



Skilled Trades Offer A Strong Alternative To College And A Path To Long-Term Careers

Local Professional Highlights Opportunity, Growth, And Stability In The Trades



Riley Coleman of Hinsdale is training manager at Powers Guaranteed Services, a Swanzey-based standby power and energy solutions provider.

As students and families weigh post-high school options, skilled trades are increasingly recognized as a viable and rewarding alternative to traditional college degrees. Careers in the trades offer hands-on learning, steady demand, competitive pay, and clear paths for advancement, often without the burden of long-term student debt.

One local example is Riley Coleman of Hinsdale, whose career reflects the opportunities available in today's skilled trades workforce. Coleman is the training manager at Powers Guaranteed Services, a Swanzey-based standby power and energy solutions provider, but his path into the industry was far from traditional.

After graduating from Universal Technical Institute (UTI) with training in auto and diesel technology, Coleman spent about a year working at a dealership. During that time, he learned about Powers Guar-

anteed Services and decided to apply, despite having no prior experience with generators.

“I started at Powers in 2013 as a Generator Technician,” Coleman said. “Powers provided hands-on training, continued education, and ongoing support that allowed me to build a long-term career in an industry I wasn't initially familiar with.”

Over the years, Coleman advanced within the company, eventually stepping into his current role as training manager. Today, he helps develop and support technicians entering the field, many of whom are following similar non-traditional career paths.

“My career path is a great example of a non-traditional route into a skilled trade,” Coleman said. He added that with the right training and mentorship, motivated people can build a long-term career in an industry they may not have initially considered.

Demand for skilled trade professionals continues to grow as infrastructure ages, technology advances, and experienced workers retire. Fields such as electrical work, power generation, and energy systems require specialized knowledge best gained through hands-on training and real-world experience.

Companies like Powers Guaranteed Services emphasize paid training, continued education, and clear advancement opportunities as part of their workforce development approach. Coleman notes that the ability to learn continuously and move into leadership roles has been one of the most rewarding aspects of his career.

“For people who like working with their hands, solving problems, and seeing the results of their work, the trades can be an incredibly fulfilling path,” he said.

As communities look to strengthen their local workforce and provide young people with practical career options, stories like Coleman's highlight how skilled trades can offer stability, purpose, and long-term professional growth, without following a traditional college route.

Surry Village Charter School Hires Winning Middle School Team



SVCS teacher Ray Boulay with sixth grader Arlo Kennedy (R) and fifth grader Jenne Cabana (L). (Photo by Jill Moore)

Surry Village Charter School is celebrating new and returning teachers this school year. The free, public charter school welcomed Keene High School boys basketball coach Ray Boulay as their middle school special education teacher. The decision to join the local charter school, Boulay says, has been one of the best he's ever made.

“I'm truly excited to be part of SVCS,” Boulay says. The school's strong values and its mission – to be a project-based school that provides an engaging and challenging education

– drew Boulay to the position. Having worked with both special education and general education students at Keene Middle School and Keene High, and most recently in Brattleboro, Vermont at the Inspire School, Boulay says SVCS attracted him because it would allow him to support a diverse range of learners.

“Additionally, I really appreciate the tight-knit, supportive community that SVCS offers,” he says.

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Home Healthcare, Hospice & Community Services Appoints New Director Of Clinical Operations

Home Healthcare, Hospice & Community Services (HCS) has announced Donna Beaudin, OT, MBA, NHA, CSSBB, CHC as its director of clinical operations.

Beaudin joins HCS with 20 years of healthcare experience, with a proven background in program development, quality assurance and operations, most recently serving as vice president of quality, compliance and risk at Tufts Medicine Care at Home.

As director of clinical operations, Beaudin will oversee the day-to-day clinical operations within home health, hospice, foot clinics, and Healthy Starts, and serve as the primary liaison with local physicians, referral sources and community partners.

“I'm passionate about promoting excellence by leveraging processes, improving satisfaction by focusing on customer and staff needs and improving outcomes, reducing risk, by standardizing systems and tools so human error becomes difficult,” said Beaudin.

Under Beaudin's leadership, clinical services from HCS will continue its history of providing high-quality care, supporting staff development and continuing to grow and strengthen access to care across southwestern New Hampshire.

To learn more about HCS, visit www.HCSservices.org.



Donna Beaudin

Something To Be Said About A Smile

By Deb Paul

Kindness. This is probably not a subject I should be writing about, considering I tend to be the type of person who lets things get under my skin, stating “enough is enough” only to cave in later. Though despite this mind set, I am the first to have a smile walking through the grocery store.

The people who bother me the most are those who seem to think the world owes them something simply because they exist. Never a smile on their face. It's as if they believe they are the only ones who have the right to be where they are when they are.

