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SHOPPER NEWS

The Original Keene Shopper - "The Weekly with a Heart" - 68th Year of Community Service / March 11-17, 2026

Emerald Isle ~ A Joyful Celebration Of Irish Music & Dance At The Colonial



A Joyful Celebration of Irish Music & Dance celebrates the 32 counties of Ireland through music, song, and dance.

Direct from Ireland is the captivating entertainers, Emerald Isle, who will perform at The Colonial Theatre on Main Street in Keene on Friday, March 20th at 7:30 p.m.

This breathtaking live show will transport the audience on a magical journey through the heart and soul of Ireland. A Joyful Celebration of Irish Music & Dance celebrates the 32 counties of Ireland through music, song, and dance.

Created by the visionary producers behind the global sensation Murphy's Celtic Legacy, this extraordinary performance celebrates the rich tapestry of Irish culture, from its vibrant traditions to its mythical stories and ancient sites.

Emerald Isle is more than just a show - it's an invitation to experience the magic of Ireland firsthand. For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

Branch River Theatre Presents Suspenseful Drama, Outward Bound

Branch River Theatre invites folks to step aboard a 1920s era passenger liner where the fog is thick and the destination is a total mystery for the suspenseful drama, Outward Bound. Directed by Robert Wellington and reminiscent of the hit series Lost, the production follows seven strangers, from different walks of life, who slowly realize they have no memory of how they boarded or where they are headed. This is no ordinary voyage. As the shore fades and an unsettling silence settles over the ship, a haunting question takes hold: how did they get here, and what exactly is waiting for them at the final port of call?

Set in a world where class tensions and hidden pasts collide, this thriller



L-R, William Thorndike III, Andrew Bosworth, Andrew Cooke, Peter Eisenstadter, Roberta Barnes.

explores the chilling uncertainty of a journey with no turning back, keeping the audience guessing until the very last wave.

DRAMA, page 10

WW Water Sytems, LLC - Providing Better Water To The Region And Beyond

By Lori Catozzi Cook

There are obvious signs in your home or business when you should hire a licensed professional for your water treatment needs: your water tastes, smells, or looks bad; your body gets dried out and itchy after bathing; the household is often sick; or you have limescale - a white mineral deposit caused by hard water - build up in your dishwasher or on your shower head and faucets.

The locally owned and operated water treatment business, WW Water Systems, LLC, is the expert to call. These water specialists provide customized water treatment filtration systems, well pump replacements, and pressure tank installations for both private well and municipal water customers.

WATER, page 7

John Wentzel puts in a hot water softener system for a commercial dishwasher.



SuperHero SpotLight Recognizes Volunteer

Stark Level Solutions and The Monadnock Shopper News congratulate John VanKirk, a volunteer at Feeding Tiny Tummies. On the back page of this issue, Stark Level Solutions' SuperHero SpotLight recognizes his work.

For the past three years, VanKirk has volunteered at the Keene nonprofit dedicated to addressing food insecurity. VanKirk volunteers weekly, helping prepare the pantry for open hours and ensuring operations run smoothly.

VOLUNTEER, page 16

Shamrock Fest And St. Patrick's Parade In Jaffrey

The luck of the Irish once again comes to Jaffrey, with its annual salute of the green. The Park Theatre produces the seventh annual St. Patrick's Parade, and the fifth annual Shamrock Fest, the festival of all things Irish, begins March 12th and ends on Tuesday, March 17th.

The annual highlight is the parade, made all the

more special this year because it will be the only St. Patrick's parade in the state due to the cancellation of the Manchester parade. This year the parade is on Sunday, March 15th, starting at 2 p.m. with a weather date alternative of March 22nd.

SHAMROCK, page 10

Planning Underway For Kitty Rescue Golf Tournament

Even though the weather right now doesn't scream golf, Kitty Rescue is in full planning mode for its Annual Kitty Rescue Golf Tournament. Before you know it, the sun will be shining, the temperatures rising and everyone will be itching to spend some time outdoors.

At the Kitty Rescue Golf Tournament, all levels of expertise are invited, from novice to the local legends. The format is a scramble, which means the teams will use the closest ball to the pin on each hole after teeing off. "A great way to have a great time and support a great cause!" says Heidi Bourgeois, executive director of Monadnock Kitty Rescue.

This year's tournament will be held on Friday, May 15th at the Crotched Mountain Golf Club in Franconstown. In addition to the 18 holes of golf, the tournament will include cart rental, lunch, coffee and donuts, golfer goodie bags, numerous raffle prizes, golfer enhancement packets, and, of course, a chance to meet the famous Quinten and possibly some of his kitten friends!

TOURNAMENT, page 16



Quinten working the crowd at the golf tournament. Many stop by to pet him for luck.

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Early Spring Home Improvement... 7-18 Summer Camps... 19

Table with 2 columns: Category and Page Number. Includes Birthdays, Classifieds/RE, Cooking, Entertainment, Family, Green, Healing, Money, Mystery Photo, Pets.

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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Toffee

Meet Toffee! This four-month-old sweetheart is as affectionate as they come. He has lived with kids and handled family life well, and with a proper adjustment period, he would likely acclimate nicely to other bunny-friendly animals. Toffee may need a little time to settle into a new environment, but once he feels safe, his gentle and loving personality truly shines.



The most docile of his litter, Toffee would likely thrive with a bunny companion and would enjoy having a friend to bond with. He's a calm, sweet little guy who just needs a patient home ready to give him love, enrichment, and space to grow. If you're looking for a soft-hearted companion to add to your family, Toffee could be the perfect match.

The Adoption Center is located at 101 West Swanzey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumane.org.

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Keene SwampBats And Nashua Silver Knights Granite State Showdown

The Keene SwampBats and the Nashua Silver Knights will host the Granite State Showdown, a two-game exhibition series bringing together the only two summer collegiate baseball teams in the state.

The Showdown will feature the state's most iconic summer baseball franchises, with the SwampBats representing the New England Collegiate Baseball League (NECBL) and the Silver Knights representing the Futures League. The series will celebrate elite collegiate baseball while showcasing the best of New Hampshire's baseball tradition.

The opening game will be played at Holman Stadium in Nashua on Monday, July 13th, with first pitch scheduled for 6 p.m. The series will conclude with a rematch at Alumni Field in Keene on Tuesday, July 28th at 6:30 p.m.

Both games will feature rosters filled with some of the top collegiate players in the nation, giving fans the opportunity to see high-level talent compete in a special inter-league exhibition setting.

The matchup also highlights the championship pedigree of both organizations. The SwampBats have captured six NECBL Championships, while the Silver Knights have earned six Futures League Championships. The SwampBats enter their 29th season, while the Silver Knights begin their 16th season of competition.

"The SwampBats are proud to bring together two great baseball organizations," says Kevin Watterson, president of the Keene SwampBats. "Our fans will not be disappointed in these special evenings of summer collegiate baseball."

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Moco Arts And The Colonial Theatre And Showroom Expand Their Partnership

MoCo Arts, a nonprofit multi-arts educational organization, and The Colonial Theatre and Showroom, historic cultural anchors, both in downtown Keene, will expand their collaborative partnership that will deepen their shared commitment to arts access and community engagement.

For the past 36 years, MoCo Arts has delivered exceptional arts education to the community, while The Colonial Theatre and Showroom have long served as premier venues for live performance and film. Both organizations prioritize collaboration and actively seek opportunities to work alongside fellow nonprofits and local businesses to strengthen the cultural ecosystem in Keene.

As the local landscape evolves, MoCo Arts sought a venue to accommodate its large-scale dance productions and a biennial theatre performance. Leadership teams from MoCo Arts and The Colonial Theatre and Showroom engaged in conversations to assess logistical needs and shared goals. After several weeks of planning, the expanded partnership was formally introduced to the broader community by Keith Marks, executive director of The Colonial Theatre and Showroom, and Reagan Messer, executive director and artistic director of Dance at MoCo Arts.

The expanded partnership will include MoCo Arts' holiday production of *The Nutcracker*, its end-of-year dance showcase featuring the full dance program, the repertory performance Time to Dance, and a theatre production every other year.

Messer said, "Keith and The Colonial Theatre and Showroom staff have been incredible in supporting us as we searched for a new home away from home. Their dedication to our organization and genuine

desire to strengthen our partnership clearly reflects a deep commitment to our students and the broader community. The entire MoCo Arts family, including our students, families, staff, and board of directors are thrilled about this renewed collaboration and the opportunities it will create for both organizations in the years ahead. We are also grateful to AMT Productions for their assistance working through logistics as they serve as MoCo Arts Production Director."

Marks added, "This expanded partnership reflects exactly who we are becoming at The Colonial Theatre and Showroom – an active collaborator and cultural anchor for our region. MoCo Arts has shaped generations of young artists, and we're honored to provide a stage that supports their growth and ambition. When we invest in organizations that nurture creativity and confidence in young people, we strengthen the entire cultural fabric of our community."

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Dancing With The Keene Stars 2026 March 20th And 21st At Keene High School

Move over *Dancing with the Stars*, the Keene High School Project Graduation Board will once again hold its two-night extravaganza, *Dancing with the Keene Stars*, on Friday and Saturday, March 20th and 21st at 7 p.m. at the Keene High School at 43 Arch Street (doors open at 6:30 p.m.). There is also a matinee performance on Saturday at 2 p.m. with doors opening at 1:30 p.m.

Rich and Pam Clough, owners of Keene Fusion Studios, have paired local “stars” with past “star” dancers for this dance competition. Audience members will get a chance to vote for their favorite dance duo.

The proceeds from *Dancing with the Keene Stars* goes toward Project Graduation – a night of celebration and fun for the Keene High School graduating class. This celebration is a safe alternative to the dangerous tradition of party hopping the night of graduation, which often involves drinking and driving. The saving of just one life is priceless.

