating local artistry, fine wine, and a vibrant community atmosphere.

Featuring new and returning artists, artisan vendors, and gourmet food, the event highlights the diverse creativity of the region. Attendees can explore a wide range of styles and mediums, from contemporary paintings and whimsical ceramics to handmade jewelry, fiber arts, and more. Visitors will have the unique opportunity to meet the artists, hear their stories, and purchase one-of-a-kind pieces to support the creative community.

New and returning artists will be showcasing diverse art styles and mediums and unique crafts and gifts.

A cruise-in will be held both days until 2 p.m., weather permitting.

RIVER VALLEY ARTISANS page 10

Sojourns Community Health To Launch Wellness Program

Sojourns Community Health Clinic located at 4923 US-5 in Westminster, VT will offer individuals, families, and children a new option, beginning September 1st.

This is an annual Wellness Savings Membership Plan, not an insurance plan, and it runs for 12 consecutive months (365 days). Enrolling in the plan gives participants the opportunity to obtain high quality medical care at reduced fees. The plan can be used only at Sojourns.

This plan is offered to any individual or family whose insurance is not accepted at Sojourns; with only high-deductible, catastrophic health insurance; with too costly or no health insurance; with Medicare who wants to consult with a Naturopathic practitioner.

Included with the membership are three 30-minute visits per year, one annual physical exam with the associated basic laboratory tests, an Apothecary

SOJOURNS page 7

Localism: Begin In My Backyard

The Main Street Journal, an online publication where I'm so honored to serve as editor, recently published an issue highlighting localism. This issue quickly climbed the charts, becoming our most popular post since our start in 2021. Here's a summary of that issue and an invitation to learn more.

What Is Localism?

Michael Shuman, economist, author, and publisher of The Main Street Journal, shared four main principles of localism: action, power, partnership, and respect. As you read this summary, please note any local people, places, and policies that come to mind – already supporting or carrying out this work.

Localism Means Taking Action Near Home

“Localism means that if we discover a problem in our backyard, we address it immediately and locally,” shared Michael. “The goal is not to go it alone,

but to favor mindful action over inattention. Act, experiment, learn, try again. The operable phrase is not NIMBY (not in my backyard!), but BIMBY (begin in my backyard!).”

Localism Means Amplifying Local Power

“Localists insist that power be held primarily at the local level, with states holding less power, countries less still, and global institutions the least amount,” continued Michael. “By power, we mean the power collectively to tax, regulate, and administer projects.”

Localism Means Partnering Globally

“Localism does not necessarily mean going it alone,” adds Michael. “It can also mean finding partners to serve local needs. Sometimes that's higher

LOCAL page 14

From Gutters To Great Seasons: Udderly Gutters Rolls Out New Home Services



Shown from L to R are members of the Udderly Gutters team: Erik Kratz, Jeff Roy, Aidan Woods, and Daniel Grover.

By Mary Gamache

The most expensive home repairs often start with something small, a little water where it shouldn't be, a little snow that wasn't cleared, a little “I'll deal with it later.” In New England, those little things add up fast. That's why Udderly Gutters is stepping up again this year, expanding beyond top-notch gutter work to offer a range of seasonal services designed to keep homes protected, beautiful, and ready

for whatever difficulties Mother Nature presents.

Prepping for Fall – Before the Leaves Hit the Ground

Fall in New England is stunning, but it's also a wake-up call. Falling leaves and pine needles clog gutters, heavy rains test drainage, and the first frost is a reminder that winter is right around the corner.

UDDERLY GUTTERS, page 8

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All advertising and news for the **Sept 3rd** issue of The Monadnock Shopper News must be in our office by **Thursday, Aug. 28th** at 1:00 pm.
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**Introductory 8-Week Program
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An Introductory 8-Week Program for potential new team member for Ferry Brook Junior Shooters will begin on Saturday, September 6th from 8 am. to noon at Cheshire County Fish & Game at 19 Ferry Brook Road in Keene.

This informational program – for boys and girls ages 10 to 16 (accompanied by parent/guardian) – teaches the basics of competitive shooting using air rifles. No experience or equipment needed.

Besides rifle marksmanship skills, Ferry Brook Junior Shooters learn ethics, responsibility, respect, safety, and sportsmanship.

For more details, email smallbore@ccssef.org.

**Making Community
Connections Indoor Yard Sale
Saturday, August 31st**

On Saturday, August 30th from 9 a.m. to 2 p.m. and Sunday, August 31st from 9 a.m. to noon, Making Community Connections Charter School will hold an indoor yard sale at 310 Marlboro Street in Keene.

This rain or shine event is a fundraiser to support the school's International Exchange Program with Keene's sister city, Einbeck, Germany.

The school is accepting item donations (excluding electronics, clothing, and large furniture) that can be dropped off Thursday and Friday, August 28th and 29th from 3:30 to 5:30 p.m. at the school. For more details, call 603-283-0844.