Go to any busy spot, sit quietly and observe; no one seems to care about the person next to them. I talk to anyone who will listen. It's as if no one considers that the other person might be going through similar struggles, and you made their day a tad brighter just by being nice.

Being kind to someone isn't difficult. Kindness isn't a sign of weakness, it is often the opposite. Showing kindness to a friend or family member is easy, but it is more of a challenge with a co-worker, neighbor, or even a stranger, which demonstrates strength and courage.

Getting angry is easy too; it requires no self-control or discipline to lash out or take frustrations out on someone else. I am guilty of this from time to time. Unfortunately, that seems to be the norm in today's world. It's more about treating others as they treat you, rather than treating others as you would like to be treated. The golden rule seems to have faded away.

A strong person learns to manage their emotions. I am a work in progress. It takes courage to step out from the shadows and do something different. It requires strength to see the world from another person's perspective.

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

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Meatball Madness At Fitzwilliam Church

The Fitzwilliam Community Church Annual Meatball Madness will be on Saturday, February 7th as a take-out only event. Selections are Italian, Swedish, and Italian turkey meatballs. Prices are \$12 per quart and \$8 per pint. Place orders by Tuesday, February 3rd by calling Roberta at 603-585-3407 between 9 a.m. and 6 p.m. If no answer, leave a message for a call back or email fccnh@yahoo.com. Pickup is Saturday, February 7th from 5 to 6 p.m. at the Church at 85 Route 119 West in Fitzwilliam.

Eating For Brain Health And Optimal Body Weight Is Class In Jaffrey

Experts state that poor diets, sedentary habits, and smoking are the leading causes of chronic disability and death. However, research shows a plant-based diet doesn't just prevent common, serious diseases, but it can sometimes even reverse them. On Saturday, January 24th, a class – Power Foods for the Brain – will be held at Jaffrey Parks and Recreation in the Humiston Program Building at 31 Howard Hill Road from 2 to 4 p.m. Taught by physician and licensed Food for Life instructor Nora Hanke, attendees will be informed of the why and how of moving to optimal food and other lifestyle choices will support brain health. For more details and to register, call 603-532-7863 or visit http://jaffrey.recdesk.com/Community/Program. A discount is available for recipients of benefits (Medicaid, WIC, SNAP or heating assistance) if applying in person at the town offices.

Kids Create Custom Board Games In Keene

Kids ages five to 12 are invited to create and design their own board games on Thursday, January 22nd, from 3:30 to 4:30 p.m. at the Keene Public Library at 60 Winter Street. Using a wide selection of board game pieces and craft supplies, participants will design a custom game to play with friends and family. Registration is required and can be completed online at KeenePublicLibrary.org. For more details, contact Scout Mercer at 603-352-0157 or smercer@keenenh.gov.

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OBITUARIES

Theodore “Teddy” Guy May

Theodore “Teddy” Guy May died December 19, 2025. He was born Nov. 23, 1964 in Keene, NH, the son of Floyd E. May Sr. and Virginia Goodell.

He graduated from Keene Middle School and retired from Fran’s of Keene. He enjoyed many years of competing in Special Olympics, winning many medals and ribbons over the years. He also enjoyed vacations with family and friends. He enjoyed the Fluk and super heroes and writing. He had many years of support from Chesco, Inc. in Keene where he gained many friends.

He is predeceased by his father, Floyd E. May Sr. and his sister, Kathleen May, Hutchinson.

He is survived by his mother, Virginia Goodell, and stepfather, Gordon Goodell, of Gilsun, brother, Floyd E May, Jr., wife, Loida of Des Moines Iowa, brother, Timothy May, wife, Vicki of Gilsun, as well as many nieces and nephews, great nieces and nephews.

A celebration of life will be held on Saturday, January 31st at 1 p.m. at Alyson’s Apple Orchard in Walpole. Family and friends are invited to attend.

In lieu of flowers, donations may be made to the Special Olympics of NH in Teddy’s memory.



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A Walk Through Winter Woods

A walk through winter woods offers quiet beauty and discovery, peaceful observations of hidden wildlife signs like tracks and nests. Goose Pond is a beautiful area in Keene, close to neighborhoods yet a natural habitat for many woodland creatures and foliage. Along with the serene pond views, you can watch various birds and waterfowl as well as muskrats and perhaps a beaver. We have noticed fox and have heard the cries of fisher cats near dusk. You can even see Sugarloaf and the White Mountains on a clear, crisp day.

It’s the stillness that intrigues me when the only sounds are the crunch of our boots as we walk in the snow. It’s a two-mile loop, hugging the pond with wooded areas. You will also share the path with hikers and dogs on leash when the weather is ideal. My favorite time is near dusk with just the sounds of birds and small mammals shuffling nearby. The beauty is in the stillness when we stop for a moment with the earthy scent of the forest and see frosty branches reach towards the pale moon, just as the stars begin to appear.