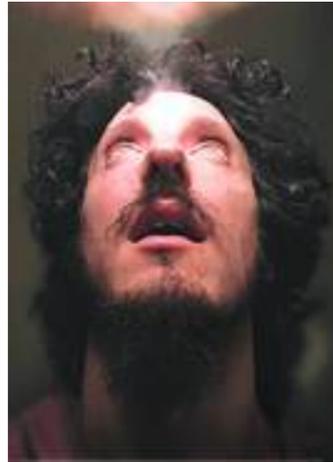
In the past, Project Graduation has provided entertainment, including a hypnotist, inflatable activities, games, lots of food, friendship, prizes, gift giveaways, and more. This drug- and alcohol-free night each year is totally funded by donations and fundraising.



One of the “stars” of *Dancing with the Keene Stars*, Todd Rogers, is pictured rehearsing with partner Shana Stack-Davis.

Tickets for *Dancing with the Keene Stars* are \$20 for adults, \$17 for seniors and students, and can be purchased at <https://www.zeffy.com/en-US/ticketing/dancing-with-the-keene-stars-2026>.

Conversations With Music Creators Is New Program In Dublin



Ezra Landis



Ethan McBrien



Zach Redler

“Conversations with Music Creators” is a new series sponsored by the DubHub (Dublin Community Center) in which three locally-based, nationally recognized music creators (composers, songwriters, arrangers and/or lyricists) present samples of their work (whether live or via recordings), talk about the creative process, and dialogue with each other, while also welcoming questions from the audience.

The first conversation, to be held at the DubHub at 7 p.m. on Thursday, March 19th, will feature composer, music director, pianist and educator Zach Redler; songwriter, guitarist, band leader and music educator Ethan McBrien; and guitarist, composer, touring musician Ezra Landis. Volkert Volkorsz will serve as host. The DubHub is located at 1123 Main Street in Dublin. Admission is free.

Redler, music program director at the Dublin School, has had compositions performed in concert halls, opera houses, and theaters around the world. He spent eight years working on the music teams of musicals on Broadway and elsewhere. Locally, he has performed for and collaborated with Music On Norway Pond, Spring Hill Studio, Harrisville Church, Dublin Church, and Peterborough Players. His latest opera, an adaptation of *A River Runs Through It* will

premiere in Bozeman, Montana, in September 2026 and will be filmed for PBS.

McBrien lives in Nelson. He leads the psych-folk band Party of the Sun with Rory Hurley and Garrett Cameron. The band has released two full-length albums. On February 27, 2026, they will release two more EPs, each one a 15 minute suite of composed music. Their work has been featured in television shows.

Hailing from Jaffrey, Ezra Landis has become a strong presence in the kirtan/world music circuit, sharing the stage and touring the world across five continents with many renowned artists. His gentle yet powerful guitar playing offers a profound musical experience as he weaves together influences from folk to funk to flamenco, reggae to rock and Celtic to classical. In 2024, he released his long-awaited EP of original instrumental music. He also rocks out with his funk/rock/reggae band The Evocatives.

Host Volkert Volkorsz is a retired music educator and school librarian that has written more than 400 songs, guitar instrumentals and choral compositions. He continues to be fascinated with the creative process.

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Roll Into Spring Tire Raffle To Benefit Keene Montessori School

The Keene Montessori School is holding a “Roll Into Spring” tire raffle, where one winner will receive a voucher for a set of four brand new tires (valued up to \$1,000) donated by Pete’s Tire Barn.

“We are so grateful to Eric and his team at Pete’s Tire Barn for their generous and timely donation for our raffle,” says Liz Giza, executive director of the Keene Montessori School. “The funds raised will help us continue to support and improve our quality early childhood offerings to best meet the needs of our community.”

Raffle tickets are \$10 each, with no purchase limit, and are available at givebutter.com/roll-into-spring, now through the end of March. The winning ticket will be drawn on Wednesday, April 1st with the winner notified by April 3rd. The voucher can be redeemed through the end of the year at any of the 22 Pete’s Tire Barn locations.



Liz Giza, Executive Director of Keene Montessori School, and Eric Blaha, Regional Manager of Pete’s Tire Barn.

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Echoes Of Floyd Comes Home To Peterborough



Echoes of Floyd returns to Peterborough for a live concert at the Peterborough Town House.

Echoes of Floyd, based in Peterborough, will return to the Peterborough Town House on Saturday, March 14th at 8 p.m. to celebrate the music of Pink Floyd. What began as a passionate local project has

grown into the region's leading Pink Floyd tribute, captivating audiences across New England with stunning musicianship and immersive production.

Over the past several years, Echoes of Floyd has solidified its reputation as the premier Pink Floyd tribute in New England. Their shows combine fan-favorite classics with deep cuts, taking audiences on a sweeping journey through decades of iconic music.

From the atmospheric soundscapes of Dark Side of the Moon to the anthemic grandeur of The Wall and beyond, the band recreates the emotional depth, sonic detail, and cinematic scale that define Pink Floyd's legacy. Enhanced by an Intergalactic Light Show, this performance promises an immersive sensory experience.

"Playing the Town House is always special for us," says guitarist and vocalist Seth MacLean. "Peterborough is home. The support from this community helped us grow into what we are today, and we can't wait to bring our biggest and best show yet back home."

Tickets are available online at www.peterboroughconcertseries.com.

Teen Crafternoon Features Polymer Clay Pens

The Keene Public Library will host Teen Crafternoon: Clay Pens on Monday, March 16th from 3:30 to 5:30 p.m. in the Timken Teen Space at the library at 60 Winter Street in Keene.

Middle and high school students are invited to take part in this month's crafternoon program, where participants will create custom pens using polymer clay.

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

The Monadnock Club, A Political Discussion Group

The Monadnock Club is a new place to share political views, listen to others, and consider perspectives that are different. This discussion group will be held in the Kelly Room at the Peterborough Town Library on Thursday, March 12th from 3 to 4 p.m.

The event organizer will share an agenda before each meeting. Get on the mailing list by emailing the event organizer, bithlo178@gmail.com.

Scottish Fish Concert At Nelson Town Hall

The Monadnock Folklore Society will present an afternoon of traditional and original music with Scottish Fish on Sunday, March 15th at 3 p.m. at Nelson Town Hall.

Admission is \$25, or \$20 in advance.

For more details, visit <https://www.monadnockfolk.org/---scottish-fish-nelson-town-hall-march-15-2026/>

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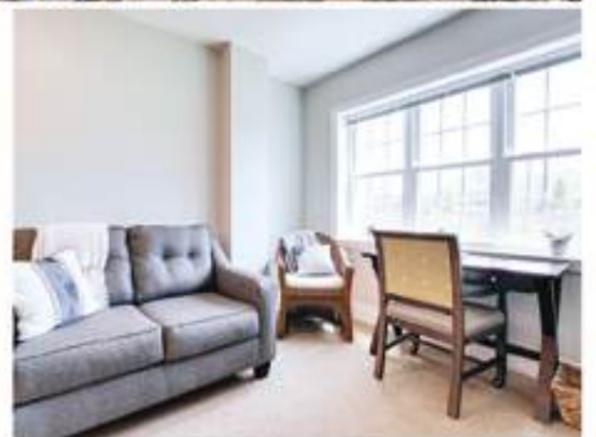


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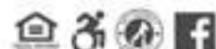
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STOCK WATCH

Listings At Close of Market March 6, 2026 • Courtesy of RBC Wealth Management
Dow Jones Closed 47,501.55 (1,476.37) • Prime Rate 6.75% (0.00)

	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	235.29	(8.30)	Danaher Corp. (Kollmorgen)	195.50	(15.14)
Becton Dickinson (C.R. Bard)	167.12	(9.36)	Merck (Hubbard Farms)	115.79	(8.03)
Toronto Dominion Bank (TD Bank)	95.59	(1.77)	Deluxe (NEBS)	27.62	(0.13)
PC Connection	60.69	(0.26)	Teleflex (Jaffrey)	113.31	(8.75)
Bank Of America (Fleet)	48.64	(1.19)	Timken (MPB Corp.)	99.68	(8.70)
Corning Inc.	123.29	(27.09)	M&T Bank Corp. (People's United)	210.46	(6.52)
Ametek, Inc. (Precitech)	221.98	(17.24)	Dover Corp. (Markem)	208.42	(17.08)

PRECIOUS METALS		Week's Change	COMMODITIES		Week's Change
	Close			Close	
Silver (\$ per ounce)	84.31	(9.96)	Wheat (cents per bushel)	616.75	25.25
Gold (\$ per ounce)	5,158.70	(121.10)	Corn (cents per bushel)	460.50	12.25
Platinum (\$ per ounce)	2,151.68	(212.61)	Soybeans (cents per bushel)	1,201.75	31.75
			Cattle (cents per pound)	234.58	2.48
			Crude (\$ per barrel)	90.90	23.61

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Maintaining Course Through Geopolitical Uncertainty

Joint airstrikes against Iran targeting high-value military installations to hinder Iran's nuclear development efforts and degrade its military capabilities while removing the Iranian regime from power are ongoing. The death of Iran's Supreme Leader, Ayatollah Ali Khamenei, marked a significant escalation in the conflict. Iran retaliated by launching a broad series of missile attacks directed at Israel and multiple Gulf states, including Qatar, the United Arab Emirates, Bahrain, and Saudi Arabia. The repercussions have been felt across the region as global energy flows were disrupted and oil and gas prices surged. Tanker traffic in the Strait of Hormuz – through which roughly 20% of the world's oil supply moves – is at a standstill. A sustained spike in energy prices would likely require evidence of a more prolonged disruption, something not evident at this time and not our base case.

Despite the severity of these events and the uncertain path forward, a historical stock market perspective is helpful. History shows that markets often recover quickly once conditions stabilize, typically within days or a few weeks, as long as the US economy doesn't slide into recession. Geopolitical shocks can elevate volatility, as this one has, but they

do not typically derail longer term market trends unless the economic impact becomes both deep and persistent.

