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Spring Anticipation



Linda Farina of Keene was the winner of our occasional photo contest, for her early spring photo. The photo was taken in April on Swanzey Lake Road after a spring snowstorm.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a gift certificate to a local business.

Chosen photographs will show off the most beautiful aspects of our region. Photos do not need to be taken

this month, though photographs printed will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

Wild Goose Players' Presents *Cabaret*, Bringing Music, Dance, And Urgent History To The Stage

Wild Goose Players invites audiences into the seductive and unsettling world of *Cabaret*, the Tony Award-winning musical by John Kander and Fred Ebb, presented at the Bellows Falls Opera House, at 7 Village Square in Bellows Falls, VT.

The show runs from Friday, April 3rd through Sunday, April 12th with performances at 7:30 p.m. on April 3rd, 4th, 9th, 10th, and 11th. Matinée performances take place at 2 p.m. on April 4th, April 11th, and April 12th. Directed by Hallie Flower, Wild Goose Players' production will feature a cast of local performers and a live 10-piece orchestra.

Set in late 1920s Berlin at the seedy yet dazzling Kit Kat Club, *Cabaret* follows the lives of nightclub performers, dreamers, and outsiders navigating a society on the brink of profound political change. At the center of the story is the enigmatic Emcee, who welcomes audiences into a world of music, satire, and spectacle while the political climate outside the club grows increasingly dangerous.



L to R: Gwyneth Thompson, Ezra Leonard, Aidan Flower des Jardins, Coleman Drew, Casey Volikas, Deven Wicker, PJ Mead, Ajlan Beer

(Photo by Ea Maples)

CABARET, page 15

Celebrate Move Your Money Month: Invest In Your Home

By Jen Risley

Although new to many, this is the fifth year our region will celebrate Move Your Money: Bank Local, Invest Local Month in April. We invite you to join The Local Crowd Monadnock and communities across the US and discover new ways to move your money from Wall Street to Main Street: tlcmonadnock.com/investing.

If you're a fan already – and have shifted some or all of your savings to a community bank or credit union – you might ask, now what? Please read on!

If you're new to this movement, here's a bit of background.

What's Move Your Money Month?

Each April, we double down and serve up all the inspiration we can find to motivate more of us to

move our money closer to home by banking with a community bank or credit union and investing in locally owned businesses and community. When you bank locally, more of your dollars recirculate throughout our local economy, building more local jobs and prosperity.

“At local banks and credit unions, loan approvals and other key decisions are made locally by people who live in the community, have face-to-face relationships with their customers, and understand local needs,” said Stacy Mitchell from the Institute for Local Self-Reliance. “Because of this personal knowledge, local financial institutions are often able to approve small business and other loans that big banks would reject.”

LOCAL, page 12

Waiting For Spring To Spring

By Deb Paul

Every year in New Hampshire, we reach that hopeful moment when the snow banks finally begin to shrink. The sun feels a little warmer, the days stretch a little longer, and we start imagining green grass and blooming flowers. But before spring gives us anything lovely, it gives us... well, the annual unveiling of our unofficial state crop: roadside litter.

As the snow melts, the landscape reveals a familiar mix of mud, matted leaves, and the unmistakable “blooming garbage” that sprouts faithfully each year. Fast-food bags, plastic cups, and mystery wrappers reappear like artifacts from a long-lost civilization – one that apparently lived on drive-thru meals and tossed everything out the window.

It would be funny if it weren't so frustrating. Actually, it is a little funny, in that “laugh so you don't cry” kind of

way. But it's also a reminder that our environment remembers everything we leave behind.

Thankfully, every town has those unsung heroes who emerge each spring armed with gloves, trash bags, and a level of patience the rest of us can only aspire to. They clean up roadsides, town greens, school grounds, and anywhere else winter's thaw reveals a mess. Their work is invaluable, but they can't do it alone. A clean community isn't a spectator sport – it's a team effort.

And the good news is, it doesn't take much. A short walk up and down your street, even just a house or two in each direction, can make a real difference. Think of it as spring cleaning, but outdoors, and with more fresh air and fewer dust bunnies. Picking up even a handful of litter helps keep it out of storm drains, streams, and eventually the ocean. Small actions, multiplied across a town, create real environmental impact.

SPRING, page 15

From Keene To Kyiv: One Man's Humanitarian Journey

On Sunday, March 29th at 3 p.m., as part of its Nathan E. Cohen Lecture Series, Congregation Ahavas Achim welcomes Mike Hagan presenting “From Keene to Kyiv: One Man's Humanitarian Journey.” The story is his own. The lecture is free and open to the public.



Mike Hagan

When the war in Ukraine began, Hagan felt a powerful drive to help. What started with calls to volunteer groups led him to the border of Poland and Ukraine, where he worked with local communities and the Polish government to transport families, children, people with disabilities, and the

elderly – ensuring safe passage to refugee centers, retrofitted buildings, and homes across Poland.

Over the next month, Hagan traveled almost nightly, delivering aid and coordinating support. Using the connections he made, he returned to Ukraine multiple times, bringing food, medical supplies, and essential humanitarian aid directly to the front lines. Working with community leaders, fire departments, NGOs, and military units, he helped ensure critical resources reached those who needed them most.

Back home, Hagan serves the city of Keene as assistant emergency management director, plans examiner, and floodplain manager, with a background as a code enforcement officer, fugitive recovery agent, and private investigator. His lecture offers a firsthand account of courage, compassion, and the realities of humanitarian work in a war zone.

Congregation Ahavas Achim is located at 84 Hastings Avenue in Keene. For more details, call 603-352-6747 or visit www.keenesynagogue.org.

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

River

River is a one-year-old male Lab mix with a fun-loving spirit and a whole lot of potential. He came into care because his energy level was a bit too much for his previous home, especially when he became overstimulated, but he's been working hard on learning to relax. In calm, structured environments, River does very well and shows just how sweet and eager he is. He loves toys, walks with his human friends, and being social with other dogs. River will thrive with adopters who can provide daily enrichment, plenty of exercise, and a predictable routine. River is not a good fit for homes with cats or small animals, as he will chase them. With guidance, patience, and an active lifestyle, River is ready to grow into a wonderful companion.



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.monadnockhumanesociety.org.

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Grand Opening Of Books And More Thrift Shoppe Saturday

The Grand Opening of Books and More Thrift Shoppe at 9 South Village Common in Westmoreland will be held on Saturday, March 28th from 9 a.m. to noon.

This thrift store with a twist – located behind the brick church – includes books, games, puzzles, crafts, fabrics, household items, office supplies, pet items, and much more. The Cozy Book Nook with coffee and refreshments will be set up every Saturday at this time as well.

Ted's Shoe & Sport Celebrates 26 Years With Hoka Day Sale

Operating a retail shoe store can be a very long, yet rewarding journey. Just ask Ted McGreer, owner of Ted's Shoe & Sport, whose popular Main Street shop is celebrating its 26th year in business. "I feel extremely fortunate to have fitted well over a half a million feet since I opened the store," says McGreer, "and I look forward to the next 26 years of serving our community from a health perspective, but also charitably as a good corporate citizen."

To mark the store's 26-year achievement, Ted's is hosting an anniversary edition of their Hoka Day event, the biggest sale of the year packed with plenty of reasons to shop locally. For starters, for every pair of Hoka sneakers purchased on Saturday, the store will donate a pair to Hundred Nights Shelter as part of a "Buy One – Give One" promotion. Each customer will be given a scratch ticket when they check out, with four ways to win, including cash savings, Ted's socks, a mystery prize, or the grand prize – coffee for two in Italy, made possible by Wheelock Travel.