The winter woods become a mirror for the soul, a place where silence encourages deeper thought and connection. The quiet season reveals God’s presence, a spiritual opening of wonder. Many poets have written about the woods. Thoreau believed that “every walk is a sort of crusade.” As he walks through the meadows blanketed in white, up the hills draped with snow-bowed branches, through a world enveloped in delicious quietude and covered in a “pure elastic heaven,” he returns to the invaluable inward focus which winter alone invites – a quiet conquest of one’s interior world. He wrote this a century before Rilke painted winter “as the season for tending one’s inner garden.”

Robert Frost wrote *Stopping by Woods on a Snowy Evening*. Famous for its hypnotic rhythm, it captures the allure of dark, deep woods and the pull of nature versus human obligations. William Cullen Bryant in *A Winter Piece* finds beauty in the frosted brook and quiet dells, seeing them as a “calm society” that soothes the soul.

Henry Wadsworth Longfellow in *Woods in Winter* notes the “crystal icicle” and “mute springs” but finds “wild music” in the wind and “gladdening” sunbeams, enjoying the deep solitude.

John Clare in *Winter Walk* highlights the enduring green of holly and evergreen arches, finding delight in walking where the winter storm barely penetrates.

Bring a thermos and blanket to sit quietly and observe the next time you walk in the woods, and

capture the stark, wide views and details like frost patterns with your camera.

Activities in the woods can include tracking ani-

Woods and Gardens

with Rose Kowaliw



mals and looking for deer, fox, coyote, or small rodent prints. Follow some and see where they’ve been. Listen for birds like chickadees or woodpeckers; watch for squirrels or mice making tunnels beneath the snow. Examine trees and look for abandoned nests or woodpecker holes and insect damage on bark. Seek out icicles, frozen puddles, colorful berries like holly or moss on rocks. Experience the woods under moonlight or with flashlights to see stars and listen for nocturnal sounds. Or research the specific plants, animals, or even indigenous people who thrive in winter conditions.

“Writers often contrast winter’s seeming barrenness with underlying life, the quiet with the distant sounds of the world, and the urge to rest with the need to move forward.”

Note: Goose Pond in Keene started as a small bog, was enlarged and became the city’s first water supply reservoir in the 1860s, serving firefighting and drinking needs after a devastating fire proved the inadequacy of wells. Later known as Crystal Lake or Sylvan Lake, it was decommissioned from the city’s water system in 1984, opening up the surrounding forest for public recreation like hiking and biking, eventually conserved under a land easement for permanent protection. The surrounding land was opened for low-impact recreation (hiking, skiing, etc.), fulfilling a vision for a forested park. In 2009, a conservation easement was placed on the Greater Goose Pond Forest with the Society for the Protection of NH Forests, ensuring its permanent preservation for wildlife and recreation. The area is now managed by the City of Keene as a valuable natural resource for the community, with a focus on stewardship, recreation, and ecological health.

The area was named Goose Pond by early settlers after encountering wild geese and ducks.

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

Natural New Hampshire Program Kicks Off At Peterborough Library

The Peterborough Town Library at 2 Concord Street will host its first of the free 2026 Natural New Hampshire Program Series on Thursday, January 22nd at 6:30 p.m. with “New Hampshire Forests – Past, Present and Future: 125 Years of Protecting NH Landscapes and Landmarks.”

This will be presented by Jack Savage, president of the Society for the Protection of New Hampshire

Forests, who will explore how the Forest Society has shaped and protected the state’s iconic landscapes for more than 125 years, and how residents can help conserve forests for the future. It highlights the legacy behind beloved places like Mt. Monadnock and the White Mountain National Forest, while examining today’s conservation challenges. Attendees will learn how protecting forests, wildlife habitat, and recreation spaces remains central to New Hampshire communities and economy.

For more details about this program, visit www.PeterboroughTownLibrary.org.

Teddy Bear Sleepover

The Keene Public Library will host its Teddy Bear Sleepover on Friday, January 23rd, from 4 p.m. to 5 p.m. at the library, located at 60 Winter Street.

Young children are invited to bring a favorite stuffed animal for activities. Participants will gather around a campfire setting for stories. Stuffed animals will be tucked in for the night at the library. Families are invited to return on Saturday at 10:30 a.m. for a light breakfast and a video presentation showcasing the stuffed animals’ overnight adventures. For more details, contact Amy Kraemer at 603-352-0157 or akraemer@keenenh.gov.

Something To Be Said About A Smile

SMILE, Continued from page 1

Just because someone stepped on your foot doesn’t mean you have the right to step on someone else’s. Just because someone closed a door in your face, doesn’t mean you shouldn’t hold it open for someone else.