Economy and You

with Josh Houle



Our broader stock market outlook for 2026 remains constructive. A growing economy, bolstered by fiscal stimulus from the One Big Beautiful Bill Act and artificial intelligence (AI) investment, provides a supportive backdrop for stocks despite concerns about AI disruption. Earnings growth, particularly in technology, remains quite strong, powering S&P 500 earnings per share growth of 14% in the fourth quarter. The Federal Reserve remains likely to cut rates in the second half of the year, when inflation pressures are expected to ease. Despite the initial sell-off in Treasuries after the Iran strikes, interest rates remain at comfortable levels for the economy. In February, mortgage rates dipped below 6% for the first time since 2022, helping to support the important housing market. These dynamics suggest that any weakness related to geopolitical volatility may present a buying opportunity.

Our message for investors is to remain patient and be diversified. Staying the course during volatile and uncertain geopolitical environments can be difficult, but the stock market's track record suggests it's the right approach. Don't let short-term uncertainty obscure long-term opportunities.

Last and certainly not least, we wish our service men and women in harm's way a safe return home. Let's all pray the world will be a safer place on the other side of this conflict.

No Strategy assures success or protects against loss. Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC

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Aloha Raises Funds For Stonewall Farm



Josephine Russell is shown with Alesa Terry from Stonewall Farms. Aloha raised \$1500 recently through a fall harvest dinner, a community yoga class followed by Yoga Nidra, they taught Gratitude Yoga on site at Stonewall Farms, and Trish's Treasures sold jewelry at Aloha and gave a percentage of the proceeds to Stonewall Farms.

Elm City BNI Chapter Will Move To Larger Location Following Record Growth

The Elm City chapter of Business Network International (BNI) is expanding to a larger meeting location after experiencing one of the fastest growth rates in the state of New Hampshire. BNI is the world's largest professional networking organization, built around a simple philosophy: Givers Gain. Members help each other grow by passing business referrals, building trusted relationships, and supporting one another's success. Each chapter allows only one seat per profession, ensuring members become the go-to referral partner in their industry.

The Elm City chapter will meet on Wednesdays at 7:45 a.m. at the Sturtevant Chapel at 15 Washington Avenue in Keene. The group brings together professionals from a wide variety of industries, including finance, real estate, construction, marketing, health services, and more. These meetings provide a structured environment where members share opportunities, collaborate, and generate real business for one another.

Visitors are encouraged to attend a meeting to see the group in action and learn how BNI can help grow their business. Professionals interested in visiting or learning more about membership opportunities are encouraged to contact the Elm City BNI chapter for an invitation: <https://elmcitybni.com>.

Early Spring Home Improvement

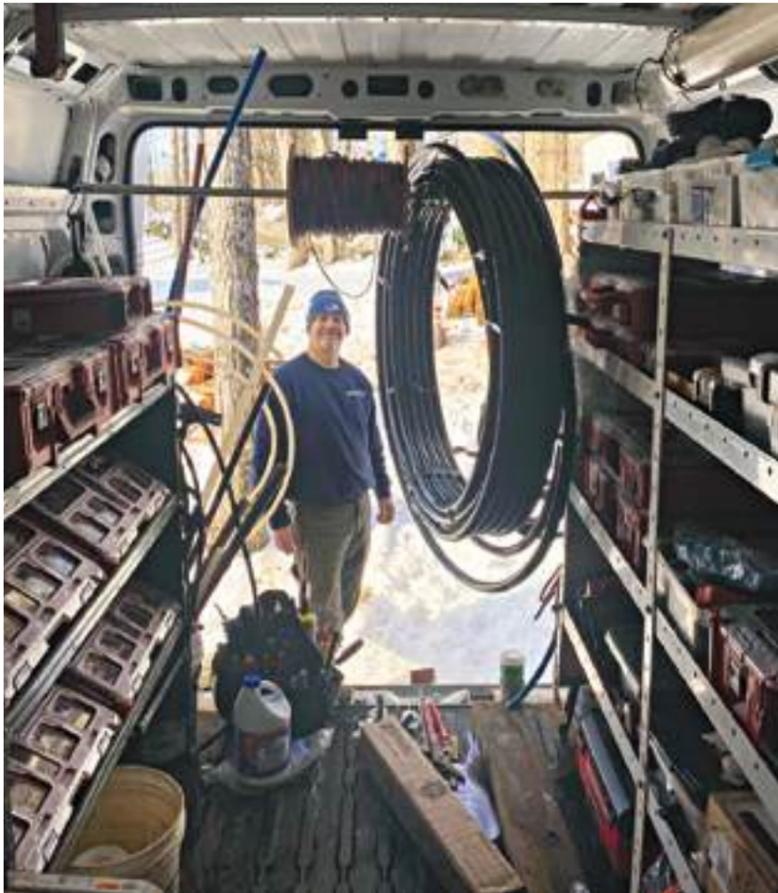
Special Pull-out Section!



WW Water Systems, LLC

Water Filtration System Installs, Well Pump And Pressure Tank Replacements, And More

WATER, Continued from page 1



John Wentzel of WW Water Systems, LLC is ready to tackle his next job.

"Since 2010, we have adapted by staying current with evolving water treatment technologies and industry standards through continuing education," says John Wentzel, owner of WW Water Systems, LLC. "As water quality concerns like PFAS chemicals, sodium chloride (salt), and arsenic regulations change, we remain committed to learning and implementing the most effective and efficient treatment methods available."

He continues: "Our growth has been driven by referrals and our reputation for delivering customized, science-based solutions. We are proud of our long-standing reputation for honesty, technical expertise, and word-of-mouth referrals throughout the region."

WW Water Systems, LLC is fully licensed and insured. John holds a Bachelor of Science in Environmental Studies from Keene State College, which provides a strong foundation in understanding groundwater systems and water chemistry. With his background in geology and over 20 years of hands-on experience, customers receive knowledgeable, science-based solutions they can trust.

"We believe water treatment should be precise and intentional," John says.

"We evaluate each customer's water quality and treat only what is necessary. We never recommend equipment that a customer does not need. Our approach saves money, improves system performance, and ensures long-term reliability."

This is what Christina Peterson says about her experience with WW Water Systems, LLC: "We are so happy with the amazing work that John has done for us. He installed a new water softener and did some maintenance on other equipment we have. Everything is functional and running beautifully."

"John solved all my water issues," says Kel Vaping. "He replaced a filter system that wasn't even the correct system for my house. He knows water systems inside out."

"As a family-operated business, we are committed to providing knowledgeable, personalized service with integrity and professionalism," says John's wife, Margaret, who joined the business in January to assist with operations, bookkeeping, customer service, scheduling, and service reminders. Margaret can also be found assisting John in the field with pump replacements and larger or commercial system installations.

WATER, page 9

"From Lawn To Native Meadow: Lessons Learned" Program In Peterborough

The sponsors of the Natural New Hampshire Program Series and local homeowners will share their journey, "From Lawn to Native Meadow: Lessons Learned," on Thursday, March 26th at 6:30 p.m. at the Peterborough Town Library at 2 Concord Street.

The Clarks – Mary, a New Hampshire Master Gardner, and Dewey, a Maryland Master Naturalist – are land stewards for the Forest Society in New Hampshire and spent 15 years as vol-

unteer trail workers on the Appalachian Trail in the Mid-Atlantic. The Clarks have worked with federal, state, and local land managers across three states on forest health. They will describe their process and the resulting meadow, and how the lessons learned were applied in New Hampshire. Attendees will receive free native wildflower seeds.

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

Stark Level Solutions Partners with MB Power Supply to Strengthen Project Coordination

A new partnership between Marlborough-based general contractor Stark Level Solutions, Inc. and Keene-based electrical contractor MB Power Supply LLC is expected to improve coordination and efficiency for construction projects throughout the Monadnock Region. Under the agreement, MB Power Supply will serve as the exclusive electrical contractor for Stark Level Solutions projects.

Stark Level Solutions provides residential and commercial construction services across the region, with projects ranging from renovations and additions to larger building improvements. The partnership with MB Power Supply reflects an effort to strengthen collaboration between trades and create a more streamlined construction process for clients.

"Construction projects move best when the trades involved share the same expectations for quality, communication, and timing," said Jeremy Shepard, owner of Stark Level Solutions. "Bringing MB Power Supply into projects as a dedicated electrical partner helps keep work moving forward smoothly and ensures consistent workmanship throughout the project."

MB Power Supply was founded in August 2023 by Tim Matson and Nate Blog, whose professional partnership grew from a mentorship that began when the two became neighbors in 2018. Tim, a master electrician licensed in New Hampshire, Massachusetts, and Vermont, brought more than 30 years of experience to the trade, including 25 years working in Boston before returning to focus on projects closer to home. Nate began working alongside Tim in 2018, earned his journeyman electrician's license in 2023, and later that year the two launched MB Power Supply.

The company provides residential and commercial electrical services including kitchen and bath



Tim Matson and Nate Blog

upgrades, whole-home wiring, service upgrades, generator and backup power systems, decorative lighting, and general electrical service work.

With electrical services integrated directly into the construction process, Stark Level Solutions projects benefit from improved coordination between trades, clearer communication, and fewer delays during construction.

More information about Stark Level Solutions and its services is available at 603-903-3400 or www.starklevelsolutions.com.

Covenant Living Holding An Open House – Explore The Community, Enjoy Pizza

Covenant Living of Keene is welcoming area residents to an Assisted Living Open House on Saturday, March 14th at 12:30 p.m., offering older adults and their families an opportunity to explore the community, meet staff and residents, and enjoy a chef-prepared pizza party featuring freshly baked homemade pizzas.

The event will showcase the community's warm, supportive environment designed for older adults who value independence but may need a helping hand with daily tasks. Residents enjoy private suites, three chef-prepared meals each day, a full calendar of activities, and opportunities for social engagement and connection with neighbors.

"Our assisted living community provides our

residents and their loved ones with the peace of mind knowing that we're here to care for their needs," said Gregg Burdett, executive director. "This open house event is a perfect way for families to ask questions, see our beautiful community and enjoy some chef-prepared pizza."

During the open house, guests will receive a guided tour of the assisted living community, learn about available services such as medication management, dressing assistance, and personal hygiene support, and speak directly with experts and residents who call Covenant Living of Keene home.