For those who are new to the Hoka brand, company reps will be on hand to answer questions. "Come experience for yourself the lightweight cushioning and active foot frame that Hoka sneakers provide," McGreer said. "You'll actually feel how they reduce joint impact while providing exceptional comfort for running, walking, or standing."

Ted's Shoe and Sport is located at 115 Main Street in Keene. For more details about Hoka sneakers or the anniversary event, the store can be reached at 603-357-8337. Visit Ted's online at tedsports.com.

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The Nathan E. Cohen Lecture Series presents:
From Keene to Kyiv:
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 When the war in Ukraine began, Mike Hagan of Keene felt a powerful drive to help. Calls to volunteer groups led him to the border of Poland and Ukraine, where he worked to transport families, children, people with disabilities, and the elderly—ensuring safe passage to refugee centers, retrofitted buildings, and homes across Poland.
 Using the connections he made, he returned to Ukraine multiple times, bringing food, medical supplies, and essential humanitarian aid directly to the front lines.
 Mike's lecture offers a firsthand account of courage, compassion, and the realities of humanitarian work in a war zone.
 (See article elsewhere in this issue)

 For more information:
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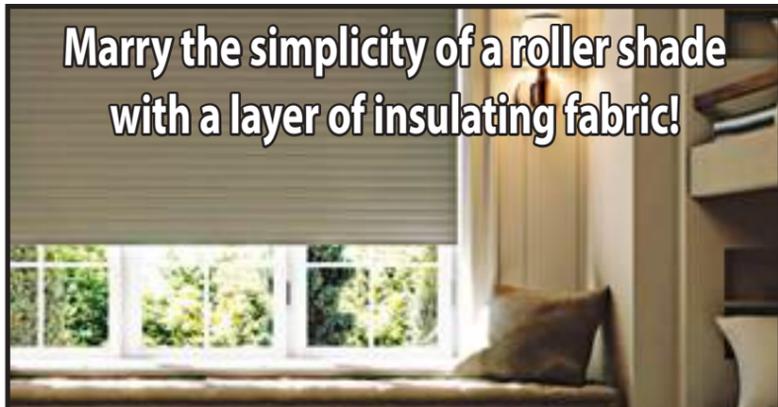
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Rise And Shine – It's Timeless!

The phrase "rise and shine" originated in the early 1800s as a military order. And while it's also a nearly-universal phrase recognized as meaning it's time to get up, it also implies a good, hearty breakfast, much like those offered at uniquely-American style diners. Perhaps you grew up going to a diner in your town – it wasn't just a place to eat, but a place where memories were stored and shared, a timeless space!

Certainly, some diner menus changed and offered high-end specials and regional/cultural dishes as times changed. Yet beneath everything, the diner still remains a timeless space where anyone can get a full breakfast of bacon, eggs and home-fries, a flavored milkshake, a slice of apple pie, and a bit of nostalgia. "What'll you have, honey?"

Eggs Benediction

This is what my husband calls Eggs Benedict, a much better name for this heavenly "rise and shine" breakfast dish with so many variations. These are oven-made in muffin tins, served traditionally on English Muffins. For variety, serve Eggs Benediction on baked potatoes, puff pastry shells, polenta, a salad of crisp greens, hash, etc. – it's really all about the Hollandaise sauce anyway!

Ingredients:
 3 English Muffins cut in half
 6 slices Canadian Bacon or cooked bacon or thinly sliced ham
 6 large eggs

Preheat oven to 400 degrees. Spray a muffin tin with nonstick cooking spray. Set aside. Place bacon on a fully rimmed baking sheet (edges on all four sides) that has been topped with a wire cooling rack. Bake until the meat has browned, about 15 to 20 minutes. Add two tablespoons of water to each cup of the muffin pan. Crack an egg into each individual indentation, taking care not to break the yolk of the egg. Place the eggs in the oven during the last nine to 10 minutes of cooking time for the bacon. Place English muffins on another baking sheet. Spread with butter and place in oven at the same time as adding eggs. As your bacon, eggs, and muffins are baking, prepare the

Hollandaise Sauce
 3 egg yolks, 1 tablespoon lemon juice, 8 tablespoons butter, 1 tablespoon hot water.

To prepare: melt the butter in microwave or in a small pot over the stove. Allow the butter to begin to bubble, but not reach a full boil. As butter is melting, add egg yolks and lemon juice into your blender. Blend at a medium to medium high setting until the egg yolk lightens to a light yellow color. This will take about 20-30 seconds. Slowly drizzle the hot butter into your egg yolks while your blender is at the medium setting. Add hot water as a final step in blending your hollandaise sauce. Pour into a pitcher to stay warm.

To assemble: place English muffins on each plate, top each with one slice of bacon. Using a spatula, gently remove poached eggs from the muffin tin, draining them on a thick kitchen towel before placing on top of the bacon. Drizzle with hollandaise sauce and serve warm. Makes six servings.

home-fries. If you prefer hash browns, you're on your own – for now anyway.

Ingredients:
 cold water for cooking potatoes, salted with 1 or 2 tablespoons salt
 1½ lbs. Yukon Gold or russet potatoes, cut into ¾" cubes (about 4 cups)
 ½ teaspoon baking soda
 4 tablespoons olive oil, divided
 1 tablespoon butter
 freshly ground black pepper
 ½ teaspoon paprika or chili powder
 1 small shallot, grated
 ½ teaspoon salt

Put potatoes, to cover, in pot of cold water with salt and baking soda. Bring to a boil over high heat; cook until potatoes are slightly soft when pierced with a fork but still hold their shape well, about five minutes. Drain potatoes; rinse with cold water. Spread potatoes in a single layer on a paper towel-lined baking sheet; pat dry thoroughly and let sit 10 minutes. Heat two tablespoons oil in a large non-stick skillet. Arrange potatoes in a single layer in skillet; cook until potatoes are golden brown on one side, six to 10 minutes. Toss potatoes in skillet, add remaining two tablespoons of olive oil; cook, stirring every three to four minutes until potatoes are golden brown and crisp, 10 to 12 minutes. Reduce heat to medium; stir in butter, pepper, shallot, paprika, and ½ teaspoon salt. Cook, stirring often, until potatoes smell great and are evenly coated, one to two minutes. Serve hot.

Cooking Corner

with Nancy Adams



Sausage Gravy

Serve this stick-to-your-ribs diner or camp-style sausage in gravy over fresh-baked biscuits, toast, baked potatoes or even corn muffins. About four servings.

Ingredients:
 1½ lbs. bulk sausage
 ¾ cup milk plus more if needed
 6 oz. can evaporated milk
 salt and freshly ground black pepper
 1½ tablespoons cornstarch
 2 tablespoons butter

Fry up sausage in a skillet until done; drain in a colander and rinse away grease with very hot water. In a saucepan, whisk together both milks, salt, and pepper and cornstarch until very smooth. Place pan over medium heat and continue to whisk frequently until mixture thickens and begins to boil. Add butter and sausage; stir over low heat until sausage is heated, adding a little more milk if it seems too thick or to adjust as desired.

Diner Vanilla Frappe

In my day, it was called a frappe drink – if it had ice cream it was a frappe; if there was no ice cream it was a milkshake. If you prefer a strawberry flavored frappe, add about one-quarter cup frozen sliced strawberries in syrup; for chocolate, add chocolate ice cream instead of vanilla; for mocha, add two tablespoons chocolate syrup and coffee ice cream. Serves one.

Ingredients:
 1½ cups vanilla ice cream
 ¼ cup cold milk
 ½ teaspoon vanilla
 optional toppings, whipped cream, cherry, sprinkles

Chill a large tall glass or milkshake glass (12 oz.) in freezer for at least 15 minutes. Combine ingredients in a blender; process on medium speed until smooth 15 to 20 seconds. Pour into chilled glass. Serve immediately with optional toppings, if desired.