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Outdoor Yoga On Labor Day At Surry Mountain Lake

Josephine Russell will hold her last Outdoor Yoga class on Labor Day, Monday, September 1st at Surry Mountain Lake from 5 to 6 p.m.

Class is by donation and all money goes to the Monadnock Mindfulness Practice Center. Participants should just show up with mat and donation in hand at the pavilion by the lake.

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Saturdays 9am-1pm: **Keene Farmers' Market**
Hinsdale Farmers' Market
Winchester Farmers' Market

Cheshire County Veterans with proof of residency and veteran status receive **\$20 in vouchers** to spend at one market each weekend on food items at the markets listed above. Vouchers available while supplies last.

Valid Veteran IDs include: DD214, VA Healthcare card, or NH Driver's license with veteran designation.

Contact the CCCC for more information:
603-904-3011
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Thank You



Thank you to all the people who expressed an outpouring of sympathy for the family of Brenda Lee Hope. The personal sympathy and cards, the wonderful attendance at the church and celebration of life.

We are grateful.

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The Adoption Center is located at 101 West Swanze 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.

NH Care Collaborative Hosts Free New To Medicare Workshop

The Aging and Disability Resources Center (formerly ServiceLink) is offering a free New to Medicare Workshop on Thursday, September 4th from 1 to 3 p.m. at 105 Castle Street in Keene and virtually via Microsoft Teams.

This workshop is specifically designed for individuals approaching Medicare eligibility or those recently enrolled and is purely educational, with no sales or pressure to enroll in any insurance products. The goal is to provide a welcoming and supportive environment where attendees can get accurate information and ask questions freely.

This workshop is ideal for: individuals turning 65 within the next six to 12 months, people already 65 but still working and evaluating their Medicare options, those newly eligible for Medicare due to disability after receiving Social Security Disability benefits for 24 months, and caregivers assisting a loved one with Medicare enrollment.

Registration is required. For more details or to reserve a spot, call Kayla at 603-357-1922, Ext. 106 or email kayla.servicelink@nhcare-c.org.

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This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a national initiative to assist states in providing information to Medicare beneficiaries. The contents and views of the author(s) and those of the publisher are not necessarily those of the Administration for Community Living, HHS, or the U.S. Department of Health and Human Services.

 **SHIP** State Health Insurance Assistance Program
 **SMP** Senior Medicare Patrol

Mulching And Irrigation During Our Hottest Days

As we come toward the end of the hottest days of the year, I'm reflecting on the difficulty of keeping a garden going during dry spouts. Over the last 20 years or so, I've tried every kind of mulch I could think of and a variety of irrigation options. I've also switched to growing almost entirely native perennials in our kitchen garden in order to cut down on using drinking water for garden spaces.



There are so many options for mulching: hay, straw, wood chips, pebbles. I've tried old newspapers and cardboard, even black plastic with holes cut in it for the plants, although that definitely was not ideal. A friend of mine with sheep tried wool, which worked for a time, but once it became muddy and smelly proved to be less desirable. At about \$4 a bale, the least expensive option is definitely mulch hay. The only problem with this is that the seed heads often leave little patches of grass behind in the garden. If not removed quickly, those small patches will become well-rooted mats of grass that are hard on the fingers and the back to get out the following Spring. An upgrade from mulch hay is straw. The seed heads are (mostly) removed from the stocks and you're left with a golden ground cover that smells good in the sun and holds moisture relatively well. It's my go-to for mulching fruits and vegetables. Lastly, a bit more expensive, but a really quite beautiful option is a dark tree bark, such as cedar. A truckload of it costs about \$50 to \$60. Something to consider is that it's a lot of work to spread around.

Combining mulch with careful irrigation can help beleaguered plants make it through the hot weeks. Irrigation is best done early in the morning or closer to dusk. Usually, I find myself walking around with a hose and a circular sprinkler. However, if you're willing to make an up-front investment, a drip irrigation line that crawls along each garden bed is wonderfully efficient in terms of water usage and your time.

Overall, my favorite combination for water retention is a drip-line irrigation with dark mulch spread all around. Budget sometimes dictates straw and a hose, however. Now that we're out of our nearly month-long streak of days over 90 degrees, I'm making plans for more efficient mulching and irrigation for next year, in hopes of saving hours of time walking around with a hose. I think \$100 for a roll of drip line and a few connector pieces will be worth it. I hope you've found some good ways to keep your gardens going through this heat wave. I would love to hear any creative methods. Happy gardening!

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Home Education 101

Home educating, also known as homeschooling, is an alternative option to public or private schooling that some New Hampshire parents are choosing for their children. According to the New Hampshire Department of Education (www.education.nh.gov), “New Hampshire saw a significant uptick in K-12 non-public schooling in 2020, which was consistent with national trends.” A study by the NHDE found “the chief factor influencing parents’ decision was concern about the academic quality and schooling environment of the public school system.”