For more details or to RSVP, call 603-921-0995 or visit CovLivingKeene.org.

Art Reception This Friday In Dublin



Paul Cooper Assemblage

Dublin, for an exhibition featuring paintings, clay sculptures, and assemblages by Monadnock Region multi-media artists Mary Roberts, Maureen Ahern, and Paul Cooper.

Ceramic artist Mary Roberts, currently based in Dublin, is a lecturer at Saint Anselm College in Manchester and an artist-in-residence at MAXT Ceramics Center in Dublin. Her work explores imagined domestic spaces, building tableau and installation of colorfully animated household and everyday objects to create narrative and spark curiosity.

Maureen Ahern of Peterborough is a mixed-media artist whose work transforms found materials into vibrant visual narratives. Her artwork focuses on the natural world, using reflective materials, acrylics and interference paint. She worked as Exhibits Curator at the Albany Institute of History and Art before becoming the Director of the Thorne -Sagendorph Art Gallery at Keene State College where she stayed for 34 years, retiring in 2015.

Sculptor and mixed-media artist Paul R. Cooper of Dublin is known for transforming found wood and metal into figurative assemblages reimagined as dancing, expressive figures with a whimsical, rhythmic energy that invites viewers to see beauty and emotion in the discarded, overlooked remnants.

From 5 to 7 p.m. on Friday, March 13th, the public is invited to attend an art reception at the DubHub/Dublin Community Center at 1123 Main Street in

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MARCO POLO GARDEN

MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$25 gift certificate to Marco Polo Garden on Main Street in Keene. 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 name is commonly associated with this farmhouse, and in what town is it located?

The winner of last week's Mystery Photo contest was Judy Baldwin of Keene. The Keene facility is shown in the c.1900 photo was Keene Country Club.



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Burning Dry Firewood Saves Money And Improves Air Quality

By Deb Paul

There are those wood stove owners who succumb to the colder temperatures by burning wood right away, and then there are those who wear it like a badge of honor if they can go late into the season before starting that first fire – perhaps believing they can hold winter at bay just a little longer. But by this time of year, it's time to make sure you have enough dry firewood or wood pellets for the rest of the winter.

Evaluating the moisture content of cord firewood can be tricky. Wood can be purchased when it is green, seasoned, dried, or kiln dried, but these are relative terms and wood is only ready to be burned when its moisture content is 20 percent or less. Wet wood is a waste. Burning wet wood produces less heat because energy goes into boiling off residual water so that the wood can ignite. Not only that, but the process releases pollution into the air and creosote in your chimney, which can lead to a fire hazard. Burning dry wood produces more heat, saves you money, and improves air quality.

When talking with firewood suppliers, always be sure to ask how they define the terms they are using to describe their products. Here are a couple of general guidelines to keep in mind when talking to a firewood supplier:

- Green wood is fresh cut and should not be used for fuel until it has had time to dry properly. This is the least expensive to purchase and will require six

to 12 months to dry properly depending on species and conditions.

- Dry wood refers to air-dried wood that should be an immediately burnable product at the time of delivery. Dry wood should never be stored uncovered as it will reabsorb rain and snow.

- Kiln dried wood has been dried through the introduction of heat in a deliberately controlled environment – a process that drastically shortens the drying time. As with dry wood, kiln dried firewood should be an immediately burnable product at time of delivery. This has the highest cost to purchase, but is of a very high quality that many people prefer. Because it takes energy to dry the wood, it is slightly less climate-friendly than air-dried wood.

- Seasoned wood is the least well defined of any of the terms associated with firewood. Seasoning is synonymous with drying, but the key to the wood's actual moisture content is how long and under what conditions the wood has been seasoned. When purchasing seasoned wood, always be sure to ask your dealer how long the wood has been split, as opposed to just felled, and if it was stacked under cover to facilitate drying. You should assume that seasoned wood is not ready to burn without further drying.

If you are not planning to buy dry wood, the best strategy is to plan at least six to 12 months ahead and allow plenty of time for your wood to dry under cover and with ample airflow around it. Order wood during the winter or early spring for the following year, then stack and cover it to dry during the spring and summer for burning the following fall. This is the most reliable and economical way to ensure your supply of properly dried firewood.

If you are interested in burning less wood altogether, consider replacing your old wood-burning stove with a newer, cleaner burning model. New stoves burn less wood to produce the same amount of heat. Wood pellet stoves are also very efficient, typically needing just about 40 pounds of pellets per day during a winter day. Learn more by visiting www.des.nh.gov/home-and-recreation/air-quality/home-wood-burning-appliances.

WW Water Systems – Water Filtration System Installs, Well Pump And Pressure Tank Replacements, And More

WATER, Continued from page 7

“This expansion allows us to better serve our growing customer base while maintaining the same hands-on, owner-operated service our clients value,” says John, about his wife stepping in to help with the growing business. “Our focus is on providing consistent, high-quality workmanship and fair pricing year-round.”

He goes on to say that their specialty is fully customized water treatment systems designed around specific water chemistry results. “This individualized approach sets us apart from companies that rely on one-size-fits-all equipment.”

“John has helped with a number of water issues in my home in the last year. I can't recommend him highly enough. He's always super responsive, extremely knowledgeable, and simply great at what he does. I'm very grateful to have found him,” says Susie Carter.

John goes on to explain that well water can change seasonally or over time, and that annual water testing is an important part of maintaining a safe and reliable household water supply. “Our use of a state-certified lab ensures accurate results and appropriate treatment recommendations,” he adds.

WW Water Systems, LLC will have a booth stationed at the Keene Home Expo on Saturday and Sunday, April 11th and 12th, at Keene Ice Arena. People are welcome to drop off water samples to be tested at the show.

“We offer a free initial consultation with in-house water testing to help homeowners understand their water quality before making any decisions,” says John. “Small issues caught early prevent costly damage to plumbing and appliances.”

“Our goal is to ensure safe, clean, and properly functioning water systems tailored to each property's needs,” Margaret says. “We are dedicated to making sure clients are happy with their water.”

For more details or to set up a consultation, call 603-313-9300 or email h2opro2@yahoo.com.

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Books Offer Home Inspiration

This time of year, as we wait for spring, a lack of sparkle makes the room seem drab. Maybe new pillows with a pop of color will spruce things up, huh? But if you need new pillows, might as well get new furniture, right? And new furniture will look out of place with that old carpet. And before the carpet guys come, you might as well paint the walls.

Or, maybe you should try these new books first.

For weeks, you vacuumed dead pine needles, and now it's random game pieces. Picking tiny bits of wrapping paper from beneath the sofa is a talent you've honed, and you're still trying to determine what was spilled on the edge of your favorite chair. So yeah, it's entirely possible that you need *Hack Your Home: Clean, Declutter and Style to Create a Space You Love!* by Tanya Mukendi (Thorson's / Harper Collins, \$19.99).

Can you ever love cleaning? Mukendi says she does, and her joy in it is contagious, as you'll see if you start this book from the beginning. No time for that? Then turn to the comprehensive "contents" list and that will take you to the right pages to be the perfect host, to make your home fresher, make it work better for you, make it feel less cluttered and more relaxing. There's even a chapter about being sustainable in your home or apartment. The advice is quick and to-the-point, and there are sidebars for the fastest information.

Hack Your Home is a nice reference book, and it would make a great present for the new college grad you know.

If moving a parent closer to your home is in the plans, then *Making Space: ADUs for Modern Living* by Lili Weigert (Princeton Architectural Press, \$40) is a book you'll want for the great ideas and the pictures inside.

ADU, if you're unaware, stands for Accessory Dwelling Unit, which you may know as a casita or a "grandma house." Think tiny home and you've got the idea, since most ADUs are 500 to 1,200 square feet in size, complete with kitchen, bedroom, bath, and more. ADUs are small enough to tuck away in the back yard behind a family home, but they're roomy enough to be comfortable and not cramped.

In this book, Weigert offers ideas and some simple lay-outs for ADUs, as well as advice for anyone who's considering construction soon, whether the home is for a parent, adult child, or a renter. Bonus: photographs of ADUs in gorgeous settings with fabulous décor makes this a dreamer's book, perfect for anyone who likes to relax with a collection exactly like this.

Okay, now you're inspired. You're ready to get started on your next home project, but you need more ideas – and you're in luck. Your favorite bookstore or library is full of home improvement books, decorating hints, and construction plans in book form and in magazines. All you have to do is ask for resources to make your home sparkle.



"Hack Your Home: Clean, Declutter and Style to Create a Space You Love!" by Tanya Mukendi, c.2024, Thorson's / Harper Collins.

"Making Space: ADUs for Modern Living" by Lili Weigert, c.2025, Princeton Architectural Press.

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and never goes anywhere without a book. She lives with a dog and 11,000 books.

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Shamrock Fest And St. Patrick's Parade In Jaffrey

SHAMROCK, Continued from page 1

The parade begins outside St. Patrick's Parish at 89 Main Street in Jaffrey. Thousands line up along Main Street (Route 124) to watch as the parade heads east and downtown past The Park Theatre. Returning participants include the nationally acclaimed New Hampshire Pipes and Drums, as well as, Hill's Bandwagon of Vermont, The Flying Irish Dancers, 1st NH Regiment Revolutions, 6th NH Regiment, Keene American Legion Band, master bagpiper Mark Polifrone, and many more.

The public is asked to join the parade as well. Organizations that can march, or businesses that could enter a float, can sign up at 603-532-8888.

The Shamrock Fest begins on Thursday, March 12 with the screening of *Excalibur*, a 1981 action/adventure/fantasy film about King Arthur that was shot entirely in Ireland. It stars a who's who of award-winning Irish actors and has been completely restored with a 4K transfer. That same evening will be a screening of *Riverdance 25*, a filmed performance of Ireland's most treasured dance company.

The Boston based, and Irish rooted, comedian Jimmy Dunn gets the laughs started on Friday, March 13th. He is not only known for his stand-up; he is an actor who has co-starred in numerous television shows.

On Saturday, March 14th, one of America's most revered contemporary Irish folk bands come to the theater. ISHNA has delighted audiences around

the globe with their exhilarating instrumentals, and heart-tugging ballads.