Diner Style Home-fries

You may already know how to make home-fries, but here's one made the diner way, from scratch. It's baking soda that is said to be the secret to good

Omelet with Chives and Parsley

A simple omelet with herbs is always a welcome breakfast. Add whatever else you favor if desired, like a few chopped mushrooms, a bit of cooked ham, some leftover vegetables – just drizzle a few of the extras down the middle of the omelet a few minutes before you fold it over and heat it through. Serves two.

Ingredients:
 4 large eggs
 4 tablespoons cold water
 freshly ground black pepper
 ¼ cup each chopped chives and finely chopped parsley leaves
 1 tablespoon butter

Beat eggs in a bowl. Add remaining ingredients except butter and whisk together. Melt butter in a skillet over medium-high heat, letting it get slightly brown and bubbly. Pour eggs into skillet and slide them around to avoid sticking. When bottom is set, tip pan so that eggs run into the middle. When eggs are no longer runny in the middle, fold omelet over, heat through for one minute and slide onto warm plate.

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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2026 EARTH FESTIVAL

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Spring Craft Fair Takes Place This Saturday

Crafters have been busy all winter and now some are showcasing their creations at the Federated Church of Marlborough's Spring Craft Fair on Saturday, March 28th from 9 a.m. to 1 p.m.

The Marlborough Community House will have two floors of vendors offering watercolor art, unique jewelry, wood pieces, cards, pottery, and much more.

No matter what their chosen medium, these artists are sure to please the most discriminating palate. A light lunch and a bake sale will be offered.

The Community House is located at 160 Main Street in Marlborough. All are invited.

For more details, contact robinsonjoann07@gmail.com.

Free Healthy Aging And Independence Seminar

Monadnock Community Hospital will host The Art of Aging Gracefully: Living Well as We Age, a free Health and Wellness seminar designed to help adults understand practical ways to support health, mobility, and independence as they age. The seminar will take place on Thursday, April 16th at 5:30 p.m. in the Bond Wellness Center Conference Room.

Participants will learn about key factors that influence healthy aging, including nutrition, physical activity, bone health, and strategies for maintaining strength and balance. The seminar also will highlight ways individuals can reduce fall risk, stay active in their communities, and support long term well-being.

Specific topics will include: the role of nutrition in maintaining strength and energy; strategies to support bone health and reduce fracture risk; physical activity and balance exercises that promote mobility; and practical lifestyle habits that support independence with age.

The seminar is designed for older adults, caregivers, and anyone interested in proactive strategies to support healthy aging. Attendees will gain practical, science-based guidance they can apply in everyday life.

Space is limited and registration is required. To reserve a seat, visit AgingGracefully2026.Eventbrite.com. The Bond Wellness Center is located on the Monadnock Community Hospital campus at 452 Old Street Road in Peterborough.

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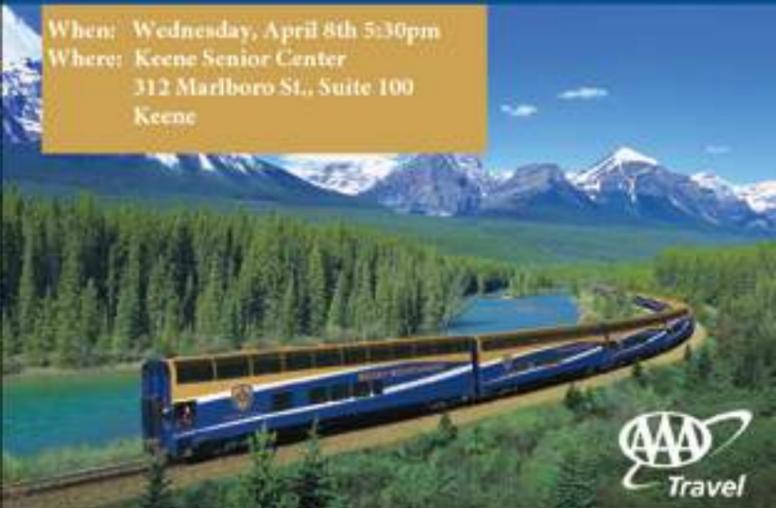
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Helping Kids Manage Emotions Through Co-Regulation

Have you noticed that when parents start to lose their composure in response to their child's behavior, the child is more likely to escalate than calm down. One major reason this happens is that children learn to co-regulate before they can self-regulate. Essentially, they need help getting their emotions under control and may be completely unable to calm down without someone helping them.

It's a parent's job to help kids learn to manage or regulate their thoughts, feelings, and behaviors. Self-regulation includes various skills: impulse control, identifying emotions, choosing effective coping skills, problem solving, and self awareness. Strong self-regulation skills are linked with better school performance, better relationships, and fewer behavior problems.



Monadnock Family
with Sheri Lapointe

Self-regulation starts with co-regulation. Self-regulation refers to an individual's ability to independently manage their emotions effectively. Before kids can learn to do this, they first learn the skills through interactions with others. Children need support from caregivers to calm themselves down. This starts as babies who are comforted when they cry. Parents hold them close and help figure out what is needed to soothe them. As babies get older, they may still need help in identifying what the problem is and comfort or help meeting a biological need to help them calm down.

Children develop self-regulation skills when they have predictable, responsive, and supportive caregivers. Co-regulation is sometimes misunderstood. It doesn't necessarily require the adult to be in close physical proximity to the child. In fact, there may be times when insisting on sitting right next to an escalating child can exacerbate the problem. Co-regulation is more nuanced and may depend on many factors to support a child in calming down.

One analogy that has been used for co-regulation is imagining each person has a bucket to help with emotional regulation. The bucket can be filled with the child's own self-regulation abilities and the parent's additional supports as needed. The child's ability to fill their own bucket may depend on a number of factors. It may even change from day to day depending on how tired or hungry the child is, the events that led up to the dysregulation, and the age and maturity level of the child. A parent's resources to add to the bucket can also be dependent on a variety of factors, such as current mental health, access to resources, and stress levels.

As children learn to calm themselves down, less may be required from caregivers. Over time, parents can provide children more time to manage independently before offering support. Sometimes it may be helpful for parents to check in and allow the child to set the boundary of how much support they need.

It's important to avoid extremes. Think of the toddler who falls while on a walk. If parents swoop in acting as if the child needs to be rescued, the child is more likely to fall apart. Helping the child up, brushing off the dirt, and offering reassurance that the child is okay is more likely to allow the child to calm down and feel better. On the other hand, a parent who gets upset with the crying child and tells them to buck up, may leave that child feeling unsupported and make it harder for the child to self-regulate.

In the event that a child is very emotionally hot and isn't able to talk it through, they may need some time to calm down before you can help them. Have a space where children can calm down. It may have pillows and blankets, soft toys, and books. This is a nurturing space. Offer some time in the calming space as needed. This isn't meant to be a punishment. It's an opportunity to help the child begin to regulate so they are able to talk it through with an adult.

In order to support the child with regulation, the adult needs to be in control. Parents need to ensure they are calm and able to support the child in the moment. Take a moment to pause, breathe, and think about how or when to intervene.

As parents start to intervene, pay attention to how the child responds. If the intervention is helping the child to gain some control, continue. If the child is getting more upset, pause, breathe, and reconsider the approach. The child may need some time alone before continuing. Let the child know you are available if needed, and continue with doing other tasks while remaining aware of the child's state. Check in and offer support and respect that children may need more time.

After the incident, have a discussion about what happened. Help the child identify the feelings that they were having. Provide praise for child's ability to manage emotions and follow up with consequences as needed once everyone is calm and able to process.

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. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.

