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# SHOPPER NEWS

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## Rousseau's Music Store & Lesson Studios Learning To Play, Playing To Learn



Mike and Diane Rousseau of Rousseau's Music Store & Lesson Studios in Jaffrey offer a full-service music store, complete with a large selection of instruments for sale, rentals, repair services, and dedicated studio spaces for music lessons.

By Lori Catozzi Cook  
The true beauty of music is that it connects people.

– Roy Ayers

Playing a musical instrument has numerous benefits: it enhances memory capacity, improves coordination, fosters perseverance, sharpens concentration, and creates a sense of accomplishment. And best of all, playing a musical instrument is fun and promotes happiness in your life, and brings joy to those around you.

Mike and Diane Rousseau knew this when they opened Rousseau's Music Store & Lesson Studios at 124 Main Street in Jaffrey 20 years ago. These two

musicians have been promoting music through their music store, lessons, and their own performances in the Jaffrey community and beyond.

“People love coming to Rousseau's for the variety of musical instruments and supplies that we stock as well as our excellent music lessons,” Mike says. “We are really the only full-service music store in the Monadnock Region for all your music needs.”

Mike's love of music started at a very young age with his first drum set. After attending the Berklee College of Music as a Music Ed major, he toured the US with various bands and shows.

MUSIC, page 9

## Peking Acrobats Bring Breathtaking Artistry And Gravity-Defying Feats To The Colonial

Experience the breathtaking artistry and gravity-defying feats of The Peking Acrobats on Friday, April 3rd at 7 p.m. at The Colonial Theatre at 95 Main Street in Keene.

The Peking Acrobats combine daring maneuvers atop towering stacks of chairs, precision trick-cycling, gymnastics, incredible juggling, and awe-inspiring contortion. These masters of agility blend ancient traditions with cutting-edge entertainment. They have been featured on television, the film *Ocean's 11*, and in major venues from the Hollywood Bowl to global stages. Their exhilarating show, complete with live music and dazzling special effects, is an unforgettable celebration of human possibility and cultural splendor.

For more details or tickets, call 603-352-2033 or visit [www.thecolonial.org](http://www.thecolonial.org).

The Peking Acrobats to perform at The Colonial April 3rd.



## HCS Launches March For Meals On Wheels

As food insecurity among older adults continues to rise, Home Healthcare, Hospice & Community Services (HCS) is joining Meals on Wheels programs across the country this March to raise awareness, funds, inspire action, and ensure seniors in Cheshire County have access to nutritious meals and vital daily wellness checks.

Over the next year, Meals on Wheels at HCS is expected to deliver 92,000 meals to older homebound residents and individuals with disabilities. Meals on

Wheels at HCS directly impacts quality of life for older and disabled residents of Cheshire County, helping to maintain their nutritional health, safety and independence, preventing or delaying institutionalization. For caregivers, it provides peace of mind knowing that there will be a daily safety check for their loved one.

MEALS, page 11

## Keene Community Scales Up Emergency Shelter Response During Coldest Winter In A Decade

With New Hampshire experiencing one of its coldest and most persistent winters in recent memory, Hundred Nights, Inc. has joined forces with the City of Keene and local faith leaders to ensure that no member of the community is left exposed to the life-threatening elements.

Meteorological data for early 2026 indicates that the region is facing its most sustained stretch of sub-freezing temperatures in over ten years. In response to this “deep freeze,” a collaborative seasonal overflow shelter has been operational since January 20th, providing a critical safety net as overnight lows continue to dip into dangerous territory.

**A Seamless Community Partnership**  
The emergency expansion is a true “all hands on deck” effort. The United Church of Christ (UCC) in Keene has served as the primary host site, providing the space necessary to accommodate the surge in guests seeking warmth. In a further show of com-

munity solidarity, St. James Episcopal Church has stepped forward to ensure no lapse in coverage. St. James has reached an agreement to host the shelter during several days in March when the UCC facilities are unavailable, ensuring that the transition into spring does not leave anyone without a bed during the unpredictable late-winter weeks.