Sunday is Parade Day with the local musical favorite The Grateful Dads, playing in The Park's Lounge starting at noon. They break to be in the parade, and they return to the theatre for Irish songs and more until 5 p.m.

Starting at noon, food will be available for sale at the concession stand and in the lobby. Items include hamburgers, hot dogs, and baked goods, plus hot chocolate, coffee/teas and lots of Guinness.

After the parade, at 3 p.m. will be screening of the classic Walt Disney children's film, *Darby O'Gill and The Little People*.

Finally, on St. Patrick's Day at 7 p.m., there will be a Limerick Slam at the theatre with a \$150 cash prize for best original limerick. Participants need to send in their limerick ahead of the evening. Traditional limericks can and will be read as well, but only an original limerick wins the cash prize. Details and rules at theparktheatre.org/limerick-slam.

During the festival, Irish Whiskey sampling with solo and trio flights will be sold. (All alcoholic purchases require photo ID.)

For tickets and information, go to theparktheatre.org or shamrockfest.org or call the box office at 603-532-8888.

The Park Theatre performing arts center is located at 19 Main Street in downtown Jaffrey.

Branch River Theatre Presents Suspenseful Drama, *Outward Bound*

DRAMA, Continued from page 1

The cast features Justin Stone, Roberta Barnes, Andrew Bosworth, Andrew Cooke, Maria Royce, Rachel Smith, Andy Freeman, William Thorndike III And Peter Eisenstadter.

There will be six performances at the Marlborough Community House at 160 Main Street in Marlborough. They are set for March 13th, 14th, 20th, and 21st at 7:30 p.m. and March 15th and 22nd at 2 p.m. Doors open 30 minutes before showtime.

General admission is \$18, senior

(62+) and students are \$15. There is an online-only reservation system. To guarantee a spot, purchase tickets in advance at: <https://www.zeffy.com/en-US/ticketing/outward-bound>

Folks are also welcome to purchase tickets at the door starting 30 minutes before the performance (subject to availability). Cash, checks, and all major credit cards are accepted.

For more details, visit Branchriver-theatre.org.



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Affordability – What’s In Your Energy Wallet?

For the average American household, a little over half of energy expenses are for gasoline, about a third for electricity, and the remainder for home heating fuels. The Electric Power Research Institute refers to this as our energy wallet. They have a lot of information for energy nerds, but what stands out is that over the last 20 years most of the painful volatility in people’s energy wallets has come from gasoline price gyrations.



In addition to fuel price volatility, energy costs are shaped by government policies, utility investments, inflation, housing and transportation patterns, the availability of cost-saving incentives, and financing options. The US average annual household energy expense was \$5500 in 2024. In the Granite State, we have among the highest average annual household energy expenses at \$7800.

To address these high costs, we need our elected officials to put citizens before well-funded special interests. The rules set by local, state, and federal governments determine who pays for what parts of our energy system. Fuel industry and utility incentives and rules too often shift or shuffle costs that are misaligned with consumers’ best interests. From permitting, taxpayer support for polluting fuels, utility upgrade choices, and outdated policies, it’s obvious that consumers have less influence than energy industry interests.

Now as we see demand for electricity rising, too many politicians are willing to increase our already high dependence on natural gas for electricity. Electricity rates rose twice as fast as inflation last year, and natural gas surged four times as fast. This has a growing impact on our energy wallets.

Energy costs will continue to rise until our representatives start resisting the attraction of fossil fuels. It baffles me that they discourage harvesting free fuel from the sun and wind in the Live Free or Die state.

Large scale solar is often more cost effective than natural gas today, based on the Levelized Cost of Energy test. I’ve witnessed solar PV prices drop to levels I couldn’t imagine 40 years ago, now batteries are on the same path. As decentralized solar with batteries get cheaper, their use is accelerating world-

wide. These decentralized solar + batteries systems are reducing transmission costs and increasing grid reliability in neighboring states.

Now is the time to accelerate the shift from the old, polluting peak power plant model to efficiency improvements, demand management and virtual power plants (utility managed networks of decentralized, small scale energy resources) that shift energy use away from those peaks, reducing costly grid upgrades and lowering bills for everyone.

Solar plus batteries in homes, businesses, and town resiliency centers have the added values of a backup power resource and in reducing the risks and costs of climate change.

While we’re encouraging our representatives to put our interests first, there are causes of higher energy bills which we have more control over, including inefficient vehicles, buildings, and appliances.

For homeowners, getting an energy audit and making the recommended improvements will reduce your heating and cooling energy expenses while improving your comfort. Choosing Energy Star appliances lowers your electric bill month after month.

Since gasoline is your biggest energy expense, has volatile prices, and 75 percent is wasted as heat and exhaust gasses by your car, why not try driving an electric vehicle? EVs are three times more energy efficient, you’ll save a bundle on maintenance, and they’re fun to drive.

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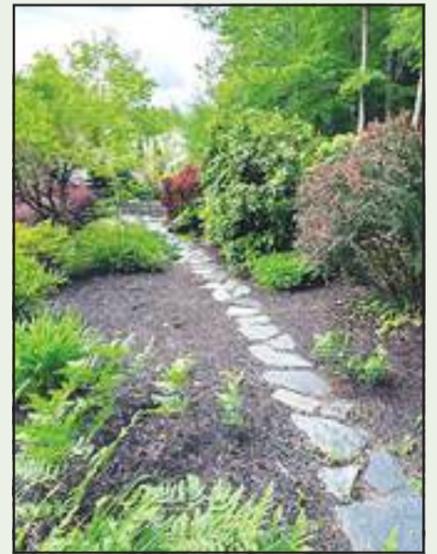
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Shape Our County's Conservation And USDA NRCS Funding Priorities

The Cheshire County Conservation District, Sullivan County Conservation District, and USDA Natural Resource Conservation Service (NRCS) will host the 2026 Local Work Group Meeting on Monday, March 16th from 5 to 6:30 p.m. at the County Farm Red Barn at 193 River Road in Westmoreland.

Local work group meetings are a yearly opportunity to work with the conservation district to offer USDA NRCS feedback on their Environmental Quality Incentives Program).

For more details or to register, call 603-904-3011 or email info@cheshireconservation.org

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The Problem With Plastic Is Book Discussion In Putney, VT

The Putney Public Library at 55 Main Street in Putney, VT, and the local Beyond Plastics affiliate group Third Act Windham/Windsor, will host a community read of *The Problem With Plastic: How We Can Save Ourselves & Our Planet Before It's Too Late* on Tuesday, March 24th at 6:30 p.m.

The library has multiple copies of the book available for checkout to Putney Library cardholders; request a copy by emailing request@putneylibrary.org.

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Windham Solid Waste Management District Receives Grant To Operate Hazardous Waste

Windham Solid Waste Management District recently received an annual grant of \$37,910 for operating its Household Hazardous Waste (HHW) Depot for use by residents of the district's 18 member towns. The grant is provided by the Vermont Department of Environmental Conservation to assist solid waste districts in implementing their mandatory solid waste management plans.

The district's depot accepts cleaning

agents, pool chemicals, herbicides, insecticides, pesticides, bleach, ammonia, old fuel, antifreeze, and more. Funds from the grant subsidize the cost for this service and provide safe disposal of these hazardous materials.

Visit www.windhamsolidwaste.org or call 802-257-0272 for drop off information. Homeowners are charged a nominal fee of \$15 for up to five gallons of waste; larger quantities can be dropped off with prior approval.

Random Acts Of Flowers Program At Peterborough Town Library

A hands-on floral workshop, Random Acts of Flowers, with local florist Kathy Birkebak of Birch Creek Flowers will be held at the Peterborough Town Library at 2 Concord Street on Friday, March 20th at 4 p.m.

Inspired by the spirit of kindness and community connection, this unique program invites participants to create two small floral arrangements: one to keep and one to give away.

Birkebak will guide attendees through basic principles of floral design while sharing helpful tips and creative ideas for arranging a beautiful small bouquet. The cost is \$20 for supplies.

Space is limited and registration is required by calling 603-924-8040 or visiting www.PeterboroughTownLibrary.org. Registration closes on Monday, March 16th at 9 a.m.

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Birding On The Farm Workshop In Vernon, VT

A Birding on the Farm Workshop will be held on Tuesday, March 17th from 8 to 10 a.m. at Miller Farm in Vernon, VT. Participants should park at Vernon Free Library.

Participants will learn about farm habitat dynamics for birds, habitat management, wildlife conservation on the farm, farm conservation easements and

their importance in supporting local agriculture and wildlife, as well as species identification from experienced bird guides.

Bring binoculars and weather appropriate dress and boots. This event is free, but registration is required by calling 603-904-3011 or emailing info@cheshireconservation.org.

Six Tips for Boosting Curb Appeal This Spring

As the ground thaws and the real estate market heats up, the TurfMutt Foundation urges homeowners to "green up" their property to maximize resale value. First impressions are everything, and that starts at the curb.

The financial incentive is clear. High curb appeal can increase a home's value by an average of seven percent, while sophisticated landscaping can boost that premium to as much as 15 to 20 percent. In some markets, sellers see more than a 200 percent return on investment just due to basic lawn maintenance.

• **Think Like a Buyer:** Step across the street and look at your home with fresh eyes. Do you see an inviting yard, or one that comes with a big "to-do" list? Be honest with yourself, make a list of things that need attention, then make a plan and get to work.

• **Clean Up Winter Debris:** Don't underestimate the value of a simple yard clean-up. Removing dead limbs and clearing out matted leaves is the fastest way to show potential buyers that your home has

been well-maintained.

• **Care for the Yard:** A freshly mowed lawn, neatly trimmed edges and pruned bushes act as a frame for your home, making the entire property look more inviting to potential buyers.

• **Add Fresh Mulch:** A fresh layer of mulch around trees and in flower beds is a low-cost face lift for your yard. It suppresses weeds and provides a finish that pops in listing photos.