Perhaps consider walking out of a restaurant, encountering a stranger who greets you with a smile and says hello, or someone passing by who wishes you a good day. These are not grand gestures; they are simple pleasantries that require minimal time or effort. Yet, such acts of kindness can significantly influence how people feel.

Being kind isn’t difficult and it doesn’t take much time. When you’re out and about, take a moment to say hello, smile, give out a compliment, or wish a stranger a good day. You could change that person’s day. Why not share a smile instead of frustration and anger. Be kind to your neighbor – it might just become contagious.

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20 Old-Fashioned Skills That Kids Should Know

In this age of electronics and social media, it seems that basic skills have been pushed to the wayside. Kids have slide-in shoes, so they don't need to learn how to tie, and with digital time, they don't learn how to read an analog clock.



Though some things have made life a bit easier over the last few decades, there are disadvantages for children who don't learn old-fashioned skills.

Here are 20 old-fashioned skills that kids should learn how to do:

- Sew on a button. This gives an understanding of how to take care of their belongings rather than just discarding something that needs mending.
- Introduce themselves. Smile, state their name, ask the other person their name, and use their name back by asking a question like "It's nice to meet you, Jack. Is this your first time here?" (Saying their name back helps remember it later.)
- Write a letter and address it, stamp it, and mail it. Writing a letter or a note in a card helps them to use their voice and teaches them structured writing and a way to express their feelings beyond texting.
- Throw and catch a Frisbee or ball. The ability to do this is considered a "fundamental movement skill" that supports other, more difficult physical activities.
- Cooking basics. Make sure your

kids know how to cook simple things like scrambled eggs, grilled cheese, and such. They learn measuring, following simple recipes, using basic kitchen tools, and understanding terms like chop, mix, and saute.

- Hammer nails. Using tools helps build independence and self-esteem and allows for imaginative construction.
- Do their own laundry. Washing and drying clothes is a skill for independent living – a must for their adult years. The same with...
 - Wash dishes.
 - Learn how to manage money. Start with the basics. Help them open an account and track all transactions – deposits and withdrawals – in a register. Then have them compare the monthly bank statement for accuracy. Knowing how to budget is the best step toward financial responsibility.
 - Wait and save for something. If your child is begging for the latest toy or piece of electronic equipment, this is a good time to learn how to wait, work, and save for it.
 - Read a map. Map skills mean your child will be able to recognize symbols, have a good understanding of geography, and navigate real-world surroundings in their future.
 - Pump gas. This is an important life skill that will prepare them for driving and understanding their vehicle better.
 - Change a flat tire. Though AAA or another service is probably just a phone call away, it's important to know basic skills. This skill might never be used, but if they are ever put in that desperate

- situation, they will know.
- Clean the kitchen and the bathroom. An important and needed life skill for sanitation purposes.
 - Write a check. Even though checks are seldom written anymore, you just never know.
 - Learn good table manners. Having good table manners should be taught at home, so these will be remembered when dining out.
 - Iron, because you can't go through life wrinkled!
 - Admit to a mistake. Admitting to a mistake builds life skills like accountability and empathy and fosters better relationships and personal growth.
 - Care for a pet. Caring for a pet teaches responsibility, routine, and an understanding of another's needs.
 - Take and pass along a message. Use role-playing, giving your child a notepad. Practice what essential information is: who called, when they called, what they said, and the caller's telephone number. Emphasize safety by not giving out personal info.
- Not having important life skills could stifle your child when it comes to learning how to be self-sufficient, resilient, confident, or even know how to handle and solve problems.

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Canned Milk – A Useful Pantry Item

From time to time I've thought it might be helpful to highlight a pantry item or two that I find useful in the kitchen. While not everyone likes canned milk, both evaporated and condensed milks are useful, different pantry staples for home cooking. Both are concentrated, shelf-stable milk products. The main difference in the two is that evaporated milk is unsweetened while condensed milk is sweetened. Evaporated milk is simply fresh milk that's been heated until about 60 percent of its water content has evaporated. Condensed milk is evaporated milk to which about 40 to 50 percent sugar has been added before canning. Both varieties of canned milk are useful in cooking – evaporated milk for dips and sauces, soups and chowders, casseroles and breads; condensed milk for sweets such as pies, cakes, cookies, puddings, and beverages.

Chipotle Queso

Serve this as a popular party dip with tortilla chips; or drizzle some over tacos, nachos, chicken burritos, or even stuffed baked potatoes. Makes about three cups.