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HOLY WEEK SERVICES

Palm Sunday Service March 29 • 10am
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Maundy Thursday Service April 2 • 6:30-8pm
 Federated Church Sanctuary

Good Friday Hike & Meditation April 3 • 3:30pm
 Please RSVP

Easter Sunrise Service April 5 • 6:30am
 Meetinghouse Site, Frost Hill Road

Easter Service April 5 • 10am
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Welcome to Holy Week at the United Church of Christ!

March 29th, 10 AM - Palm Sunday Worship

April 2nd, 7 PM - Maundy Thursday Candlelight Service
 A beautiful candlelight service commemorating the Last Supper and Passion of Christ

April 5th - Easter Sunday Sunrise Service
Live on the Square at 6:15 AM

April 5th, 10AM - Traditional Easter Sunday Service
in our sanctuary with Choir and Handbells

Also livestreamed on our website & Facebook page, & live on WKBK Radio (94.1/1290)

The United Church of Christ in Keene
 23 Central Square in Downtown Keene, NH
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We are an Open & Affirming Congregation – All are Welcome!

STOCK WATCH

Listings At Close of Market March 20, 2026 • Courtesy of RBC Wealth Management
Dow Jones Closed 45,577.47 (981.00) • Prime Rate 6.75% (0.00)

	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	221.50	(13.00)	Danaher Corp. (Kollmorgen)	189.35	2.03
Becton Dickinson (C.R. Bard)	154.13	(5.23)	Merck (Hubbard Farms)	114.18	(1.43)
Toronto Dominion Bank (TD Bank)	91.99	(1.25)	Deluxe (NEBS)	25.96	(0.60)
PC Connection	56.26	(3.58)	Teleflex (Jaffrey)	105.41	(1.91)
Bank Of America (Fleet)	47.16	0.44	Timken (MPB Corp.)	95.25	(2.29)
Corning Inc.	124.58	(4.54)	M&T Bank Corp. (People's United)	198.15	1.89
Ametek, Inc. (Precitech)	209.37	(5.12)	Dover Corp. (Markem)	209.37	5.44

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver (\$ per ounce)	68.33	(12.12)	Wheat (cents per bushel)	595.75	(17.15)
Gold (\$ per ounce)	4,515.20	(643.50)	Corn (cents per bushel)	466.25	(0.75)
Platinum (\$ per ounce)	1,926.87	(224.81)	Soybeans (cents per bushel)	1,160.50	(63.25)
			Cattle (cents per pound)	233.95	3.10
			Crude (\$ per barrel)	97.72	(0.72)

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UCC's New Music Director In Unexpected Homecoming

With the anticipation of making a joyful noise, Dr. Gregory Wilder became the new music and arts director at the United Church of Christ in Keene, at 23 Central Square, in January. He serves as choir director and organist, as well as managing arts projects within the church. Already, he has spotlighted individual talent within the choir and has plans for guest artists and antiphonal experiences – music performed from multiple locations throughout the sanctuary – to enhance worship.

Wilder's move here turned out to be an unexpected homecoming. He traces his ancestry back 200 years to Keene Congregationalist Abijah Wilder, who was a deacon and choir leader at what was called the First Congregational Church in the 1800s. Abijah was also one of the original owners of the land where the 288-year-old United Church of Christ in Keene now stands.

Abijah Wilder was a pillar of the congregation 200 years ago; Greg Wilder is making his mark now. He arrived in Keene after numerous stays in Europe, years in Philadelphia and New York City, a year-long RV trip around the country, and several years in a remote cabin in the White Mountains.

Wilder is a composer, pianist, and music technologist. He has built cutting-edge technology that brings the past into the present – training computers to learn what makes Mozart so meaningful. But he especially likes making music with humans, finding what moves the room, discovering exciting ways to "raise the praise."

Wilder holds a U.S. Patent in Music Analysis Technology, received ASCAP Music Achievement Awards four times, and has earned grants from Andrew W. Mellon and William Penn Foundations, to name a few. He has spent his career making music that bridges tradition and innovation. Services at UCC Keene under his direction have featured music spanning nearly a millennium – from the medieval chants of Hildegard von Bingen to the jazz of Duke Ellington, the polyphony of Thomas Tallis to the folk-rock of Paul Simon.

Now he looks forward to Easter, with plans for a rousing celebration. Worshipers will be surrounded by music from every corner of the sanctuary as singers and instrumentalists herald the Resurrection with fanfare building to a crescendo on the church's recently restored Berkshire-Gilbert pipe organ, a three-manual, 40-rank instrument whose full voice will herald Easter morning. All are welcome.

The United Church of Christ in Keene is located at 23 Central Square. Sunday worship services begin at 10 a.m. and are heard live on WKBK 1290AM/94.1FM radio and live streamed on ucckee.org and on Facebook. In addition to the front entrance on Central Square, there is an accessible entrance through the rear door, off Vernon Street, with an elevator inside to the second floor sanctuary. For more details, contact gwilder@ucckee.org or the church office, 603-352-4136.



Dr. Gregory Wilder



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Things To Do In The Monadnock Region

Events, Continued from page 17

Saturday, Mar. 28

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes from the time of arrival. For towns served and details about what to bring, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call 603-352-5739.

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.

Art & Sound Healing: Julie Burke, MA, ATR 11:30am. Peterborough Town Library, 2 Concord St. A gentle program combining intuitive art-making with a restorative sound bath. No art experience is necessary. Free. 603-924-8040. www.PeterboroughTownLibrary.org.

mit Road, Keene. Free and open to the public, welcomes people of all faiths to contemplate the life, ministry, sacrifice, and resurrection of Jesus Christ through sacred art. RSVP at www.local.churchofjesuschrist.org/en/units/us/nh/keene-ward/events/expressions-of-jesus-easter-art-exhibit.

Peterborough Folk Music Society: Della Mae 4pm. Park Theatre, 19 Main St., Jaffrey. Tickets at 603-318-9196. www.pfmsconcerts.org.

MISCELLANEOUS

Embodied Goddess Yoga: Emma Rose Sheldon 1:30-3:30pm. Aloha Keene, 83 Court St., Keene. A transformative experience that blends a sacred circle, somatic yoga, guided meditation, breathwork, and a dance journey. Conclude with a restorative sound bath. \$45. www.vagaro.com/alohakeene.

Alyson's Orchard Bridal Showcase 11am-2pm. Alyson's Orchard, 57 Alyson's Lane, Walpole. Giveaways and prizes. \$15 tickets, purchase at www.ticketelf.com/.

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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Sunday, Mar. 29

ARTS, MUSIC & THEATER

From Keene to Kyiv: One Man's Humanitarian Journey 3pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. With Mike Hagan. Free and open to the public. 603-352-6747. www.keenesynagogue.org.

Expressions of Jesus: An Exhibit of Sacred Artwork from Diverse Christian Traditions 4-7pm. 130 Sum-

Tuesday, Mar. 31

MISCELLANEOUS

Red Cross Blood Drive 9am-2pm. Historical Society of Cheshire County, 246 Main St., Keene. To make appointment call 800-733-2767. www.redcrossblood.org.

Wednesday, Apr. 1

ARTS, MUSIC & THEATER

Reel Night Out: April Allure/Movie Night at the Library 6-8pm. Keene Public Library, 60 Winter St. Every Wednesday, film and popcorn. Film ratings vary from PG to R, so be sure to double check the calendar before bringing the kids. April line-up is all about romantic hits. Amy Kraemer: 603-352-0157. akraemer@keeneenh.gov.

FAMILY FUN

Storytime 10-10:30am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Richmond Public Library: 603-239-6164.