• **Create a Vision:** Show buyers how they can use the outdoor space to enhance their lifestyle. Set an outdoor dining table, string lights under a shade tree, or set up chairs around a clean firepit.

• **Plant with Purpose:** Plant colorful flowers (using the USDA Plant Hardiness Zone Map to decide which ones are best for your microclimate) to add visual impact that also feed pollinators. If it's too soon to add flowers to your beds, use containers to create a "move-in-ready" vibe.

Planning Underway For The Kitty Rescue Golf Tournament

TOURNAMENT, Continued from page 1

Golfers will also have a chance to try for the \$10,000 hole in one, plus many other chances to win prizes as they enjoy Crotched's golf course.

The day will start with an 8 a.m. registration and coffee and donuts along with the cart assignment. Attendees will also have time to check out and buy tickets for the many raffles prizes donated by local merchants. Photo ops with Quinten are also a favorite part of the event throughout the day. A sit-down lunch will be served in the banquet hall as the golfers finish their 18 holes. During lunch, prizes will

be awarded for the First Place Team closest to the pin (man and woman) and longest drive (man and woman). The raffle drawings will also take place at this time.

Throughout the event Kitty Rescue merchandise will be available for sale. T-shirts, sweatshirts, and bumper stickers are some of the items that will be available.

"This year the tournament is extremely important, as we will be trying to raise money to buy equipment for our new surgical and exam suite," explains Bourgeois. "The new surgical unit will not only provide needed surgeries for the cats that reside at our rescue, but we are hoping to be able to provide low cost spaying and neutering for the cats in our area." The cost to outfit the space and purchase the needed equipment will be between \$20,000 and \$30,000. So they would love to have a full tournament this year to help them reach their goal.

Those who would like to join the tournament may go to their website, www.kittyreacueNH.org, and click on the golf tab. They can also join by scanning the QR code in the ad in this week's paper on page 15. The cost is \$125 per person and \$500 per foursome.

Monadnock Kitty Rescue & Adoption is a 501c3 non-profit, no-kill adoption center and feral sanctuary. They rescue over 200 cats and kittens every year and are home to over 100 cats in residence. They are run solely by a team of dedicated volunteers.

To volunteer to work at the rescue or help with events like the golf tournament, give them a call at 603-532-9444 or stop by. They are located at 11 Plantation Drive in Jaffrey. Open hours are Tuesday and Thursdays from 6 to 9 p.m. and Saturdays from 9 a.m. to 1 p.m.



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SuperHero SpotLight Recognizes Feeding Tiny Tummies Volunteer

VOLUNTEER, Continued from page 1

Beyond his regular shifts, VanKirk has devoted countless hours building shelves, reorganizing storage areas, and improving organization throughout the pantry. His thoughtful ideas, strong work ethic, and attention to detail have made a meaningful difference in daily operations. Fellow volunteers describe him as dependable and always willing to step in where help is needed.

VanKirk began volunteering alongside his wife, Connie, who shared his passion for service and later served as board chair of Feeding Tiny Tummies. After her sudden passing in July, he continued volunteering in her honor, carrying forward their shared commitment.

Feeding Tiny Tummies serves the community through programs such as Bags to School and twice-weekly open pantry hours with minimal barriers to access.

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A Nod To Irish Cooking

Irish cuisine has traditionally been based on fresh vegetables, fish such as salmon and trout, shellfish, animals raised in a temperate climate, traditional soda bread, various cheeses and, of course, the potato. Potatoes were widely adopted in the 18th century and essentially became the main crop for the Irish working class during difficult economic times. By the 21st century, much traditional Irish cuisine was being revived, including such representative dishes as Irish stew, boxty, soda bread, coddle, and colcannon. Today, Irish cooking is a welcome celebration of both new and traditional food preparations that continue to feature fresh seafoods, locally raised game and meats, dairy products and a variety of root vegetables – each treated with fresh food preparation ideas and emphasis.

combine leeks, water, olive oil, lemon zest and dill. Cover with a lid or foil and bake 20 to 25 minutes, stirring once halfway through. Remove from oven; push leeks aside and add salmon steaks to dish. Spoon leeks evenly over fish and season with salt, pepper and lemon juice. Bake, uncovered, until salmon is opaque on the outside but translucent on the inside, 10 to 12 minutes. To serve, divide leeks among four warm plates and top each with a salmon steak. Serve with lemon wedges and dill sprigs. Makes four servings.

Cooking Corner



with Nancy Adams

Irish Boxty

This dish is as traditional an Irish potato food as it gets! It's best described as a combination of a pancake, a hash brown, a potato latke, and a rosti. Serve these for dinner with roasted salmon or stew. They are also good for a hearty breakfast with ham and eggs. Or form the patties smaller and serve them as appetizers, topped with a few slices of thin smoked salmon and a dollop of sour cream, sprinkled with chives.

Ingredients:

- 1½ cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes
- 1 large egg
- 1 tablespoon milk
- salt and pepper to taste
- ¼ cup olive oil

Toss grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined. Whisk egg and milk together in a separate bowl; mix into the potatoes. Season to taste with salt and pepper. Heat oil in a large skillet over medium-high heat. Drop in potato mixture, forming patties about two inches in diameter. Fry on both sides until golden brown, three to four minutes per side. Drain on a paper towel-lined plate. Serve warm. Makes six side dish servings.

Mom's Irish Soda Bread

My Mom wasn't Irish but she sure made good Irish soda bread for many years. Now I'm fortunate enough to have her recipe and continue the tradition.

Ingredients:

- 2½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¼ cup butter
- ½ cup sugar
- 1 large egg, beaten
- 1½ cups buttermilk
- 1 cup raisins (golden raisins or your choice)
- 1 or 2 tablespoons caraway seeds, to taste

melted butter and sugar for topping

Sift together the flour, baking powder, salt and baking soda; set aside. Cream butter and sugar in a large bowl. Add egg and buttermilk, mixing well. Add liquid to dry ingredients until just mixed. Fold in raisins and caraway seeds. Place bread in buttered, round baking dish or in a loaf pan. Brush top with melted butter and sprinkle with a little sugar. Bake at 375 degrees for 30 minutes; lower temperature to 325 degrees and bake 30 minutes longer.

Roasted Salmon with Leeks

Leeks, a member of the onion family, are one of the oldest Irish vegetables. Leeks have always been popular in Europe but have never gotten the attention I think they deserve in this county. They are used in this recipe as a bed for salmon steaks in a flavorful recipe adapted from *The Irish Heritage Cookbook* by Margaret M. Johnson.

Ingredients:

- 3 large leeks, washed, white part only cut into 1/4-inch slices
- 2 tablespoons water
- 1 tablespoon olive oil
- 2 teaspoons shredded lemon zest (peel)
- 2 teaspoons minced fresh dill
- 4 salmon steaks, 4 to 6 ounces each
- salt and freshly ground pepper
- 2 tablespoons fresh lemon juice
- lemon wedges and fresh dill sprigs for garnish

Preheat oven to 425 degrees. In ovenproof casserole large enough to hold all steaks in a single layer,

Irish Cheesecake Bar

A hint of coffee and Irish whisky makes this dessert perfect for St. Patrick's Day or any other time for that matter.

Ingredients:

Crust:

- 1/2 cup butter, at room temperature; 1/4 cup sugar;
- 1½ cups all purpose flour; pinch salt

Filling:

- 16 ounces cream cheese at room temperature
- 1/2 cup granulated sugar
- 1/2 cup Irish Cream liqueur
- 3 large eggs, at room temperature
- 1 tablespoon instant espresso powder
- 1 teaspoon unsweetened cocoa powder
- 1/2 teaspoon vanilla extract
- 1 tablespoon all-purpose flour
- sweetened whipped cream for topping

Preheat oven to 350 degrees. Butter a 9x13-inch pan. To make the crust, cream the butter and sugar and then blend in the flour and salt until the mixture is crumbly. Pat into your prepared pan, pressing down slightly with your fingers to get an even layer. Bake for 15 minutes. Make the filling by creaming the cream cheese and sugar together, making sure your ingredients are at room temperature to avoid a lumpy batter. Beat in the Irish Cream, and then the eggs, one at a time. Blend in the instant espresso, cocoa powder, vanilla, and flour. Turn the batter out onto the crust and smooth out evenly. Bake for about 20 to 25 minutes just until the cheesecake is set. Let cool before slicing. Serve with whipped cream for topping as desired.

Note: Thanks to an unsigned reader with a White River Jct., VT postmark who wrote me in February with some recipe comments about my Forgotten Pork Chops and Brownie Tarts. Don't let it bother you if you are slow – just keep on cooking! Nancy.

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.

Takeout Only St. Paddy's Dinner In Troy Saturday

On Saturday, March 14th, a Takeout Only St. Paddy's dinner will be held at Samuel E. Paul Community Center at 61 South Street in Troy from 4 to 6 p.m.

This corned beef dinner with all the fixings is \$8 per person.

Second Saturday Roast Beef Supper In Bernardston, MA

The United Church of Bernardston's Second Saturday Roast Beef Supper will be held on March 14th with seatings at 5 and 6:15 p.m.

The roast beef meal includes mashed potatoes, gravy, vegetables, rolls, and dessert for \$15.

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YMCA Camp Takodah Invites Families To Rediscover The Power Of An Unplugged Summer

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Takodah serves youth entering second through ninth grade, welcoming a primarily New England-based camper community alongside families from across the United States and around the world. Through shared cabin life, outdoor adventure, creative arts, and lakefront swimming and water activities, campers develop independence, resilience, and confidence.

Takodah's two-week program includes four sessions: June 28th to July 10th; July 12th to July 24th, July 26th to August 7th, and August 9th to August 21st. Each session features gender-focused village communities designed to support age-appropriate development and meaningful peer relationships.

For families new to overnight camp, Takodah also offers a One-Week Starter Program for campers entering second–sixth grade (June 28th to July 4th and July 4th to 10th).

Registration is now open, and space is limited. Families can learn more or register at www.camp-takodah.org, email info@camptakodah.org, or call 603-352-0447.