Ingredients:
2 tablespoons butter
2 tablespoons finely chopped onion
2 tablespoons finely chopped seeded fresh jalapeño pepper
1 garlic clove, minced
2 teaspoons finely chopped chipotle pepper in adobo sauce, or to taste
2 teaspoons cornstarch
1 can (12 ounces) evaporated milk
2 cups shredded Monterey Jack cheese
1 cup shredded sharp white cheddar cheese
1 tablespoon chopped tomato
1/2 teaspoon ground coriander or cumin salt and freshly ground pepper to taste
tortilla chips

In a large saucepan, heat butter over medium heat. Add onion and jalapeño pepper; cook and stir until tender, two to three minutes. Add garlic and chipotle pepper in adobo sauce; cook one minute longer. In a small bowl, mix cornstarch and milk until smooth; stir into onion mixture. Bring to a boil; cook and stir until thickened, one to two minutes. Reduce heat to low; gradually stir in cheeses, adding in small amounts and allowing cheese to melt between additions. Stir in tomato and seasonings. Serve warm with tortilla chips for dipping.

Kentucky Hot Browns

This is a variation of an open-faced hot sandwich popular in Kentucky, particularly during Derby race days. This one is served with a sauce laced with a bit of bourbon whiskey, if desired, and topped with cheese. Makes four sandwiches for lunch or supper.

Ingredients:
1 lb. raw turkey breast slices, available at most

supermarkets (or substitute raw chicken breast)
1/2 teaspoon freshly ground black pepper
1 tablespoon canola oil
1½ tablespoon butter
1½ tablespoon flour
1¼ cup evaporated milk
2 tablespoons bourbon whiskey, if desired
1 cup shredded cheddar cheese
4 thick slices sourdough or white bread, toasted
1/2 cup sliced scallions or chives for garnish

Sprinkle turkey with pepper. Heat oil in large skillet over medium-high heat. Add turkey; cook four to six minutes or until browned and no longer pink in center, turning once. Set aside on plate. Melt butter in same skillet over medium-high heat. Whisk in flour; cook one minute. Whisk in milk; cook and stir two to three minutes or until thickened and bubbly. Stir in bourbon until blended. Reduce heat to medium; stir in cheese until melted and smooth. Place turkey on toasted bread; top with sauce and garnish with scallions. This is good served with a wedge salad and warmed potato chips.

Cooking Corner

with Nancy Adams



Broccoli-Cheese Puff

Serve this puffy soufflé dish any time day. It will settle a bit when removed from the oven, but is still an attractive side dish. Add a cup or so of cooked chopped ham if you wish to serve it as a main meal with salad and rolls. Serves six to eight.

Ingredients:
1 cup sliced fresh mushrooms
1 tablespoon butter
1 (3 oz. pkg.) cream cheese, softened
6 large eggs
1 cup evaporated milk
3/4 cup Bisquick baking mix
1 (10 oz. pkg.) frozen chopped broccoli, thawed and drained
2 cups shredded Monterey Jack cheese
1 cup small-curd cottage cheese
1/4 teaspoon salt

In small skillet, sauté mushrooms in butter until tender; set aside. In large mixing bowl beat cream cheese, eggs, milk and biscuit mix just until combined. Stir in broccoli, cheeses, salt and reserved mushrooms. Pour into a greased, round two and a half quart baking dish. Bake, uncovered, at 350 degrees for 50 to 60 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Sour Cream Lemon Pie

This is a variation of a pie made by my mother-in-law, Hazel Adams. I've adapted it to use condensed milk and added some sour cream to the topping. Both versions are good – this one should please your family and dinner guests any time of year.

Ingredients:
1 9-inch graham cracker pie crust (your own or purchased); or use a 9-inch tart pan
4 large egg yolks
1 can (14 ounces) sweetened condensed milk
1/3 cup lemon juice
2 teaspoons grated lemon zest
Topping:
1/2 cup heavy or whipping cream
1 tablespoon sugar
1/2 cup full fat sour cream
1 teaspoon grated lemon zest
1/2 cup chopped, toasted walnuts (optional)

In a large bowl, whisk egg yolks, condensed milk, lemon juice and zest. Pour into crust. Bake until center is almost set, 12 to 14 minutes. Cool on a wire rack. Refrigerate at least two hours.

For topping, in another large bowl, beat cream until it begins to thicken. Add sugar; beat until good stiff peaks form. Fold in sour cream and grated lemon zest; spread over top of pie. Garnish with chopped walnuts, if desired.

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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Why Are Animal Vet Bills So High?

Most people who become veterinarians do so because they love animals. There is almost no doubt about that. However, there have been a few circumstances over the past few decades that have contrived to make it difficult for the average person to take advantage of vet services.