**A Key to the Operation: Staff & Volunteers**  
While the city and churches provide the infrastructure, the heart of the operation are the Hundred Night staff and the local volunteer force. Hundreds of residents have stepped up to handle the logistical demands of an emergency shelter, including:

Setting the stage: evening volunteers arrive daily to set up beds and prepare the space for guests. Morning volunteers help make coffee and get our guests started out on the right foot each day.

SHELTER, page 11

## Open Sugar House At Woodard's In Surry

Woodard's Sugar House at 1200 Route 12A in Surry will hold an Open Sugar House every Saturday and Sunday throughout March from 11 a.m. to 3 p.m. These weekends include syrup samples, tours, a free raffle, and more.

Woodard's Sugar House is known for its variety of premium maple prod-

ucts including maple syrup; maple almonds, pecans, and cashews; maple dog bones; maple cotton candy; maple candies in gift boxes; maple sugar; maple cream; and more.

For more details, call 603-358-3321, visit [www.woodardssugarhouse.com](http://www.woodardssugarhouse.com), or stop by.

## Keene ArtWalk Looking For Artists For June Event

Keene ArtWalk is looking for artists to exhibit in downtown storefront windows this June.

The event will take place from June 5th through 14th in downtown Keene. This is an opportunity for Monadnock region artists to take part in a tradition in the Keene area, promote public access to the arts, and create a gallery of art in our storefront windows. Artists of all mediums are encouraged to submit work.

For the fourth year, ArtWalk is accepting up to

five entrants as “visiting artists” who reside outside of the Monadnock Region.

Entry deadline is Friday, April 3rd. There is a non-refundable \$40 entry fee. This is a juried show and not all applicants may be selected.

Submit an application online at <https://tinyurl.com/Keene-ArtWalk>. Login or create an account and follow instructions to enter

For more details, visit [keeneartwalk.com](http://keeneartwalk.com) or e-mail [keeneartwalk@gmail.com](mailto:keeneartwalk@gmail.com).

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## St. Patrick's Day... 9 Summer Camps... 13

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**PET OF THE WEEK**  
 from THE MONADNOCK HUMANE SOCIETY

**Jager**

This man is large and in charge! Jager came into MHS at a whopping 34 pounds! He is a big, sweet gentleman with an even bigger heart... and now on a serious diet. He does need to continue his weight loss program and his adopter will need to work alongside a veterinarian to support his progress to keep him happy and healthy. MHS is helping him with his meal plans and working on his play routines to encourage movement and exercise. Good news, it's working and he's already down a few pounds – congratulations Jager! Jager can be a little shy at first, but once he settles in, he completely melts—he's a total purr machine who adores attention and loves being near his people. Underneath that initial uncertainty is an affectionate, loyal companion who truly bonds with his humans. Jager is a 10-year-old, NM, domestic shorthair cat.



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](http://www.monadnockhumane.org).

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**Community Breakfast In Troy**

A Community Breakfast will be held at the Samuel E. Paul Community Center at 61 South Street in Troy on Saturday, March 7th from 8 to 10 a.m.

The cost of this buffet-style breakfast is \$8 for adults and \$5 for kids 10 and under.



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**VOTE YES TO REZONE BASE HILL ROAD**

**TUESDAY, MARCH 10**

Stand up for fellow Swanzey residents!  
 Protect wetlands from commercial interests!  
**Vote for conservation, oppose Swanzey Planning Bd!**

- ✓ Protect an important wildlife corridor
- ✓ Preserve wetlands to prevent flooding, keep downstream waters pure
- ✓ Oppose dangerous truck traffic in residential neighborhoods

Existing commercial businesses are grandfathered and will not be affected.

Vote with Base Hill Road residents to prevent further commercial development.

**VOTE YES:**  
 Article 2 Amendment 7  
 Tuesday, March 10, 8 am-7pm  
 Monadnock High School Gym  
 580 Old Homestead Highway

..... [scsabutters@yahoo.com](mailto:scsabutters@yahoo.com) .....