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Soulful Sleep

Imagine for a moment how our ancestors moved each day from the busyness of daylight into the quiet of night and sleep. Consider how the cycles of day and night were experienced before the advent of electric lights and all the incoming technologies that are a normal part of our lives now. Do you envision quiet chores, gathering together around a fire or oil lamp, storytelling, perhaps playing musical instruments, ending the day with prayer and meditation?

Most of us live with lights and electronic stimulation right up to the moment we decide it's time to sleep. Then we switch things off and expect to be able to peacefully drift away. That's a lot to ask of a body and mind that are designed to move with the cycles of nature we've become profoundly disconnected from. It's no wonder we have so much trouble sleeping.

The advent of electric lights in the 1880s stretched artificial day into night, suppressing melatonin and fragmenting our innate rhythms. Today, 70 million Americans suffer insomnia, difficulty falling and staying asleep. We are haunted by what sleep psychologist Dr. Rubin Naiman calls "wake-centrism" – our culture's obsession with productivity that treats sleep as a mere biological chore.

Naiman, clinical assistant professor at the University of Arizona's Andrew Weil Center for Integrative Medicine, offers a thoughtful transformative approach to helping us find restorative sleep: Integrative Sleep and Dream Medicine. A shift from our current default of using sleep trackers and medications, this approach reframes sleep as a natural and essential state of consciousness – serene, sacred, and soul-nourishing.

Night and sleep bring a different and essential state of consciousness. "We're not unconscious when asleep," Naiman asserts. "Night is where we reconnect with deeper self." His approach critiques modern medicine's over-medicalization of sleep problems, and blends science, depth psychology, and spiritual wisdom to heal our modern loss of restorative sleep as nature intends it.

Our first step is to restore our relationship to sleep, not just try to fix our sleep problems. We need to understand and honor the beautiful role this state of consciousness has in our lives. We don't sleep just for the purpose of being more productive the next day. In

sleep, our body and mind shift attention and energy from the activities of survival to much needed deep repair and healing – physically, mentally, emotionally, and spiritually. The ancients regarded sleep and dreams as sacred and used this for spiritual growth.

The overstimulation of our screens and substances steals the healing integration that sleep is intended for. Soulful sleep honors the rhythms of nature within and around us. We can bring ourselves into that harmony by dimming lights two hours before bed, cool our room to 65°F, and embrace evening rituals – warm baths, gentle yoga – to signal surrender. We can shift from feeling that we need to make ourselves go to sleep and instead create the conditions that allow sleep to come for us.

Healing Perspectives

with Nadine Laughlin



I like to envision a bridge between waking life and sleep life. With my patients struggling with sleep, I sometimes ask them to use their creative imagination and draw a picture that represents daytime life and another picture that represents deep restorative sleep. Now imagine the bridge between the two. What would that bridge look like in your imagination? What would you want to leave behind in daytime life rather than carry it across the bridge into sleep? Allow your imagination to sink into this vision.

Restoring soulful sleep is a kind of cultural rebellion. We reject the relentless overstimulation and overproductivity of modern life. We learn to be curious about and honor the nature of sleep. We realign with the intelligence and healing wisdom of natural cycles. This is good and true medicine.

Nadine Laughlin, APRN can be found at Monadnock Mind Body Medicine in Keene, NH; www.monadnockmindbody.com.

Revolutionizing Wellness White Pine

Did you know that one of the greatest boosts to your health is free, readily available year round, and probably just outside your door? Hint: It cured French explorers from scurvy and probably could have saved many of our Pilgrim forefathers from dying during the first few winters.

I am talking about the majestic white pine tree whose wonderful long needles have a long history of boosting the health of our ancestors. According to WebMD, white pine needle tea has anti-cancer, anti-microbial, antioxidant, anti-aging properties. They also offer heart protection and an immune system boost. Most mornings, I take a clump of white pine needles and put them in my coffee. I love the taste and there is an immediate calming effect that I need and love. With five times the Vitamin C found in an orange, white pine needle tea is my personal go to. It can be yours too, and, as with anything, if you are pregnant check with your medical provider or nutritionist. In my opinion, nothing beats nature, and nature is all around us. May you feel better, heal faster, and live longer!

Joseph Mabe is a native of Swanzey. As a recreational scuba diver and owner of Hyperbaric Fitness he has promoted health and wellness for the past 15 years through the transformative effects and healing powers of hyperbaric atmospheric sessions. He can be reached at 603-460-5683 or by email at: info@hyperbaricfitness.com.

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Spring Cleaning For The Family

Next week marks the official first day of spring. Although we celebrate a new year in January, the start of spring feels more like a new start to me. It's a time to open windows on the first glimpse of warmer days and clear the air. It's a time to sort through closets and clean out the house in a more thorough manner. Spring cleaning can make you feel lighter and ready to embrace the new season.



This year, you might think beyond the drawers and closets, and do some spring cleaning for your family life, too. The fatigue of winter I discussed in my last column may be easier to let go of with a little family spring cleaning. Spring is an opportunity to reset and recharge.

Start with your family's schedule. Take a look at your calendar the same way you might address an overstuffed junk drawer. What activities are you holding onto that you don't really need? Are there things that no longer fit your lifestyle that you need to toss out? Perhaps your child signed up for an activity and decided it wasn't something they enjoyed doing. Are there commitments that you can pare down so that what you choose to keep brings your family satisfaction and joy?

Spring is a perfect time to give permission to quit something that isn't working so well any longer. You may want to arrange your schedule so that there is one night with nothing scheduled each week. Allowing yourself to build some breathing room into your schedule, similar to opening the windows to clear out your home.

Next, take some time to declutter the emotional clutter. Families may have built up some frustrations, resentments, and general irritation during that late winter fatigue. Old arguments that haven't been resolved may pile up like the pile of mismatched socks. Take a little time to address those lingering negative situations. Express apologies and offer forgiveness to tidy up your relationships. The effort of reconnecting, letting go of negative feelings, and repairing any rips in your family relationships can allow them to refresh. It's great to show kids the importance of relationship repair as you move into the fresh new season.

During the shorter winter days, routines may have been more rushed and lacking variety. As the days start to grow longer, there may be more opportunities to build in joyful experiences. This could be getting outside for a short walk either before or after dinner

allowing your family to get some fresh air and a few rays of daylight before the sun goes down. You might start having a pancake breakfast on a weekend morning that everyone looks forward to enjoying. Add a few small opportunities to remind your family that you actually enjoy each other's company.

Another reset can be around the household rules for digital clutter. As everyone may have turned to the ease of using screens for enjoyment and digital interactions during the long winter, spring is a great time to reset expectations. Frame it like a family experiment, with maybe one evening to be tech free, and try it for a month. No huge overhaul or fighting about the plan, just a gentle push to see how people feel when taking a little break.

Encourage children to participate in clearing out excess from their own rooms. Explain that it is easier to appreciate the things we have when they aren't hidden under the clutter of the things we no longer use. Find places to donate some toys or clothes that are no longer serving your family. Your kids may discover things they really like that they forgot about in the chaos of too much stuff.

Finally, spring clean expectations. Sometimes we get stuck with the idea of what the family should include. It might be an image of a perfectly clean mudroom and kids that always do what you ask and never forget to use polite words. These expectations may not be reasonable. If you have two dogs and three kids that track in the spring mud, your mudroom will never look like you imagine it should. Kids are not perfect beings, and they will make mistakes. When things don't go according to the image in your head, you might be left feeling like something is wrong even when it isn't.

Families, like spring, are messy and muddy with spots of color starting to break through the winter ground. Think of spring as a time to reset and allow some grace for the mistakes in life. As you organize your closets, open windows, and sweep out the dust and debris, allow spring cleaning to extend to your excessively busy schedules and unrealistic expectations, sweep away grudges, and open the window to new and fruitful conversations.

In doing so, you may discover that the freshest space in your house is the one where the family gathers for connection, communication, and fun. Enjoy your spring.

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



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March 12, 2026

Anthony S.P. Campbell, son of Amber Goodell, Langdon, 7

March 13, 2026

Blake Cooper, son of Russell & Sabrina Cooper, Richmond, 10

Reese Mason, daughter of Derek & Morgan Mason, Keene, 8

March 16, 2026

Sara Mackenzie, daughter of Sara Mackenzie, Marlborough, 6

March 17, 2026

Korbin Dio, son of Nicole Alexander & Tim Dio, Keene, 10

Submit your Birthday Kids' entry online at: ShopperNews.com/Community

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Anthony S.P. Campbell, Langdon, 7
 Reese Mason, Keene, 8

Upcoming Events – Things To Do In The Region

EVENTS, Continued from page 23

Monday, Mar. 16

MISCELLANEOUS

Teen Crafternoon: Clay Pens 3:30-5:30pm. Timken Teen Space, Keene Public Library, 60 Winter St. Middle and high schoolers, create beautiful pens with Polymer Clay. Eleanor Green: 603-352-0157. egreen@keeneeh.gov.

Work Group Meeting 5-6:30pm. County Farm Red Barn, 193 River Rd., Westmoreland. A chance to work with the Conservation District to offer USDA NRCS feedback on the Environmental Quality Incentives Program. Registration required. 603-904-3011. info@cheshireconservation.org.

Tuesday, Mar. 17

DINING PLEASURES

Keene VFW St. Patrick's Day Luncheon 11:30am-2pm. Keene VFW Post 799, 459 Winchester St. Corned beef & cabbage meal or Reuben sandwich meal. Reservations re-

quired. Reserve take-out or dine-in by Friday, March 13th. 603-357-0149 or 603-209-1277.

FAMILY FUN

PJ Storytimes: Aimee LaRue 5pm. Peterborough Town Library, 2 Concord St. Stories around a theme and a craft. Celebrating St. Patrick's Day. For kids of all ages, geared towards preschool through early elementary. 603-924-8040. www.PeterboroughTownLibrary.org.

LECTURES & WORKSHOPS

Birding on the Farm Workshop Series 8-10am. Miller Farm, Vernon, VT. Open to birders and enthusiasts of all skill levels. Bring binoculars and weather appropriate dress & boots for walking. Free, registration is required. 603-904-3011. info@cheshireconservation.org.