I want to start by saying that our area is fortunate to have both public and private schools that are exceptional and still have education as their main focus. Homeschooling is an alternative for those who want to give their child a personalized learning experience and a tailored curriculum at a pace suited to their child's individual needs and learning style.

The first year homeschooling my children I learned important lessons. Early on, I focused too much on book learning and strict schedules, which led to frustration and limited flexibility. Over time, I learned that effective homeschooling is about adaptability as much as academics. Here are some of my most valuable insights from that journey.

Be Prepared

This Boy Scout motto became my motto when homeschooling my sons. Be prepared with lesson planning. Be prepared with extracurricular activities. Be prepared when there is a hiccup in your day. What worked best for me was to take an hour or so out of my weekend to organize the following week's plans in each subject, our outdoor or exercise time, and any extras. Key takeaway: Consistent preparation each week creates smoother and more manageable homeschooling days.

When it comes to curriculum, there are many resources online. You can select one source for all subjects or pick and choose from many sources. Time4Learning, The Good and The Beautiful, Easy Peasy All-in-One, Abeka, Sonlight, and many other choices for curriculum can be found online. If you know someone who homeschools, get their feedback to what worked for their family.

A couple of years into homeschooling I found that “theme” studies aided in the direction of our education. These theme studies lasted four to six weeks; the children focused on a theme that included field trips, movies, the arts, the books that we read, and more. Their math, science, history, and English studies worked into each theme as well. We had a blast learning about Greek mythology, space, the medieval period, US presidents... the list goes on. To this day, my adult children talk about these themed studies and the fun they had.

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Relax the Schedule

After that first year of learning my lessons about homeschooling, I relaxed my schedule to be a bit more flexible. One of the many positive aspects of homeschooling was that schooling wasn't a seven-hour day like it would be in other schooling situations. For us, the school day focused on three main subjects with about one hour per subject. Throwing in outside play time, reading time, and anything else "extra," our school day was usually completed by early afternoon.

**Monadnock
Family**
with Lori Catozzi Cook

Don't Forget the Extras

If there is one thing that a homeschool parent/teacher will learn right off the bat, it is that everything extra you do can be worked into part of your children's education. For instance, taking your children grocery shopping can turn into a valuable education. You can work in health and nutrition, math, and reading into the mix by looking at ingredients, weighing fruits and vegetables, and calculating pounds to costs in the meat department. Give the older kids a calculator and the shopping list to the younger ones, who are more than likely working on their reading skills.

Be Spontaneous

After a rigid first year, I embraced flexibility, and every year after improved. My main advice: use the freedom of homeschooling to be spontaneous and adjust based on your family's needs.

While making your weekly school plans, include a few ideas that will be spontaneous (to the kids). They've been working hard, so why not throw in a mid-week vacation day? Pack up a lunch and a bag of sports equipment (soccer ball, frisbee, softball and mitts, etc.) and hike down to one of the local recreation areas to enjoy a day away from "schooling." Or take a picnic lunch and drive to a coastal beach to fly kites. Or take off to hike one of the many areas trails. This gets the kids outdoors for exercise, learning directions, making discoveries, and maybe even finding treasures.

Socializing Opportunities

One thing you'll want to look for is socializing opportunities for your homeschooled children. Getting them involved in sports, music lessons, art classes, volunteering in the community, doing co-op classes with other homeschoolers, youth groups, 4-H... there are many opportunities that they can get involved in.

Homeschooling your children can have parents facing some unique challenges. Focus on connecting with other homeschoolers, creating a positive learning environment, and never forget your own self-care.

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

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Sojourns Community Health

SOJOURNS, Continued from page 1

discount of 10 percent off one purchase per month, and sauna visits six times per year for \$10 each. Clinic visits are transferable from parent to child.

Member wellness visits cannot also be covered by insurance. A limited payment plan is available, and enrollment begins on the date when the fee is paid in full. Annual enrollment is non-refundable and plan participants are responsible for scheduling their visits.

There is different pricing for established patients versus new patients, and for adults as opposed to children.

For more details, visit www.sojourns.org.

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Udderly Gutters Rolls Out New Home Services

UDDERLY, Continued from page 1

"Our message to homeowners is simple," says owner Chester Aho. "Don't wait until you have a problem. Prepare now. Whether it's making sure your gutters are clean and flowing or checking that water is moving away from your home, the time to act is before the first storm, not after it."

Gutter cleaning spots for fall are already filling up. Udderly Gutters recommends booking now to ensure a home is ready before the last leaves fall – and before winter weather sets in.

New This Year: The Udderly Seasonal Service Lineup

Udderly Gutters is known for keeping homes smooth and in the groove, but this year they're adding even more ways to do just that.

Under Deck Oasis transforms the space beneath the deck into a dry, usable area that can be enjoyed in almost any weather. It's like adding an outdoor room without major construction.