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April Fools' Day Pranks

April Fools' Day has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day 2026 is on Wednesday, April 1st. Traditions include playing hoaxes or practical jokes on others, often yelling, "April Fools!" at the end to clue in the subject of the April Fools' Day prank. The embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life.



Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian calendar, as in the Hindu calendar, the new year began with the "spring equinox" around April 1st.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1st and continued to celebrate it during the last week of March through April 1st became the butt of jokes and hoaxes and were called "April fools." These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris, and Seth.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

So, you can see there is quite a history of April Fools' Day. Now in modern times, if you're old enough to remember the famous spaghetti-tree hoax, you're probably thinking that no prank could ever compare! This prank took place over a three-minute news report on the BBC's *Panorama Show*. It showed a family in Switzerland harvesting spaghetti from a tree!

This took place in 1957, when spaghetti wasn't as common as it is now, and many people believed the prank. Viewers actually phoned in to ask how they

could grow their own spaghetti trees, to which the BBC replied, "Place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

Another well-known prank was about the amazing "PowerFlower" product, which could charge up an iPad with a waterproof USB port in its stem. To the dismay of many plant loving digitally-minded people, this was, indeed, a prank. But it would have been totally useful if it was real!

In 2014, GrowVeg published a video on how to grow your own chocolate M&Ms in your garden. Unfortunately, chocolate lovers everywhere were disappointed to find that it wasn't real, but appreciated the work that went into this elaborate prank!

Another prank called "Pop Tulips" took on the concept of growing flowers using the "popcorn method," the pranksters at FunnyHowFlowersDo-That.co.uk released a video showing tulips being grown from a bag in the microwave. Definitely don't try this one at home!

A Donut Seed Prank is a popular April Fools' joke for kids where "donut seeds" (usually Cheerios or other O-shaped cereal) are planted in brown sugar. Later the seeds are replaced with real donuts, "growing" magically. It is a harmless, charming prank often used by parents or teachers for preschool – second grade children.

The Planting: Children plant O-shaped cereal in a small cup of brown sugar, from a packet that instructs them to plant the seeds to grow donuts.

The Reveal: While the kids are at school or taking a nap, the adult replaces the cereal with real donuts.

The Surprise: Kids find that their "seeds" have turned into donuts.

The packets are easy to make by using a small plastic bag, fill with Cheerios, etc., then snap shut. There is more information online that you can use for ideas. This is a fun activity for birthday parties or April Fools' Day parties.

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.

Historical Society Of Cheshire County Announces New Director Of Development

The Historical Society of Cheshire County recently announced the appointment of Eric Weisenberger as its new Director of Development. A



Eric Weisenberger

Keene resident with deep roots in the Monadnock Region, Weisenberger brings over 20 years of non-profit fundraising, community engagement, and organizational leadership to the role.

He is perhaps best known for his 12-year tenure as Director of Development at The Colonial Theatre Group, Inc. in Keene, where he managed all individual, corporate, foundation, and special event fundraising and played a lead role in the organization's 10.8 million-dollar capital campaign, which grew to \$12.5 million due to pandemic-related challenges.

"We are thrilled to welcome Eric to our team as Director of Development. His proven track record of securing meaningful support for arts and cultural organizations across the region, combined with the deep community relationships he has cultivated over the years, makes him an exceptional fit for this role," says Jennifer Carroll, Executive Director at the historical society.

Weisenberger is an active member of the Keene Elm City Rotary Club, a Paul Harris Fellow, and will serve as incoming Club President for 2026–2027. He also serves on the Keene Partner City Committee (Einbeck, Germany) and is the current Co-Chair of the Annual Wyman Tavern Brewfest Committee.

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A Numbers Problem With Our Future Hanging In The Balance

Amidst the daily onslaught of alarming news, one big concern continues to lurk in the background – climate change. The problem is real (global temperature is increasing beyond anything we have seen in the last 10,000 years). It is the result of human activity (increased production of planet-warming gases carbon dioxide, methane, fluorinated gases, and nitrous oxide), and the consequences for all life on earth will be devastating (30 inches of sea level rise, half a million deaths from extreme heat, loss of one quarter of all species, etc.). Recent studies show that if we don't achieve this by 2030, the planet is likely to go past certain "tipping points," like the melting of land-based ice in Antarctica.

Recommended Actions to Reduce Climate Change (a partial list from Project Drawdown.org)	Billion metric tons of climate pollution reduced per year
Time our electricity use to match time of production (use time-of-day pricing)	7.6
More wind power: Land-based turbines	7.5
Reduce energy use in buildings: LED lighting; better windows, insulation	5.3
Install solar panels where it will displace the dirtiest electricity sources	4.8
Increase carpooling, public transit and bicycle transportation	3.89
Preserve our climate-cooling forests (tropical: 2.35; temperate and boreal: 0.79)	3.14
Increase Electric and hybrid vehicles	3.1
More Wind power: Ocean-based turbines	3.04
Improve diets: Eat less beef, lamb	2.8
Switch to less harmful coolants in air-conditioning and refrigeration	2.7
Capture methane from landfills	2.56
Reduce food waste	2.47
Increase recycling (Plastics 0.1; Metals 2.1)	2.2
Improve cement production	1.3
Increase composting by city/town	1.2
Heat with heat pumps/mini-splits	0.9
TOTAL REDUCTION (50 billion metric tons needed to avoid "hothouse planet")	54.5

There's no going back after that, it will be "hothouse planet" for a very long time. The good news is that we have the technology to solve this problem. But we have to do it fast. We have to reduce our planet-warming gases by 50 billion tons every year until 2030. So, we have a little math problem.

mend solutions based on readiness, effectiveness, availability and cost, etc. So, it is possible! Remember these are optimistic assumptions, however.

Green Monadnock
 with Catherine Owen Koning



A key point is that although every person can do some of these actions on their own, a lot of them require collective action – coming together to make changes. This isn't easy, especially now when so many people are upset with each other. Many of the solutions need leadership from business. It will also cost a lot of money, several trillion dollars. There are many ways to make all of this happen, one of which is carbon pricing, explained in John Kondos earlier column.

At the heart of the situation: we need to reduce or eliminate the burning of fossil fuels, coal, oil, gasoline, and natural gas. Extracting, transporting, and burning these fuels produce carbon dioxide, the most common planet warming gas, and nitrous oxide and methane. The overall strategy to avoid hothouse planet is to conserve energy, use clean energy sources to produce electricity, and to electrify everything – heating, transportation, cooking, etc. Then, use new technologies for the most harmful industrial processes.

We have to come together, quickly, to save ourselves. Fortunately, many of these changes will have a lot of added benefits: less air pollution means less lung disease, for example. More electricity from solar and more electric vehicles means more control over our own lives; we don't have to worry about the price of oil or who has to die to get it for us. Protecting our forests maintains our own tourism-based economy and our freedom to enjoy wildlife, hiking, hunting, and fishing in our beautiful state.

How do we make it add up? Here's the math. Estimates come from Project Drawdown, a private non-profit group of scientists who use tons of data to estimate the costs and benefits of different actions. For each one, they are assuming a certain increase in each category; shown here is the upper end (most optimistic) of their range of estimates. They recom-

But, we have to do it fast or it will be too late. Catherine Owen Koning is a Professor of Environmental Science at Franklin Pierce University, where she co-coordinates the Institute for Climate Action. She is also a member of the Monadnock Sustainability Hub's Board of Directors and co-chairs the Keene Clean Energy Team.