## Keene VFW St. Patrick's Day Luncheon Planned For Tuesday, March 17th

The Keene VFW Post 799 at 459 Winchester Street is hosting its annual St. Patrick's Day community-wide luncheon on Tuesday, March 17th from 11:30 a.m. to 2 p.m. A complete corned beef and cabbage meal (\$12) or a reuben sandwich meal (\$10) is being offered again this year by reservation only. Both take-out and eat-in is available. To reserve, call by March 13th to Post 603-357-0149, cell 603-209-1277, or email ciperreault@myfairpoint.net

## Fundraising, Rezoning Efforts Continue For Swanzey Conservation Project

Residents and supporters working to conserve about 26 acres of land off Base Hill Road in Swanzey say fundraising and pledges are continuing as they pursue a buyout of the property and seek long-term protection for the site.

The land includes wetlands, open field, and a wildlife corridor used by animals moving between nearby wetlands and Yale Forest along the west side of Base Hill Road. Supporters say preserving the property would help maintain the rural character of the area and protect surrounding conservation lands.

Efforts are also underway to rezone the road in an attempt to retain the area's rural character and improve safety for wildlife using the corridor.

About 19 acres of the property are wetlands, and the 26-acre lot is designated as a FEMA emergency floodplain that helps protect nearby properties and residents from flooding.

Residents who live nearby say they regularly see deer, foxes, coyotes, eagles, bears, bobcats, raccoons, groundhogs, several species of turtle,

and many amphibians using the land. "It's the only open wildlife corridor on Base Hill Road to get to the wetlands," said resident Sharee Howard.

"This seven-acre hay field, along with the 19-acre wetland where the New Run Brook flows into Ash Swamp Brook, is a crucial floodplain and freshwater environment that supports numerous aquatic species and amphibians," Howard said. "It's the last open space in the area and should be placed under conservation protection."

Supporters say the field could continue to be hayed, producing roughly 1,000 bales per year to help local farms feed livestock.

Organizers also hope the property could serve as a conservation education site for local schools and the broader community.

Donations to support the effort are being accepted at gofund.me under "Preserving the Swanzey Wetlands & Wildlife of Base Hill Road."

For more details, e-mail scsabutters@yahoo.com or see the ad on page 2.

## Keene Middle School Artist Reception At Keene Library

An artist reception and opening of the Keene Middle School student Art Exhibit will be held on Thursday, March 5th from 5:30 to 6:30 p.m. at Keene Public Library at 60 Winter Street. The exhibit will be available for viewing through Thursday, March 26th.

## Swanzey Conservation Commission Offering \$1000 Scholarship

Swanzey Conservation Commission is offering its annual \$1000 scholarship to a high school senior or currently enrolled college or grad student (with Swanzey residency) pursuing higher ed in a natural science field, such as (but not limited to): forestry; marine biology; environmental science, policy, management or engineering; wildlife biology; conservation law; sustainable development or agriculture.

Check the Conservation Commission page at www.Swanzeynh.gov for details on how to apply, or contact Cheri at c.domina@proton.me with questions. The deadline to apply is Sunday, March 29th.

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**March 14** 6-8pm • Sacred Sound Sanctuary  
**March 15** 9:45-11:15am • YES with Bryan  
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## The Year-Round Magical Benefits Of Leaf Mulch

For me, one of the best aspects of our current sparkling carpet of snow is not the exercise I get shoveling it, but instead, the important moisture it will soon provide to our soil and, therefore, our landscapes. A *New Hampshire Bulletin* article called 2025 our “driest summer on record. All of New Hampshire was officially experiencing drought conditions...” Add to this the fact that the *Farmer’s Almanac* predicts that we’ll continue to experience drier conditions in our region this coming summer. Luckily, many of us have been experimenting with keeping our autumn leaves lying as another carpet in our landscapes just below this snow. Let’s take a look at maximizing the multiple benefits of this free resource to both our ornamental and food gardens.