Holiday Lighting for the Home Exterior offers a chance to skip the tangled cords and wobbly ladders. Udderly will design, install, and safely secure the home's holiday lights so it's bright, beautiful, and visible from down the block, without the owner setting foot on a ladder.

The Winter Snow Removal List includes roof raking to prevent ice dams and roof damage; ice dam removal, safely clearing built-up ice before it causes leaks; snow blowing, a gentler alternative to plowing; and shoveling, clearing paths, steps, and tight spaces where machines can't go, providing safe, clear access to the home.

"This isn't your average snow removal," Aho explains. "We focus on preventing damage to your home and property while keeping everything safe and accessible." Because resources are limited in the winter months, spots on the snow removal list are first come, first served. "If you want in, now is the time to reserve," he adds.

Why Udderly For More Than Gutters?

It all comes back to Udderly Gutters' mission to give every customer a great experience. Whether they're installing a gutter system, cleaning gutters, creating a holiday light display, or clearing a snowy

roof, the goal is the same, to protect and care for the home while making the process easy and stress-free.

Their team is trained not only in technical skills but also in how to leave a customer's property better than they found it. That's where their "HEART" values come in: Honest, Efficient, Accountable, Responsive, and Teachable.

"Skills are important," Aho says, "but 'HEART' is what makes the experience different. Whether it's gutters or snow removal, we're there to make the homeowner's life easier."

Plan Ahead: An Ounce of Prevention...

The reality is, most homeowners wait too long to think about seasonal prep. But in New England, where weather changes fast, a little planning can save a lot of headaches. By taking care of fall prep now, from gutter cleaning to snow removal sign-ups, homeowners are not just preventing problems, they're buying peace of mind. And with Udderly Gutters' expanded service lineup, people can check more off their lists with a team they already know and trust.

For more details or to get on the schedule for fall gutter cleaning and winter snow removal (because the slots are limited), call 603-899-2465 today.

Art In The Park Labor Day Weekend

Art in the Park returns for its 67th year on Labor Day weekend, Saturday and Sunday, August 30th and 31st, from 10 a.m. to 4 p.m. at Ashuelot River Park on West Street in Keene.

Presented by Monadnock Area Artists Association, Art in the Park is a free family-friendly event with more than 80 New England artists offering oils, watermedia, photography, and more displaying their work in a natural, relaxed atmosphere.

This event includes live music, refreshments by Frisky Cow Gelato, and an art raffle to benefit area student scholarships. For more details, visit www.monadnock-areaartists.org.



Jeanne Maguire Thieme's "Summer Vitality" will be on display with her other watermedia at Art in the Park.

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Community

Recently, I have been pondering community. Fifty years ago it was brought to my attention that community based on location was fast disappearing. For centuries, location alone created our communities. If you walked from one side of your community to the other say in 27 minutes, that was your whole community. You had support throughout your life from birth to death. You had a role in life that helped the community. You shared common beliefs and rituals throughout the year. You knew who you were and who you belonged to. There are still a few communities of that nature left in the world, but most have disappeared.

Today, the whole world is our community, which divides up into sub communities based on common interests, habits, beliefs, language, etc. I will give a few examples of what community looks like today.

Most of us belong to several communities, not just one. Churches serve this purpose for many. Members have a common religion and perform rituals together to mark the milestones of their life. For example, many people have a religious wedding in their church of upbringing. Or when a church member is ill, they rally together to provide food, rides, and prayer.

Another community that I was a member of was our local Bonsai club. We met monthly to discuss, practice, and learn about the art of bonsai.

Bonsai tied us together into a community that fed my artistic nature for quite a while. We knew about each others collections. We would learn about a certain bonsai technique together. This comradery provided a richness to the art of bonsai that could not be gained



Taialofa Petrini with cousin Billy Wildman at the Wildman Family Reunion 2025.

alone or from a book or workshops or videos on bonsai.

I just returned from being in community with family and kin folk. We had a week long reunion on a beach in North Carolina. These reunions began 76 years ago. We would gather for a week together at a beach with our uncle, aunts, cousins, brothers, sisters, parents, and grandparents. Then in 2002, the reunions came to a halt. That was the year of my daughter's wedding. All of my mom's family were invited, and since most of them were coming for a week for her wedding, they said let's call this our reunion for this year. After that, no one stepped up to organize another reunion until this past spring. One of my daughters stepped

Healing Perspectives

with Josephine Russell



up and said, "Let's revive the Wildman reunion!" And she did. Fifty-plus of us gathered just like 75 years ago, just like 25 years ago. We were at the beach and swam, built sand castles, played board games and card games, went for sunset

HEALING, page 16

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**Cooking
Corner**
with Nancy Adams



foods, grilled foods, and sandwiches. Try preserving a few foods this fall, using old family recipes or some of this week’s favorites from Cooking Corner. When snow flies, you’ll be glad you took the time to preserve a few additive-free pickled condiments.