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

Note - the communities listed above may participate in the mover's collections, however, it is not open to "everyone" from that community, but rather people who are verified to be moving. Individuals from non-participating communities who are moving may also participate, however, they will pay the contractor directly at the rates established by the vendor - **North Ward Environmental Services** at the following rates - *Less than 10 gallons - \$110 • more than 10 gallons, less than 20 gallons - \$240 more than 20 gallons, less than 50 gallons - \$550* (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

Program Explores Preserving Whole Foods

The Keene Public Library will host Celeste Longacre in a program called Preserving Whole Foods on Saturday, March 28th from 1 to 2 p.m. in Heberton Hall at 60 Winter Street in Keene.

Longacre will demonstrate how to prepare several fermented foods, including fermented ginger ale, beet kvass, fruit kvass, and mayonnaise. Samples will be available for tasting. Registration is required.

Longacre is an accomplished gardener who has grown most of her family's vegetables for more than 40 years. She and her husband live sustainably and preserve their harvest through canning, freezing, drying, fermenting, and root cellaring. Her book, *Celeste's Garden Delights*, will be available for sale and is also available to borrow from the library.

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

Becoming More Connected

Some years ago, I attended a weekend workshop with Martin Prechtel in Vermont. A Native American man from New Mexico, he moved to an indigenous village in Guatemala and was trained as a shaman. He anticipated living in that Mayan village for the rest of his life. However, when the Civil War reached this village in the early 1980s, he had to flee for his life. Tucked in the toes of his shoes, he carried out of the country a few kernels of the sacred corn of the village.



At the end of that workshop, he gifted us with four of these corn kernels, and challenged us to grow them. A few years later, he returned to New England. I went to hear him speak. At the end of his presentation, I handed him many kernels of white corn I had grown from those four he had given me. He thanked me. Then we discussed the final chapter of his book I had purchased at that workshop. It was a list of suggestions about how to become more connected to the sacred spirit of the earth.

I told him one of his suggestions I was not able to do.

"That was the one to have a room where you know the story of every item in it, correct?"

"Yes. I couldn't do that."

"It is the hardest one," he agreed.

With food, it can sometimes be a bit easier to know the story of what we eat. Where did coffee or corn or sugar first come from, for instance? And where does the coffee bean or corn or sugar I have purchased and am now eating come from? How was it grown? How were those who grew it treated? How was it distributed? How many chains of people and transport were needed for it to arrive so I could purchase it?

With other items, I find this sacred exercise even more challenging. I look around the room where I now write this article. My desk, purchased for assembly at a store in Manchester. Not real wood. Don't know how the pressboard was made, or where it was made and packaged.

My chair: purchased in Chile years ago when that was my home. No idea of whose hands touched and made this chair.

My computer and printer, the same. No idea of the source of the contents inside these machines.

Was anyone exploited in the production of these items that I now use and rely on? Probably. Was the earth in some way exploited, did environmental degradation occur for these items to exist? Probably.

For better or for worse, this is the kind of world that most of us in the US live in these days. It is our material and cultural paradigm (which Martin Prechtel critiques).

Taking this one step further, what if these so-called "things" are not just inert objects, what if they are living beings?

If we do not know their full stories – how they arrived into our hands and homes – how might we at least honor them as they support and help us?

One way is to thank them in whatever way feels right to you. Maybe with a word of gratitude or a small prayer before use. Or even a periodic offering like a sprinkle of corn meal or a spray of some kind or the smoke of sage or tobacco.

Another way is to cultivate a practice of "enoughness" – such that even if the media and society shout: "Buy it! Own it! Purchase it now! This will make you happy. This will fulfill you." You desist.

You ask yourself: Do I really need this, or is this just a craving not in the highest interest of my own soul, and the earth's soul?"

With all the craziness swirling in the world writ large these days, thinking about the stories and sources of what we consume may not seem that important. But, it could be argued that it may be more important than ever, nurturing the sacred within and around us.

This is the final paragraph of Prechtel's book: "Give our Indigenous Souls a throne in your Home of known Origins... learn how to unconquer the earth, our bodies, souls and minds."

Skye Stephenson enjoys writing and researching about sacred stones and place. She lives in Keene: <https://skystephenson.com>.

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Celebrate Move Your Money Month: Invest In Your Home

LOCAL, Continued from page 1

Discover a local bank at bit.ly/mym2026. **You Already Bank Locally. What's Next?** Here's one innovative idea from author and local economist Michael Shuman: Move your money by investing in your home!

"Would you be willing to invest in a low-risk local option that delivers a 22% annual return over the next decade?" Michael asked. That's exactly what he decided to do. "My wife and I moved to Palm Springs, California," he continued. "After tax credits, we invested \$22,000 in a rooftop solar system (without batteries). We reckon that each year, we have avoided about \$7,000 in utility bills. By the end of 2025, the system will have just about paid for itself. By the end of year 10, we will have saved \$48,000 from our \$22,000 initial investment, which works out to a 22% rate of return annually."

Keep in mind that Michael lives in the desert, where his home cooling costs are much higher than ours here in New Hampshire. How does the return on investment translate here?

"Unlike traditional financial investments, a solar investment has many different returns," said Thomas Tutor, Solar Design Specialist at Revision Energy. "For instance, a solar electric array will increase the value of your home and lower the cost of ownership. Additionally, the money you spend on a solar project flows back into your local economy, rather than going towards importing fossil fuel energy from out of state. The environmental return on investment is hard to quantify, but reducing air and carbon pollution helps your community immediately."

Learn more at revisionenergy.com. **Homegrown Help is Here** Not sure how to best invest your dollars in your home? Or can't come up with all the money needed to carry out a project? Great news! There's help locally to make your solar and energy-efficiency dreams come true.

The Monadnock Sustainability Hub (The Hub) recently rolled out the Electrify Monadnock Fund, a homegrown rebate program that empowers low- to moderate-income Monadnock Region residents to make their homes cleaner, more efficient, and more resilient by supporting the transition away from fossil fuels. When you sign up for the program, one of

the Hub's Home Energy Coaches will reach out and help you get started.

"The Hub Coaching program is about more than just technical expertise," said Rachel Ranelli, The Hub's Program Manager. "Volunteer coaches act as mentors, guiding their neighbors through what can often be a confusing and costly process. Coaching is

Celebrate Local
 with Jennifer Risley



especially beneficial for those who may feel uncertain about where to start or how to manage the financial aspects of electrification. With guidance from local experts, homeowners can make informed, sustainable choices that enhance both their home's efficiency and their overall quality of life."

Thanks to the many coaches, volunteers, and donors who support the Electrify Monadnock Fund, you may be eligible to receive up to \$7,000 in rebates for home energy-efficiency projects. You and your coach may decide that installing solar panels, heat pumps, and electric appliances may be in your future. Or perhaps a weatherization project, electrical panel upgrades, or an electric vehicle is a better fit.

Start the application process today: monadnock-sustainabilityhub.org/electrifymonadnockfund.

Also, if you're interested in donating to the Electrify Monadnock Fund, and investing in the future of this program, visit monadnock-sustainabilityhub.org/support/donate.

Connect with Coaches and Contractors The Hub invites you to their Electrify Monadnock Fund Launch Event on Saturday, May 30th from 10 a.m. to noon at Keene Public Library's Heberton Hall. Meet The Hub's Home Energy Coaches who can help with the application process and connect with local contractors offering energy-efficiency products and services. This event is free and open to the public, but space is limited. RSVP at monadnock-sustainabilityhub.org/electrifymonadnockfund.

Get even more inspired to move your money in April (and beyond). Subscribe to *The Main Street Journal*, a free weekly online newsletter published by local economist Michael Shuman. *The Main Street Journal* aims to inspire more people to shift a portion of their savings and investments from Wall Street to Main Street: mainstreetjournal.substack.com.

Invest more of your dollars in the banks and businesses you love in our community, and join a growing movement prioritizing people, planet, and profit.