Wednesday, Mar. 18

ARTS, MUSIC & THEATER

Echoes of Floyd, Pink Floyd Tribute Band 8pm. Peterborough Town House, 1 Grove St., Peterborough. Tickets at www.peterboroughconcertseries.com.

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ENTERTAINMENT

and DINING



Wednesday, Mar. 11

ARTS, MUSIC & THEATER

Artist Talk and Demonstration: James Cusmano 5-6pm. Peterborough Town Library, 2 Concord St., Peterborough. During this special program, Cusmano will discuss his creative process, offer a hands-on demonstration, and take questions from attendees. **603-924-8040**. www.PeterboroughTownLibrary.org.

MISCELLANEOUS

Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment HCS Charlestown, 33 Arborway. Confidential, free of charge discussion of services that are available. **603-352-2253**. www.HCSservices.org.

March Old Homestead Garden Club Meeting: Beaver Tales by Liz Kautz 1pm. First Congregational Church of Swanzey, Friendship Hall, 679 Old Homestead Hwy. The meeting will have Liz Kautz, the Education Program Manager from Stonewall Farm speaking about Beavers. All are welcome. www.oldhomesteadgardenclub.org/.

Walk-in Wednesdays 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free of charge discussion of services that are available. From Healthy Starts to Hospice care. **603-352-2253**. www.HCSservices.org.

Home Healthcare Hospice & Community Services: Walk-in Wednesdays 1-3pm. HCS Peterborough, 454 Old Street Road Medical Arts Building, Suite 208. Confidential, free of charge discussion of services that are available. **603-352-2253**. www.HCSservices.org.

brarian followed by time for practice and questions. Attendees are encouraged to bring their own devices. Limited tech tools are available for the workshop. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Friday, Mar. 13

ARTS, MUSIC & THEATER

Branch River Theatre Presents Outward Bound 7:30pm. Community House, 160 Main St., Marlborough. Step aboard a 1920s era passenger liner where the fog is thick and the destination is a total mystery for the suspenseful drama. \$18/\$15 senior & students. Tickets available at **603-263-7060**. tickets@branchrivetheatre.org. www.zeffy.com/en-US/ticketing/outward-bound.

Something Wonderful Tonight - Clapton/Harrison Tribute 7:30-9:30pm. The Colonial Theatre, 95 Main St., Keene. This 8-piece ensemble is made up of passionate, highly skilled musicians dedicated to capturing the essence of two of rock's most influential figures. \$40/\$32/\$27. **603-352-2033**. www.thecolonial.org.

MISCELLANEOUS

JourneyDance: Release - Create - Celebrate 4-5pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Move through emotion, intuition, and sensation to awaken your whole self with JourneyDance® Guide, Caitlin Clarke. Donation Based - \$25. 100% donations for Gathering Waters Charter School. **603-762-3129**.

Saturday, Mar. 14

ARTS, MUSIC & THEATER

Dr. Seuss's The Cat in the Hat Live On Stage 2-4pm. The Colonial Theatre, 95 Main St., Keene. Co-presented with the Cheshire Children's Museum. Dr. Seuss's The Cat in the Hat is a fast-paced, laugh-out-loud live performance that delights children and parents alike. \$50/adults, \$30/youth under 12. **603-352-2033**. www.thecolonial.org.

Branch River Theatre Presents Outward Bound 7:30pm. Community House, 160 Main St., Marlborough. Step aboard a 1920s era passenger liner where the fog is thick and the destination is a total mystery for the suspenseful drama. \$18/\$15 senior & students. Tickets available at **603-263-7060**. tickets@branchrivetheatre.org. www.zeffy.com/en-US/ticketing/outward-bound.

DINING PLEASURES

St. Patrick's Church Corned Beef Dinner: Grab-n-Go 3-5pm. St. Patrick's Church, 80 Main St., Northfield, MA. Pick up between 3-5. All homemade by parishioners. Delicious corned beef, cabbage, carrots, Irish Soda Bread, & dessert. \$15. Reservations suggested by March 10th at **603-577-0198**.

\$8 Takeout Only: St Paddy's Dinner 4-6pm. Samuel E. Paul Community Center, 61 South St., Troy. Corned Beef and all the fixings. \$8. Takeout only. www.troytownrec@gmail.com.

Second Saturday Roast Beef Supper 5pm. United Church of Bernardston, MA, 58 Church St. Second seating at 6:15. Roast beef with gravy, mashed potatoes, vegetable, rolls, baked dessert. \$15. Call for reservations or to reserve take-out meals. Second Saturday of the month now through April 2026. **413-648-9306**.

LECTURES & WORKSHOPS

Dye Sublimation Mugs Workshop 10:30am-12pm. Kingsbury Makerspace, Keene Public Library, 60 Winter St., Keene. Learn to use Cricut Maker 3 and mug press to design and print your custom mug. To participate in this workshop you must be a Keene Public Library card holder. Be over 18 years old and complete the online tutorial: Introduction to the Makerspace at <https://my.nicheacademy.com/makerspacetutorials>. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

'The Metaphysical Arts Guild' - Community Wellness Support with Tarot Readings and other Divination Services 1-4pm. 103 Austine Dr. Holton Hall 4th floor Conference Room, Winston Prouty Campus Brattleboro, VT. This community gathering will make it possible for anyone to receive guidance, insight and support. Event will be ongoing once a month. Patti Newton: 802-254-9600. silvermoona@gmail.com. www.silvermoonvt.com/.

Sacred Sound Sanctuary 6-8pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Experience a transformative journey with Emma Rose and Emily Jo in the Sacred Sound Sanctuary, where you will explore your inner potential through guided practices designed to release, receive, and restore harmony within your body, mind, and spirit. \$45. **603-762-3129**. www.vagarog.com/alohakeene.

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Thursday, Mar. 12

MISCELLANEOUS

The Monadnock Club: A Political Discussion Group 3-4pm. Peterborough Town Library, Kelly Room, 2 Concord St., Peterborough. A new place to share views, listen to others, and consider perspectives different from your own. The discussion leader will share an agenda before each meeting, including starting topic(s), any recommended reading, and the ground rules. bithlo178@gmail.com.

Tech Talk - Web Searching 6-7pm. Masiello Classroom, Keene Public Library, 60 Winter St., Keene. A monthly discussion and hands on training aimed at improving tech skills and savvy. These events are free and open to all regardless of experience. Each month will have a different focus. The first 20 minutes will be a presentation by a li-



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Thursday, March 19 • 7pm
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Coffee House & Open Mic
Saturday, March 21 • 6-9pm
Feature: *Dragonfly*



Dublin Community Center
1123 Main St., Dublin, NH
info@dublincommunitycenter.org

MISCELLANEOUS

Drop-in Knitting Circle 10am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Richmond Public Library: 603-239-6164.

Open Sugar House Weekend 11am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. Tours, samples & raffle. 603-358-3321. www.woodardssugarhouse.com.

Sugarhouse 11am-5pm. Crescendo Acres Farm, 21 Carpenter Rd., Surry. Sugarhouse is open to visitors weekends in March. 603-352-9380. www.crescendoacres.com.

Assisted Living Open House & Pizza Party 12:30pm. Covenant Living of Keene, 100 Wyman Road, Keene. Open to older adults, families, caregivers, and community members. RSVP at 877-317-0930. www.covlivingkeene.org.

Sunday, Mar. 15

ARTS, MUSIC, THEATER

Branch River Theatre Presents Outward Bound 2pm. Community House, 160 Main St., Marlborough. Step aboard a 1920s era passenger liner where the fog is thick and the destination is a total mystery for the suspenseful drama. \$18/\$15 senior & students. Tickets available at 603-263-7060. tickets@branchrivertheatre.org. www.zeffy.com/en-US/ticketing/outward-bound.

Scottish Fish Concert 3pm. Nelson Town Hall, 7 Nelson Common Rd #5325, Nelson.

The Monadnock Folklore Society presents an exciting afternoon of traditional and original music with Scottish Fish. Admission is \$25/\$20 (in advance). www.monadnock-folk.org/---scottish-fish-nelson-town-hall-march-15-2026/.

LECTURES & WORKSHOPS

ZenTangle Workshop: Gracie Buckman 3-5pm. Aloha Keene, 83 Court St., Keene. Buckman, ZenTangle trained, returns to guide attendees along to create a book mark. \$22. All supplies provided. 603-762-3129. www.alohaKeene.com.

MISCELLANEOUS

Yes: Yoga Earth Soul Aloha Keene Yoga Studio, 83 Court St., Keene. Bryan Russell and Sarah Koch offer their weekly class. They begin with Cacao to get the bliss going. Weekly they offer movement, FUN, and new ways to create connection to friends, family, neighbors, colleagues, and random folks. \$25/one \$40/two. 603-762-3129.

Open Sugar House Weekend 11am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. Tours, samples & raffle. 603-358-3321. www.woodardssugarhouse.com.

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For the past three years, John VanKirk has been a deeply valued volunteer at Feeding Tiny Tummies, a Keene nonprofit dedicated to addressing food insecurity in the local community. John volunteers weekly, helping prepare the pantry for open hours and ensuring operations run smoothly for the families who rely on its services.

Beyond his regular shifts, John has devoted countless hours building shelves, reorganizing storage areas, and improving organization throughout the pantry. His thoughtful ideas, strong work ethic, and attention to detail have made a meaningful difference in daily operations. Fellow volunteers describe him as dependable and always willing to step in where help is needed. When local schools need a fill-in driver to deliver food, John readily volunteers, understanding how important consistency is for children who

depend on those meals. John began volunteering alongside his wife, Connie, who shared his passion for service and later served as board chair of Feeding Tiny Tummies. After her sudden passing in July, John continued volunteering in her honor, carrying forward their shared commitment to helping others.

Feeding Tiny Tummies serves the community through programs such as Bags to School and twice-weekly open pantry hours with minimal barriers to access. With heart and compassion, John and Tiny Tummies continue to make a lasting difference for families throughout Keene.



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