Refrigerator Corn Relish

This is a quick version of your grandmother’s old-fashioned favorite, especially delicious on hot dogs and hamburgers. I’m sure you’ll find other uses as well.

- Ingredients:**
1/4 teaspoon Tabasco sauce
3/4 teaspoon mustard seeds
1/4 teaspoon celery seeds
2 1/4 teaspoons Kosher salt
3/4 cup sugar
1 1/2 cups white vinegar 5 percent acidity
1 each small red and green bell peppers, seeded and chopped
3 scallions, sliced
12 large ears of corn, cut from cob for about 8 cups of kernels

Combine spices, salt, sugar, and vinegar in a heavy, non-aluminum eight-quart pot. Boil over medium heat, uncovered, for about five minutes. Meanwhile, combine the vegetables and distribute equally between four sterilized pint jars. Pour vinegar mixture over vegetables. Cover tightly and refrigerate; relish will keep refrigerated for up to one month of use.

Bread and Butter Pickles

This is the classic version of a condiment favorite that always shows up at picnics, reunion gatherings, backyard BBQs, and any table worth its salt!

- Ingredients:**
5 1/2 lbs. young pickling cucumbers, sliced into 1/4-inch rounds
8 medium onions, thinly sliced
1/2 cup kosher or pickling salt
5 cups sugar
5 cups cider vinegar
2 tablespoons mustard seed
1/2 teaspoon turmeric
1/2 teaspoon whole cloves
1 tablespoon celery seed

Combine cucumbers and onions with salt; let stand for three hours. Drain liquid well from cucumbers. In a large, non-aluminum kettle, combine drained cucumbers and onions with remaining ingredients. Bring to a boil and boil for two minutes. Transfer mixture to hot sterile jars; process in boiling hot water bath according to manufactures’ directions for 10 minutes.

Dilly Beans

A nice addition to an antipasto platter or added to Bloody Mary drinks, these spicy pickled beans are a welcome condiment at almost any table. Makes four pints.

- Ingredients:**
2 lbs. green or yellow beans
1/4 cup pickling salt
2 1/2 cups vinegar (white or cider)
2 1/2 cups water
1 teaspoon cayenne pepper, more or less to taste
4 cloves garlic
4 heads dill (or use 1/2 tablespoon dill seed per jar)

Trim ends from beans. Combine salt, vinegar and water in a large non-aluminum pot and bring to a boil. Pack beans lengthwise into sterile pint jars, leaving one quarter-inch headroom. (If beans are too long, cut them to fit the jar.) Divide cayenne pepper, garlic and dill evenly between four pint jars. Ladle hot liquid over beans, leaving one quarter-inch headspace. Remove air bubbles by wiggling a knife around inside the jar. Cap and process in hot water bath for 10 minutes, according to manufacturers’ directions.

Pear Chutney

Wonderful to serve alongside poultry and meat dishes; nice on sandwiches; good with cheese appetizers; you’ll find many other uses as well. Makes two cups

- Ingredients:**
1 1/4 lbs. slightly firm pears, cored and chopped (peeling optional)
1/2 cup rice wine vinegar
1/2 scant cup brown sugar
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper

Combine all ingredients in a saucepan. Bring mixture to a boil; reduce to simmer and cook, simmering, for 40 to 45 minutes, stirring once. Mixture keeps refrigerated up to two weeks; it also freezes well for up to six months.

Note: the reason pickling salt is used in pickling space. Remove air bubbles by wiggling a knife around inside the jar. Cap and process in hot water bath for 10 minutes, according to manufacturers’ directions.

Nancy Adams is a native of Peterborough and resides in Hancock. 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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Wednesday, Aug. 27
ARTS, MUSIC & THEATER

Our Story: An Evening of Poetry and Song 6-7:30pm. Historical Society of Cheshire County, 246 Main St., Keene. Poet Rodger Martin and Singer-Songwriter Lenny Solomon. Free event. Get tickets at www.hscchn.org.

DINING PLEASURES
Adult Community Potluck Luncheon 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy, Swanzey. Bring a dish to share-salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org.

MISCELLANEOUS
"Morning Meditation" Program 11am-12pm. Peterborough Town Library, 2 Concord St., Peterborough. Meeting twice monthly, on the second and fourth Wednesdays. This class will focus on a quick review of meditation practices, questions, and meditation time. Free. **603-924-8040**. www.PeterboroughTownLibrary.org.

Thursday, Aug. 28
ARTS, MUSIC & THEATER

Starlight Lounge, An Evening of Jazz: Paul Klempner Band 6:30-8:30pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. info@dublincommunitycenter.org. www.dublincommunitycenter.org.

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.

MISCELLANEOUS
Great Short Stories Discussion Group 2-3:30pm. Keene Public Library, 60 Winter St., Keene. Discussion on Ernest Hemingway, "The Killers" (pp 68-76) and Pam Houston, "The Best Girlfriend You Never Had" (pp 769-788). Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Blood Drive 10am-2pm. Home Healthcare, Hospice and Community Services, 312 Marlboro St. Book a time at **800-733-2767**. www.redcrossblood.org.