Jen Risley loves cultivating our local economy through her work at The Local Crowd Monadnock, American Independent Business Alliance, and The Main Street Journal.

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Art For A Home: Community, Coffee, And Compassion



Keith Herrick, owner of The Optimist Cafe, with Michaela Balcombe, program coordinator for MATS, and Yeiter, sit on the couch with Yeiter's paintings on display.

A new exhibit at The Optimist Café invites the community to see how art can help address one of the region's most pressing challenges – housing insecurity.

Art for a Home brings together paintings and photographs by a local artist, Yeiter, in a café setting where art becomes a starting point for conversation and connection. The exhibit is presented in partnership with the Monadnock Area Transitional Shelter (MATS), a nonprofit that helps individuals and families move from homelessness into stable housing.

All proceeds from art sales, along with optional donations, will go directly to support the work of MATS. Visitors who stop in for coffee or a meal become part of a larger effort to

strengthen the community and support neighbors working toward a more secure future.

The project reflects a simple belief: community challenges require community responses. Local businesses, non-profits, artists, volunteers, and residents all play a role in creating a place where people feel supported and connected. Sometimes small acts – an exhibit in a café, a conversation over coffee, a shared commitment to helping others – can spark meaningful change.

The exhibit will be on display until the end of April at The Optimist Café, at 16 Colls Farm Road in Jaffrey. Hours are Thursday through Monday from 8 a.m. to 3 p.m. For more details, visit www.theoptimistcafe.com or www.matsnh.org.

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CELEBRATE LOCAL

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)

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This 1950s photo shows a devastating fire at what Keene manufacturing plant?

The winner of last week's Mystery Photo was Stephanie Fontaine of Keene. The "Riverside" tourist cabins were in Chesterfield.



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CALL FOR ARTISTS

35th Annual Keene Art Walk

KEENE ARTWALK

JUNE 5 - JUNE 14, 2026 • DOWNTOWN KEENE

This is a wonderful opportunity for Monadnock region artists to take part in a grand tradition in the Keene area, promote public access to the arts, and create a gallery of art in our downtown storefront windows. We encourage artists of all mediums to submit work. For the fourth year, ArtWalk is accepting up to five entrants as 'visiting artists' who reside outside of the Monadnock Region.

Submit your application online at <https://tinyurl.com/Keene-ArtWalk>

Login or create an account and follow instructions to enter

Entry Deadline: Friday, April 3, 2026

There is a non-refundable \$40 entry fee.

THIS IS A JURIED SHOW AND NOT ALL APPLICANTS MAY BE SELECTED.

keeneartwalk.com • keeneartwalk@gmail.com • @keene.artwalk

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CELEBRATE LOCAL

Win \$50 Gift Certificate To One Of These Businesses

To enter, find these words (they relate to Jen Risley's column about Move Your Money Month) in the word search.

Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351.

One entry per person per month, please. Don't

forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate! Deadline is Friday, April 17th.

Last month's winner was Garnet Guillow who chose a \$50 gift certificate to Norm's.



Word Bank:

bank • invest • community • credit • union • money
loan • financial • homegrown • coach • contractor

Name _____ Phone _____

Preferred Gift Certificate _____

Wild Goose Players' Presents *Cabaret*, Bringing Music, Dance, And Urgent History To The Stage

CABARET, Continued from page 1

Artistic Director David Sterns describes the show's content: "Blending dark humor, provocative performances, and timeless music, Cabaret remains one of musical theater's most powerful and relevant works. Its exploration of art, culture, and politics serves as both a reflection of the past and a cautionary lens through which audiences can examine the present."

Wild Goose Players is a theatre company under

the direction of Stern along with key collaborators and a group of performers and artisans. This team has been instrumental in bringing live theatre back to the Bellows Falls region since 2020.

For more details and to purchase tickets, visit www.wildgooseplayers.com/tickets or contact The Bellows Falls Opera House at 802-463-3964.

Waiting For Spring To Spring

SPRING, Continued from page 1

Of course, spring brings its own challenges. The furnace still kicks on at inconvenient hours, the mud tries to steal your boots, and the pollen prepares its annual assault on our sinuses. But take heart: if you've survived another New England winter, you're already tougher than most. A little roadside cleanup won't scare you.

Soon enough, the flowers will bloom, the grass will green, and the air will warm. Summer will arrive before we know it. But wouldn't it be nice if we could enjoy a spring that looks as fresh and hopeful as it feels?

So as the snow melts and the world wakes up again, let's give our towns a little help waking up, too. Grab a bag, take a walk, and do your part to make sure spring arrives to a landscape worthy of its beauty. After all, we've waited long enough for it.

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Week 2: June 29 – July 3
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Week 3: August 3 – 7
 The Big Red Dog: A musical Clifford collection

Week 4: August 10 – 14
 Barnyard Palooza: Farm frolics and fun

Week 5: August 17 – 21
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Wednesday, Mar. 25

DINING PLEASURES

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

MISCELLANEOUS

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

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

Health & Wellness Seminars: Hear From Your Local Care Experts 5:30-6:30pm. Bond Wellness Center Conference Room, Monadnock Community Hospital, 458 Old Street Rd., Peterborough. Learn how Home Healthcare, Hospice & Community Services helps people remain comfortable. Limited space. Register at **603-924-4699 ext. 1110**. www.Seminars.MonadnockHospital.org.

Redcoats & Rebels: New Hampshire and the American Revolution 7pm. Marlborough Community House, 160 Main St., Marlborough. Mary Adams. Free and the public is invited. robinsonjoann07@gmail.com.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Collection takes approximately 10 minutes from the time of arrival. For towns served and details about what to bring, visit <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739**.

Red Cross Blood Drive 10am-2:30pm. Teleflex Medical, 50 Plantation Drive, Tall Pines Industrial Park, Jaffrey. To make an appointment call **800-733-2767**.

Thursday, Mar. 26

ARTS, MUSIC & THEATER

Putney Public Library Writers Salon: Hosted by Toni Ortner and Putney Public Library 7-8pm. Winter Zoom Series. Emma Paris and Roxanne Bogart will be reading. Free, open to the public. Access the link by visiting: www.putneylibrary.org/event/zoom-event-putney-public-library-writers-salon-emma-paris/.

LECTURES & WORKSHOPS

Cheshire Village at Home Event: Landscaping for Birds 1pm. Keene Senior Center, 312 Marlboro St. Monica Brandau and Paulette Fitzgerald, Master Gardeners. Tips about the shrubs and flowers that attract various types of birds. Free, registration is requested. **603-903-9680**.

MISCELLANEOUS

Great Short Stories Discussion Group 2-3:30pm. Eppes Room, Keene Public Library, 60 Winter St., Keene. The readings are from The Best American Short Stories of the Century. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Who was John Stark? 6:30pm. Westmoreland Town Hall, 780 Rte. 63, Westmoreland. Free and open to the public. www.westmorelandhistoricalsociety.org/.

"From Lawn to Native Meadow: Lessons Learned" 6:30pm. Peterborough Town Library, 2 Concord St. 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 receive free native wildflower seeds. **603-924-8040**. www.PeterboroughTownLibrary.org.

Friday, Mar. 27

ARTS, MUSIC & THEATER

The Power Station Coffeehouse Ministry 6-8pm. Whitcomb Hall, 17 Main St., West Swanzey. Intimate coffeehouse setting, where people gather to share about Jesus Christ over a cup of coffee. Tom Travers: **603-381-9077**. tom@powerstation-nh.com. www.powerstation-nh.com/.

Monadnock Conservancy: Stories About This Place 6pm. Peterborough Town House, 1 Grove St., Peterborough. Jamie Trowbridge, Bob King, Kim Peavey, Milton Trimitsis, and musical guest Ben Cosgrove. Free, registration required at www.monadnockconservancy.org/news/events.