I recently listened to an interview with Joe Spector. He explained that veterinarian services have gone up more than double the inflation rate over the past couple of decades. He said that one of the main reasons for this is that these businesses have become attractive to private equity groups. They know that people will do (and pay) almost anything to help their pets. They buy up Mom and Pop businesses, regionalize them, then insist that vets refer to a list of possible services when dealing with animals. Perhaps your dog needs to have his/her teeth cleaned? To do that, we will have to put him/her under anesthesia which will result in a \$5,000 bill.

Because of this, many people now never take their pets to the vet. Or, they surrender their animals, thinking that they cannot afford to keep them.

This situation is exacerbated by the attitude of some national organizations. Right now, even though there are severe shortages of veterinarians in this country (we have one vet for every 3,000 animals while human health coverage is one practitioner for every 20 people), these organizations have bottlenecked vet schools. Apparently, veterinarians have one of the largest dropout rates of any profession. Yet, these folks have refused to launch any new schools. Spector says that he personally knows of two different schools that have given up because these organizations have told them that they would not be given a license. Supply and demand. More money for the private equity groups.

One of the other ways that these people maintain control is that they strongly oppose telemedicine for animals. They tell the veterinarians at their conferences that if they decide to do telemedicine, the FBI will turn up at their house. They insist that any problem needs an office visit.

This is actually quite cruel to dogs and cats. These pets know when they visit a vet office that other animals have died there. Their anxiety levels go through the roof.

But Spector has a solution. He has put together an organization called Dutch that offers great veterinarian services for \$100 a year: Dutch.com. He says that most of their calls come in the evening or at night when most veterinarian offices are closed. A lot of times a simple conversation can set people on the path to heal their pets. But in about 20 states (possibly including New Hampshire), telemedicine for animals is illegal. And it needs to be legalized at the state level.

Most people are unaware that any of this is going on. Legislators are generally in favor of making these services more available to the public. We need to spread the word and go to savepuppies.com to let our legislators know our wishes.

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Surry Village Charter School Hires Winning Middle School Team

SCHOOL, Continued from page 1

That close community has been growing steadily since the charter school's inception in 2006. As one of the first public charter schools in the state of New Hampshire, SVCS has hired a number of teachers over the last 20 years and have also seen some move on to other school systems. This year, they are celebrating the return of one especially beloved middle school teacher, JoNan Bilodeau. "Coming back to SVCS truly feels like returning home," Bilodeau says.

Bilodeau joined SVCS in the winter of 2019, and after spending the 2024-2025 school year teaching in one of the larger SAUs in New Hampshire, she decided to return to SVCS to serve as the middle school's math and science teacher and the homeroom teacher for seventh and eighth graders.

"I quickly realized that the meaningful relationships I'm able to build with students here simply aren't possible in a large educational system," she says. While teaching in a large SAU was a valuable experience for Bilodeau, she missed the innovative culture SVCS offers. "I also appreciate the autonomy I have in designing curriculum and shaping my instructional approach – freedom that makes my teaching more creative, responsive, and impactful."

Elizabeth Brown, the school's new humanities teacher for grades five through eight, agrees that planning lessons and looking for ways to support students is a joy. Brown joined SVCS in 2023 as a paraeducator, moved next into the role of classroom assistant, and then served as a special education teacher. This year, Brown broadened her role even further by becoming a lead teacher at the middle school.

"From my first interview at Surry Village Charter School, I felt like I had found my people," Brown says. For her, that meant a diverse community with a strong focus on inclusion and accommodation.


"I love our community here and the way that our students are learning to use their voices," Brown adds.

And SVCS students are happy to speak up about how much they're enjoying their teachers.

One middle schooler says Boulay shows them different ways to do things. "He always helps me with my work, and he guides me through the problem so I can still do the problem myself."

Making school fun is something Brown, Boulay, and Bilodeau are known for among their students. "She really makes math and science click," a student says of Bilodeau. Another student appreciates Brown, saying, "She does everything in her power to help us learn."

Families and potential students are welcome to schedule a visit, take a tour, and find out more about Surry Village Charter School's community and curriculum. For more details, visit www.surryvillagecharterschool.org.



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Healing Perspectives
with Rosie Carey



The highlight of 2026 is the Saturn/Neptune conjunction at zero degrees Aries, which happens February 14th through 22nd. Saturn and Neptune join up every 36 years, but the reason this alignment is significant is because it occurs at zero degrees of Aries. The last known time this happened was in 4,361 BC over 6,000 years ago around the time of the birth of civilization as we know it. There was a Saturn/Neptune conjunct at two degrees Aries back in 594 BC when great intellectual, philosophical, and religious systems came into being. That cycle birthed the consciousness of Confucius, Lao Tsu, the Upanishads, Buddha, Plato, Socrates, Aristotle, the prophets of ancient Israel, and Zarathustra. German philosopher Karl Jaspers coined the name Axial Age which means dividing line. There was what came before and what came after.