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

(Prepared by the Historical Society of Cheshire County)



What was this Keene building used for when this photo was taken?

The winner of last week's Mystery Photo contest was Jim Wright of Keene. Nolin's Clothing Store was located on Main Street in Keene.

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Fall Sessions Of Memoir Workshops With Pam Bernard



Shown are participants in a recent Memoir Workshop led by Pam Bernard. L to R: Marianne Savage, Hancock; Mary Moriarty, Williamsville, VT; Sharon Morisi, Charlestown; Mary Boyer, Chester, VT; Pam Bernard, Walpole; and Antonia Andreoli, Walpole.

While fiction encourages the writer to create a story, a memoir encourages a process of discovery. One might dream of writing about one’s life but doesn’t know how to take the first step. Or someone has a project in progress and needs a community of writers capable of offering reliable feedback on one’s manuscript. In either case, there is a place for this person in one of Pam Bernard’s rigorous Memoir Workshops.

Coins, Comic Books, Pokemon, Sports Cards, Post-cards, & Other Collectibles 9am-3pm. Charlestown NH Senior Center, 223 Old Springfield Rd., Charlestown. 802-379-2353. pepsijoseph@yahoo.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/.

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.

Huge Yard Sale 9am. 32 West Surry Road, Keene. Benefits Third Congregational Church of Alstead.

Sunday, Aug. 31
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.

FAIRS & SALES

Indoor Yardsale 9am-12pm. MC2 Charter School, 310 Marlboro St., Keene. Rain or shine. Donations accepted 8/29 - 8/30. 603-283-0844.

MISCELLANEOUS

Monadnock Mushroom Club & Monadnock Bird & Nature Club: Mushroom Foray 10am-1pm. 62 Timberlane Drive/Drummer Hill, Keene. A couple hours will be spent collecting and learning about the mushrooms of the area. Bring a basket or paper bag for collecting. Expect lightly strenuous walking conditions and bring water and insect repellent. The entrance to the walk is a yellow gate where Timberlane takes a sharp right. Park on right side of road facing uphill. Do not block the gate. www.monadnock-mushroomclub.com/.

Monday, Sep. 1
ARTS, MUSIC & THEATER

Joyful Noise Cafe Presents A Celebration of Music! 6:30pm. Community House, 160 Main St., Marlborough. Featured performance: Big Woods Voices. \$15. 603-876-3863. office@federatedchurchmarlborough.org. www.federatedchurchmarlborough.org.

MISCELLANEOUS

Outdoor Yoga Class 5-6pm. Surry Mountain Lake. Class is by donation and all money goes to the Monadnock Mindfulness Practice Center. Just show up with mat and donation in hand at the pavilion by the lake. 603-762-3129.

Workshops. Bernard carefully shapes each group, placing each participant in the appropriate environment where the participant can feel both nurtured and challenged at whatever their level of experience. Fall sessions of these writing workshops will start in September. Workshops are hybrid, using the Owl meeting device, to accommodate those who must attend remotely.

A retired professor of writing, Bernard is a writer, editor, writing teacher, mentor, and painter. She also works one-on-one with writers in a variety of ways. An author of four books, the latest a novel in verse titled *Esther*, Bernard received her MFA in Creative Writing from Warren Wilson College and BA from Harvard University. Her awards include fellowships from the National Endowment for the Arts and the Massachusetts Cultural Council. Her collection *Across the Dark* was a finalist for the National Poetry Series Award.

For more details, call 603-756-4177, email pambernardwriter@gmail.com, or visit www.pambernard.com.

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CELEBRATE

Localism: Begin In My Backyard

LOCAL, Continued from page 1

levels of government – the region or the state – but increasingly, it's other communities around the world struggling with similar challenges. Responsible localists look everywhere for solutions and insights."

Localism Means Respecting Differences

Michael stated, "Localists appreciate that every community is different, with different values, ideas, and traditions. When appropriately empowered, every community will make different choices."

With these four principles in mind, what does localism look like in the Monadnock Region? It's much of what The Local Crowd Monadnock promotes year-round. It's individuals, businesses, and municipalities spending and investing more of their dollars at locally owned and independent businesses instead of chain stores, online giants, or Wall Street corporations. It's about supporting emerging entrepreneurs, seasoned business owners, and workers to ensure that all succeed. It looks like a community providing for everyone's basic needs, even in times of crisis. It's about celebrating and taking pride in where we live. It means taking care of the land, water, and other inhabitants in regenerative ways.

"Around the world are exciting examples of localism's success," shared Michael. "Communities increasingly able to feed themselves through greenhouses, vertical growing, and food sovereignty programs; urban organizations solving homelessness through tiny houses and community land trusts; cooperatives, non-profits, and B Corps removing the walls between managers and workers; neigh-

borhoods using cutting-edge technologies to be self-reliant in energy and water."