### Woods and Gardens

with Michele Chalice



#### Leaf Mulch Slows Rain

Leaf mulch creates an uneven, porous surface that slows raindrops. This surface allows rain to soak into protected, looser soil pore spaces with less soil erosion. Studies have shown that “mulching can increase total soil porosity by up to 46 percent and available water capacity by 18 to 35 percent.” We want this rain infiltration for both our landscapes and our drinking water aquifers. Local folks who have had to pay to drill their wells deeper recently can testify.

#### Important Insects Need Our Leaf Mulch

A March 2025 study in the *Science of The Total Environment* shows how “removing autumn leaves in residential yards reduces the spring emergence of overwintering insects.” Beneficial insects provide free and effective pest control in our gardens. “Autumn leaf raking decreased the abundance of spring emerging insects by 17 percent and reduced the caterpillars (needed by baby birds) by 40 to 45 percent.” These insects not only control the other insects we do not want eating our vegetables, they are also a crucial protein and nutrient source for many wildlife species. Caveat: insects rely on a three- to eight-inch thickness



Michele Chalice with some of her leaf mulch.

of leaves, similar to that in our forests. They cannot survive in leaves piled two feet or even 12 inches. The entire yard need not be covered, just areas below plants, shrubs, and trees.

#### Insects Emerge Throughout the Season – Not Just in Spring

Douglas Tallamy, esteemed entomologist and co-founder of @HomegrownNationalPark, tells us that important insects emerge throughout the season as their food sources become present. This means that we need to leave our leaves not only in the fall, but all season long. By fall, this leaf mulch will have broken down into important soil components. The coming fall’s leaves will renew this process for the next growing season.

So, I bet you hear what’s coming. By now you know my love of single actions that have multiple benefits. For example, two-fers, three-fers, etc. Leaving the leaves from autumn, particularly under the trees that they fell from, and important mulch around all of the plants in your garden beds, is an amazing five-fer. They (1) retain moisture and (2) moderate soil temperature to protect from blazing summer heat. These leaves also (3) recycle their nutrients feeding the soil just like forests have been doing for millennia, and (4) provide habitat for the important insects that help keep our garden ecosystems in balance, as well as (5) feed our wildlife. You are welcome to reinforce your sneaking suspicion or hope that it is not wise to rake these leaves away in spring, regardless of what garden centers convinced our parents to do.

Who wants to spend the money, time, and effort to buy dead wood mulch at a store, heave the plastic bags into your car, heave them out, heave them to your garden locations, and then spread this dead wood mulch out around your plants, then do the same with fertilizers? I prefer the one and done approach. That said, checking to make sure that your leaf mulch is surrounding your plants, not covering them in spring is an important early season task that reaps additional healthy plant benefits. Less garden work, less watering, more stewardship, health, and joy!

NH Drought: <https://tinyurl.com/3wfwzew2n>  
Farmer’s Almanac: <https://tinyurl.com/3x6jaxhn>  
Mulch-Infiltration: <https://tinyurl.com/252hhup9>  
Leaf-Mulch: <https://tinyurl.com/2p8ynu8c>  
Important Insects Emerging all Year: <https://tinyurl.com/4f4vwtff>

*Michele Chalice, owner of @HealthyHomeHabitats, an environmental landscape consulting and education firm in Keene, NH, loves to talk with groups and new clients about how their home landscapes can shift to growing native plants and food, special places for their family, pollinators, and wildlife. 603-313-9153 or michele@healthyhomehabitats.com.*

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# MYSTERY PHOTO

from MARCO POLO GARDEN IN KEENE

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 Keene facility is shown in the c.1900 photo?



The winner of last week's Mystery Photo contest was Elise Dearth of Troy. The Keene store that operated in the 1980s and 1990s was Hilson Home Center.

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## Wrestling With The Water Trough

Winter on a vegetable farm brings rest, but it also brings new tasks, especially with our draft horses. Summer means pastures and streams; winter means feeding hay and grain and wrestling with the water trough.