Saturn tests what is real. Saturn is one of the slower-moving planets, and brings to us the principles of discipline, hard work, self-reliance, and responsibility. It rules structures, especially large social ones, and always asks us to be practical. Saturn invented the concept that you must repeat something 10,000 times to master it. Saturn likes being the authority. He can be isolating, judgmental, dissatisfied, and lonely. Saturn gives us bedrock earned thru efforts that have been tested and are true.

Neptune rules spirituality, dreams, illusion, and compassion; it is a bridge to the subconscious and higher realms, governing art, intuition, and mysticism, but also confusion, escapism, and deception. It influences collective consciousness, inspiring ideal-

Day Of Bliss At Aloha This Saturday



Yvette Om

Aloha's Day of Bliss is Saturday, January 24th, featuring nine presenters. This is an all-day event to immerse in self care. It is encouraged to bring a journal.

The doors open at 8:30 a.m. Bryan Russell will launch this event with a Sacred Cacao Ceremony. Then attendees can choose workshops. The featured guest is Yvette Om. Lunch will be served. The day continues with another workshop,

then a Guided Meditation/Sound Bath. Chai and cake will be served.

The finale is Kirtan with Yvette Om and her band. Throughout the day, opportunity for private/small group activities abound: Reiki, tuning forks, tarot readings, chair massage, and breathwork will be offered with expert practitioners.

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ism, empathy, and spiritual awakening. Neptune can inspire us to dissolve the fog of basic desires returning us to a higher consciousness of unity.

To understand the sign of Aries, we go back 4000 years to the valley of the Nile. The astrologers noticed the Nile flooded with a particular configuration of Aries on the horizon. They came to know this configuration as a time of beginning and to start their planting in the receding floodwaters. Aries teaches us courage in the face of adversity. Zero degrees Aries demands a beginning. Zero is the most powerful degree of initiation and new beginning in the zodiac.

Of great significance and perhaps fueling this conjunction, we are in the age of Aquarius, which began on the Solstice night of December 21, 2020. It began a 20-year cycle of Jupiter and Saturn in Aquarius. During this cycle, our task is to bring to our cultures and social structures a balance of attitudes and behaviors that respect each within the framework of all of humanity.

Not just a slow moving, but a powerful expansion of each individual and of the global mind as well. The Age of Aquarius is also the beginning of a 200-year cycle of influence of planets meeting in the air element. This influence brings to our societies and humanity globally a profound, potential transformation of how we communicate, and more importantly a transformation of our thought processes. Perhaps even literally, air being what connects us all to the earth and to each other as shown by the pandemic.

Putting all of this together, it portends great change propelling us to build a more compassionate, ecological, spiritual structure where we may enter an age of enlightenment.

Rose Carey is the founder of LifeLight Healing Center at 206 Washington Street, Keene. Sensitive to energy fields, she clears your aura and home of unwanted darkness. 603-852-8300.

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Wednesday, Jan. 21

ARTS, MUSIC & THEATER

Reel Night Out: Movie Nights at the Library 6-8pm. Keene Public Library, 60 Winter St. Film and popcorn. Film ratings vary from PG to R. Free, snacks allowed inside the theater. January is sports flicks. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Rehearsals: Come Sing with The Monadnock Chorus 7-9pm. Union Congregational Church, 33 Concord St., Peterborough. All welcome, no auditions. Rehearsals continue throughout the spring, culminating in performances at the Peterborough Town House on Saturday, May 9th and Sunday, May 10th, at 4pm. www.monadnockchorus.org.

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft. **603-239-6164**. www.richmondnh.us/.

MISCELLANEOUS

Model Making Night 6pm. Conant Public Library, 111 Main St., Winchester. Join for a night of model making fun and giveaways. Bring a project or choose a kit offered by the library. Basic materials provided. Ages 12+. **603-239-4331**.

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

Preschool Storytime 10:30-11:15am. Keene Public Library, 60 Winter St. Ages 3 to 5, who can sit and listen to short stories and participate in simple songs. This is a 6-week series. When you sign up for one class, you will be registered for each class in the series. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov. www.KeenePublicLibrary.org/.

Red Cross Blood Drive 12-4:30pm. Jaffrey Bible Church, 133 Turnpike Rd. To make appointment call **800-733-2767**. www.redcrossblood.org.

Thursday, Jan. 22

ARTS, MUSIC & THEATER

Artist Reception: Chronicles in Wood an Exhibition of Prints of Tree Ring Cross Sections by Abigail Littlefield 6:30pm. Putney Public Library, 55 Main St., Putney, VT. The show will be open during library hours thru February 28th.