One local example of localism that comes to mind is the Southwest Region Planning Commission's (SWRPC) ADU Design Challenge. With an aging population, smaller family size, and high home prices, we need to pursue creative solutions to overcome our region's housing shortage. An Accessory Dwelling Unit (ADU), a home built on the lot of an existing home, offers one solution where a homeowner becomes a home creator. An ADU can look like an apartment over a garage, a tiny house in your backyard, or any small dwelling on the same land as your single-family house.

Celebrate Local

with Jennifer Risley



This challenge brought together homeowners, architects, and other professionals to design ADUs and compete for a \$5000 cash prize. SWRPC received over 75 homeowner applications from our region, and 11 were selected to participate. The homeowners' stories inspired 25 design submissions from students and professionals throughout the country. Learn more about the challenge, participating homeowners, and the submitted designs at swrpc.org/adu.

Read more at themainstreetjournal.org/news/localism and subscribe to future posts at mainstreet-journal.substack.com. Let us know what you think by emailing jenrisley@amiba.net. Act, experiment, learn, try again!



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To enter, find the names of some of our Celebrate Local cities and towns in the word search. There are 17 hidden; find at least 15 to enter. Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351.

One entry per person per month, please. Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate! Deadline is Friday, September 19th.

Last month's winner was Linda Firmin, who chose a \$50 gift certificate to Ye Goodie Shoppe.

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LOCAL

Community

HEALING, Continued from page 9

walks on the beach, had a talent night, and ate delicious meals together.

During the week we had a chance to talk to the elders, carouse with those near our age, and play with those younger. We were like a well oiled community for the week. Having family ties as the common binder, I felt that we all stepped gracefully right back into that community with those who love each other dearly. One of my cousins said, "For the past 25 years since the last reunion, I have been missing something. Until this week, I did know what that something was. Now I know... I was missing my family, and to think I almost did not come!"

I belong to the Yoga Community in Keene. I always tell folks that this is the best community to belong to. Everyone in the community is kind, compassionate, non judgemental, and wanting to contribute to your

happiness. It is a great place to make friends. If you are feeling lonely, go to a yoga class. Get there a few minutes early, and introduce yourself to someone. After your class, introduce yourself to someone else. You will find the most open and welcoming folks ever. The yoga community shares a saying, "health is wealth." We practice together, study together, share our stories, ask the key questions of life such as "Who am I?" and we always go home filled up with vitality and inner calm and ready to spread peace around us.

One more community is what I call the Big C Club. Anyone who has or has had cancer, which is most of us, is a member. As with any community, some folks are at the heart throb and some folks on the periphery, and others in the middle of the community. There are great support groups (community) in Keene for those living with cancer. For some, this kind of support is crucial to their cancer journey.

We are a quarter way through the 21st century. In this technology age, communities form, which include folks from all parts of the world. It is all online. I do not understand much about this kind of community, but the younger generation particularly relies on these communities. This is a new way of belonging.

We are communal animals. We are not islands unto ourselves. We need to be a part of community activities. We need to feel included, to feel seen, to feel as if life has meaning and purpose. Meaning and purpose comes within a context of community.

What communities do you belong to? What need are your communities filling? How do you participate within each of your communities? Join me in pondering. Join me in identifying your communities. Live with intention and be open to the surprises of your life.



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Gathering Waters Senior Class Begins Year With Coastal Marine Study At Hermit Island

Gathering Waters seniors are launching their final year with a meaningful rite of passage: a week of immersive marine study on Hermit Island in Maine, completely unplugged from technology and rooted in reflection.

As a part of the school's zoology block, this trip is a Waldorf high school tradition shared by schools across the country. Students from Ann Arbor, Atlanta, Chicago, Cincinnati, and New York City will join Gathering Waters to study marine ecology through fieldwork, observation, and community learning.

The trip reflects a broader philosophy guiding the Gathering Waters high school program, one that blends tradition with innovation and cultivates the whole student. Key elements include: multi-age classrooms that nurture mentorship, leadership, and mutual support; team approach to teaching and collaboration of faculty throughout the grades; and place-based education that connects academics to real-world experiences.

From ecological fieldwork at coastal sites to

hands-on learning on local field trips, students are grounded in experiences that connect observation, movement, and community engagement. Guided by the principles of Waldorf education, Gathering Waters is meeting today's students with fresh perspectives to inspire a love of learning and prepare them for a dynamic world.

To learn more about Gathering Waters' high school program or schedule a visit, go to www.gatheringwaterscharter.org.

Media Contact: Liz Castaldi

Marketing, Communications & Admissions Manager Gathering Waters Charter Public School
Email: liz.castaldi@gatheringwaterscharter.org
Phone: (603) 733-8701

About Gathering Waters Gathering Waters Chartered Public School is a K-12 Waldorf-inspired public charter school located in Keene, New Hampshire. The school integrates arts, academics, nature, and practical work to inspire lifelong learning, compassion, and civic responsibility.