Let's Sing Taylor: An Unofficial Live Tribute Show 7-9pm. The Colonial Theatre, 95 Main St., Keene. Ultimate tribute to the music of Taylor Swift. The most faithful and lively covers of Taylor's expansive catalog. \$37/\$30. **603-352-2033**. www.thecolonial.org.

Roger Ebert's Great Movies: A Film Forum 12:30-3:15pm. Keene Public Library, 60 Winter St. Guided tour of Roger Ebert's seminal films led by Mark Holding. Attendees of the first meeting will select the nine films to view from the second volume of Roger Ebert's The Great Movies (2006). Registration is appreciated. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

Sound/Color Vibration 7-8:30pm. Aloha Keene, 83 Court St., Keene. Peter and Bobbi Harper, award winning musicians on tour, will use many indigenous instruments including a didgeridoo. All to promote emotional well being. \$35. **603-762-3129**.

Varla Jean Merman's: A Drowsy Chappell Roan 7pm. Madame Sherri's Restaurant & Cabaret, 82 Main St. Doors open at 5 for dinner. International drag chanteuse Varla Jean Merman returns with a brand-new pop-parody spectacular. After confusing thousands of Instagram photos for her own, Varla becomes convinced that Chappell Roan

and every modern pop diva has been stealing her style. Watch Varla hilariously "reclaim" the hits of Chappell Roan, Dua Lipa, Sabrina Carpenter, Billie Eilish, Miley Cyrus, and more. Rated PG-13. Tickets at **603-354-3377**. www.madamesherri.com/events.

Red Cross Blood Drive 12am-5pm. Millstream Community Center, 19 Main St., Hinsdale. **800-733-2767**. www.RedCrossBlood.org.

Saturday, Mar. 28

ARTS, MUSIC & THEATER

Another Tequila Sunrise 7:30-10pm. The Colonial Theatre, 95 Main St., Keene. Eagles tribute, Another Tequila Sunrise has been performing to sell-out crowds across the country for over 20 years. \$40/\$32/\$27. **603-352-2033**. www.thecolonial.org.

Andrew Della Volpe 8-10pm. Showroom, 20 Commercial St., Keene. \$30. **603-352-2033**. boxoffice@thecolonial.org.

DINING PLEASURES

Pancake Breakfast Fundraiser 8-10am. Nelson Elementary School. Hosted by students to raise money for class trips. Plain & blueberry pancakes, sausage, fruit, juice, and coffee available. Donation. Nelson School: **603-847-3408**.

FAIRS & SALES

Books and More Thrift Shoppe: Grand Opening 9am-12pm. 9 South Village Common, Westmoreland. Books and More with a twist. Back by popular demand. Book Nook with coffee and refreshments. Open every Saturday. **Spring Fling Craft Fair** 9am-1pm. Marlborough Community House, 160 Main St., Marlborough. Two floors of vendors. Lunch & bake sale. Sponsored by the Federated Church of Marlborough. robinsonjoann07@gmail.com.

LECTURES & WORKSHOPS

Strengthen Your Immune System 10:30am-12pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Techniques to support wellness with a specific focus on preventing illness (or bouncing back quicker.) Learn simple self-care methods through guided demonstrations. Handouts will be provided. \$25. Jaffrey Civic Center: **603-532-6527**. info@jaffrey-civiccenter.com.

MISCELLANEOUS

Preserving Whole Foods: Celeste Longacre 1-2pm. Keene Public Library, 60 Winter Street. How to make fermented ginger ale, beet kvass, fruit kvass and mayonnaise. Some samples will be provided to taste. Registration required. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Local Food Pantries at Work 3pm. Hancock Town Library, 25 Main St., Hancock. Learn about the vital work of local food pantries in Antrim and Peterborough. Representatives from the pantries will talk about what they do and how to help. Free and open to all.

EVENTS, page 8

GUITAR LESSONS

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SPRINGFLING MARK YOUR CALENDAR!

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Lunch & Bake Sale

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Nelson School Pancake Breakfast Fundraiser

On Saturday, March 28th, Nelson School Pancake Breakfast Fundraiser will be held from 8 to 10 a.m. at the Nelson Elementary School.

The breakfast includes plain and blueberry pancakes, sausage, fruit, juice, and coffee. The cost is by donation.

This fundraiser is for the 1st and 5th grade students 5th grade trips.

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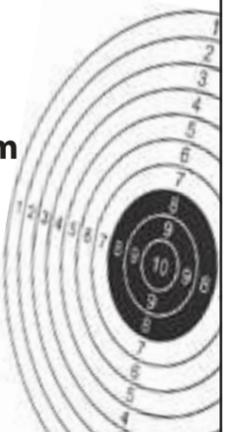
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Requirements: Valid driver's license and auto insurance, Home or renters' insurance. Ability to pass criminal, DMV, DCYF, and BEAS background checks. Your home must meet State Certification Requirements

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

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Please contact Branden@mworksource.org or Patti@mworksource.org for more information on our positions and to schedule an interview.
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Applications may be picked up at the at Town Hall, 1 Richmond Rd., Winchester or on our website, Winchester-nh.gov.

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Rent is based upon 30% of adjusted monthly income limits set by HUD. All units are one bedroom & include heat, hot water, electricity, and emergency pull cords. Also provided are laundry facilities, on-site parking, trash/snow removal and 24 hour maintenance.

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HOULE

WEALTH MANAGEMENT

Can Your Financial Advisor Act — or Do They Have to Ask First?

Here in Keene, relationships matter. In a smaller community like ours, trust is built face-to-face — not through call centers or national advertising campaigns. When it comes to your investments, that trust becomes especially important during periods of market volatility.

But there's one question most investors have never asked:

Can my financial advisor proactively adjust my portfolio — or do they have to call me for permission every time a change is needed? That distinction is more important than it sounds. Markets don't wait for voicemail messages to be returned. They don't pause while an advisor tries to reach dozens (or hundreds) of clients to get verbal authorization before making an adjustment. In certain advisory structures, advisors are required to receive client approval before each trade. While that may seem protective, in practice it can mean missed opportunities or delayed responses during critical market moments.

At our firm, we operate under what's called advisory discretion.

Advisory discretion, in an advisory relationship, simply means that after we work together to design an investment strategy — based on your goals, time horizon, income needs, and risk tolerance — we have the authority to implement adjustments when appropriate without needing to track you down first.

This allows us to:

- **Rebalance portfolios when allocations drift**
- **Adjust risk exposure during volatile periods**
- **Harvest tax losses when available**
- **Reposition income strategies as interest rates change**
- **Take advantage of market opportunities when they arise**

Importantly, discretionary management does not mean less communication. In fact, it often leads to more structured and proactive reviews. The strategy is agreed upon in advance, and adjustments are made within those guidelines. You continue to receive regular reporting, performance updates, and ongoing conversations about your financial plan. Many families in our area work with national firms. These firms provide valuable services, but investors may not always realize how their specific accounts are structured. Some accounts are discretionary; others are not. The key is simply understanding the difference. It's about awareness.

If you're not sure whether your advisor can make proactive adjustments on your behalf — or what type of agreement governs your account — it may be worth asking.

You deserve to know:

- **Who is responsible for making investment decisions**
- **How quickly adjustments can be made**
- **And whether your portfolio can adapt efficiently when markets shift**

In a community of roughly 30,000 residents, clarity and responsiveness matter. If you'd like a second opinion on how your portfolio is managed, I'm always happy to have a conversation — no pressure, no obligation. Because here in Keene, taking care of our neighbors isn't just business — it's personal.



Joshua I. Houle
CFP®, APMA®, AWMA®
Wealth Manager

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