FAMILY FUN

Make a Board Game 3:30-4:30pm. Keene Public Library, 60 Winter St. Using a huge selection of board game pieces and craft supplies, create a board game. Scout Mercer: **603-352-0157**. smercer@keenenh.gov.

LECTURES & WORKSHOPS

Health & Wellness Seminars "From Plate to Progress: Nutrition Strategies for PCOS" 5:30-6:30pm. Bond Wellness Center Conference Room, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Presenters: Whitney Hightower MS, RDN, LD and Kaitlyn McCarthy, RDN, LD, CDCES. Limited space. Register at **603-924-4699 ext. 1110**. www.Seminars.MonadnockHospital.org.

MISCELLANEOUS

"What You Should Know About Hearing Changes with Aging" 2pm. Keene Senior Center, 312 Marlboro St. Presented by Alexandra Tully, AuD. Register at **603-903-9680**.

Infinite Worlds Book Club: January's Theme is Fairies 6-7:30pm. Booras Room, Keene Public Library, 60 Winter St. A non-traditional book club for adults focusing on speculative fiction. Members encouraged to pack a dinner and the library will provide dessert. Katelyn McStravick: **603-352-0157**. kmcstravick@keenenh.gov.

"New Hampshire Forests – Past, Present and Future: 125 Years of Protecting NH Landscapes and Landmarks" 6:30pm. Peterborough Town Library, 2 Concord St. Presented by Jack Savage. The first program highlights the legacy behind beloved places like Mt. Monadnock and the White Mountain National Forest, while examining today's conservation challenges. **603-924-8040**. www.PeterboroughTownLibrary.org.



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Giveaways
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Local Events

Cheshire Village at Home
January 22nd • 1:00pm

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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 Gift Certificate to Key Road Car Wash. 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)

The Marlboro Street Restaurant opened in 1951. For about three decades in more recent years, it was known by another name. What was that name?

The winner of last week's Mystery Photo contest was Jeffrey Smith of West Lebanon. Bergeron's Imperial, Plymouth, Chrysler, Valiant, Simca and MG dealership was located on Emerald Street.

New Hampshire Humanities: Movie Mavericks

Patrick Anderson from New Hampshire Humanities will give a talk on Movie Mavericks at the Chesterfield Public Library on Saturday, January 24th at noon.

Anderson will explore contemporary US filmmakers whose originality and independence have shaped modern cinema. The program deepens appreciation for films created outside the mainstream Hollywood system, highlighting how their themes, styles, and narrative forms differ from classic, conventional movies.

Friday, Jan. 23

ARTS, MUSIC, THEATER

Friday Night Classics Film: Spirited Away 7-9pm. The Colonial Theatre, 95 Main St., Keene. **603-352-2033**. www.the-colonial.org.

FAMILY FUN

Teddy Bear Sleepover 4-5pm. Keene Public Library, 60 Winter St.. Bring a beloved plushie. Make a fleece sleeping bag so they are nice and snuggly then join around the campfire and listen to stories. Tuck your friends in for the night. Come back Saturday morning at 10:30 for a light breakfast. A video of all your friends wild adventures in the library will be shared. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Sat., Jan. 24

DINING PLEASURES

"All You Can Eat" Soup & Chowder Fest 11am-2pm. Keene VFW Post 799, Winchester St. Open to the public and smole free. All you can eat - \$10. Benefits Quilts of Valor. **603-352-5369**.

LECTURES/WORKSHOPS

Power Foods For The Brain 2-4pm. Program Building, 31 Howard Hill Road, Jaffrey Features introductions, a video, a discussion, and the opportunity to taste plant-based dishes following a cooking demonstration. \$35. Jaffrey Parks & Recreation Department: **603-532-7863**.

MISCELLANEOUS

Day of Bliss Aloha Keene Yoga Studio, 83 Court St., Keene. All day event. The doors

open at 8:30. Bryan Russell will launch this event with a Sacred Cacao Ceremony. Choose workshops. \$108 (value \$200). **603-762-3129**. www.vagaro.com/aloha-keene.

Drop-in Knitting Circle 10am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group. Richmond Public Library: **603-239-6164**.

Sunday, Jan. 25

MISCELLANEOUS

Celebrating Martin Luther King Jr.: Keynote Address 2pm. Cathedral of the Pines, 10 Hale Rd., Rindge. Keynote address to be given by Andre de Quadros, Prof. Music, B. U. International music director & human rights activist. Free. Reservations: **603-899-3300**. www.cathedralof-thepines.org/register.

Mon., Jan. 26

MISCELLANEOUS

Red Cross Blood Drive 10am-3pm. Park Theatre, 19 Main St., Jaffrey. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Tues., Jan. 27

MISCELLANEOUS

Red Cross Blood Drive 12-4:30pm. Spagnuolo Hall, 40 University Drive, Rindge. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

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