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YMCA Hosts 4th Annual Cheshire County Veterans Expo

The Keene Family YMCA will host its 4th Annual Cheshire County Veterans Expo on Saturday, September 13th from 10 a.m. to 1 p.m. at 200 Summit Road. This free community event celebrates veterans of all ages and welcomes their families, friends, and supporters to a day of recognition, connection, and fun.

The Veterans Expo brings together local organizations that provide essential services and resources to

veterans, including health and wellness programs, career support, education opportunities, and community outreach.

Veterans in attendance can enjoy a free lunch of traditional bbq fare, free haircuts provided by Jed's Barber Shop, raffle prizes donated by local businesses, informational booths from veteran-focused organizations, family-friendly activities, and a welcoming environment for all ages.

Workshop On Deepening Meditation And Mindfulness Practices

The Monadnock Mindfulness Practice Center will offer a series called Deepening Your Meditation And Mindfulness Practices Thursdays, September 4th through October 2nd from 6:30 to 8 p.m.

During this interactive five week course, attendees will explore five fundamental meditations, their variations, and purposes; discuss several crucial attitudes that can hugely increase one's enjoyment of meditation; and explore various strategies and practices during the day.

Suggested donation: \$95 with a sliding scale available. To register or for more details, email: tombas-sarear@gmail.com

The Monadnock Mindfulness Practice Center is located at 103 Roxbury Street, Room 301, in Keene. No one is ever turned away for inability to pay. The facility is handicap accessible.

For more details, weekly meditations, and more, visit www.mindfulnesskeene.org

Our Story: An Evening Of Poetry And Song

Poet Rodger Martin and singer-songwriter Lenny Solomon will share their art as part of the Our Story: The Art of Community Connections in the Monadnock Region exhibit at the Historical Society of Cheshire County at 246 Main Street in Keene Wednesday, August 27th from 6 to 7:30 p.m.

Martin is the author of five books of poetry including *The Sleeping Dogs of Lubec*, *The Nemo Poems*:

A Martian Perspective, *The Battlefield Guide*, *The Blue Moon Series*, and *For All the Tea in Zhōngguó*.

Solomon combines elements of folk, country, and blues, and has released four albums of original material, including *Not Life Threatening*, *Armando's Pie*, *Maybe Today*, and *Under My Hat*.

Though this is a free event, participants will need to get tickets at www.hscnh.org.

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Ann's Studio Of Dance Celebrates 50 Years Of Dance Recitals

Ann Bergeron, founder and artistic director of Ann's Dance Studio, began offering dance classes in 1964 at her parents' home on the Old Walpole Road. Throughout the years, she became certified with Dance Masters of America, attended teachers' training classes and courses, and studied with the Royal Academy of Dancing.

Now in its 50th year of annual dance recitals, Ann's Studio of Dance, located at 122 Roxbury Street in Keene, has brought joy to scores of aspiring young dancers. Many past students return with their young ones who say, "This is where Mommy danced!"

Students start at age four and many stay until high school graduation. There is a focus on ballet and jazz dance, with dancers learning many technical points to acquire their skill.

"When the proper technique is

learned, the dancer gains a sense of joy and accomplishment that stays with them for life," says Bergeron.

For more details or to see the class offerings, visit www.annsdancekeene.com.



Dance teacher Ann Bergeron with student Victoria Brown, age 6.

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Employment Opportunity: Welfare Director

The Town of SwanzeY 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 SwanzeY, NH 03446 or mkeris@swanzenh.gov. Interested candidates should review the full job descriptions on the Town's website www.swanzenh.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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SOFA ~~\$579~~
LOVESEAT **\$529**

Carissa

SOFA ~~\$649~~
LOVESEAT **\$619**

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SECTIONAL **\$1249**

Nerviano

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ROCKER **\$469**

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POWER SOFA **\$899**

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FIRM OR PLUSH

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FULL ~~\$379~~
QUEEN ~~\$449~~

PEARL
YOUR CHOICE
FIRM OR PLUSH

TWIN ~~\$329~~
FULL ~~\$429~~
QUEEN ~~\$499~~

MOONLIGHT
YOUR CHOICE: X-FIRM,
FIRM, CUSHION FIRM,
PLUSH OR LUX PLUSH

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FULL ~~\$579~~
QUEEN ~~\$659~~
KING ~~\$879~~

ASTERIA
COIL ON COIL
YOUR CHOICE: X-SOFT,
SOFT, MED, FIRM,
OR X-FIRM

TWIN ~~\$599~~
FULL ~~\$799~~
QUEEN ~~\$899~~
KING ~~\$1099~~

COLBAT CALM - YOUR CHOICE
X-FIRM • PLUSH • MED PILLOW TOP

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FULL ~~\$899~~
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