Some winters are mild enough that we don't have to do much. Not this winter! This winter we brought out all the tools: crowbar, digging fork, shovel. Sometimes we just crack the surface of the ice for the horses to drink. The horses will also break the ice with their muzzles and the occasional hoof if necessary.

But as it gets colder and colder, we have to smash up the ice and clear it out of the trough three times a day with our various tools. Of course, we also have to fill the trough with water more frequently, which means dragging the wild and difficult hose out of the cellar through the house, as the hose catches on everything it can.

In any case, if we want to leave for a few days in the cold weather, we need a different method of keeping the horses in water. It's a more expensive method, but it sure is handy: the electric de-icer.

Over the years, we've had several, as they don't seem to last long. We've always gotten the kind that screws into the drainage plug at the bottom of the trough. We've had horses who like to play in water before; Benny, for example, would flip the hose out of the trough, and watch the water run down the driveway.

But we're at another level now, thanks to one of our new horses. One spring day, not long after Willow and Fern came to the farm, we heard vigorous splashing and significant thumping from the paddock. When we went to investigate, there was Willow with both front legs in the trough. We thought she had made a little mistake, kind of misjudged things.

We were wrong. Turns out jumping in the trough is a regular pastime for Willow. Maybe she has hot front legs. Maybe she likes to jump. Maybe water tastes better when your feet are in it too. It is a mystery, but one that we thought would certainly stop when the water was frigidly cold, with ice forming at the edges.

We were wrong. One winter day, we found Willow nearly up to her chest in icy water, happily splashing. We sighed. Soon

enough, we wanted to go visit family, so we bought our regular type of de-icer. Willow is shy, and we thought maybe she'd be leery enough of the scary metal coil in the bottom of the trough that she would only cautiously sip the water instead of jump in it.

**Green  
Monadnock**

with Kim Peavey



We were wrong.

The brand new de-icer only lasted for two short weekends away. Well, maybe it will warm up, we thought, and we won't need a de-icer. It's already the end of January.

We were wrong.

In February's below zero weather, we headed back to the horse store. My fellow had an extensive discussion with the friendly knowledgeable owner, and we came home with a new kind of de-icer: a bright blue floating one.

"Of course," said the owner, "Some horses like to pull them right out of the trough for the fun of it."

Fairly warned, we screwed two sturdy boards on the edge of the trough, and threaded the cord through the gap, to keep the de-icer in place.

So far, so good: the trough always has a spot clear of ice, and Willow hasn't broken the de-icer or pulled it out in our brief times away from the farm. Plus winter will surely end, and we won't need de-icers. Soon too we'll fire up the greenhouse, and we won't be leaving the farm at all. We can watch Willow jump in and out of the water trough all day long.

*Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See [www.hillsidespringsfarm.com](http://www.hillsidespringsfarm.com) for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.*

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## Forest Stewardship Workshop: Tree And Shrub Winter Identification Workshop

The Cheshire County Conservation District in partnership with the UNH Cooperative Extension, Antioch University New England, Long View Forest, and the USDA Natural Resource Conservation Service will host a Forest Stewardship Workshop on Monday, March 9th from 10 a.m. to noon at 77 Peachblow Road in Alstead.

Identifying trees during the winter can be a challenge. Join UNH Cooperative Extension Foresters Dode Gladders and Steve Roberge to learn some cold-weather ID tips and tricks. The focus will be

on bark, buds, and branching, and they will go over some favorite books and smartphone apps as well.

This is an easy two-hour walk in the woods. Dress appropriately, wear warm boots, and bring any snacks and drinks needed. Because parking is minimal, registration is limited to 15 people. Registration is free, but donations to the sponsoring organizations are welcomed.

For more details, call Nina Halsted at 603-904-3011 or email [info@cheshireconservation.org](mailto:info@cheshireconservation.org).

## A Teaching Forest Rooted In The Monadnock Region

Just 30 minutes north of Keene in Langdon, an 81 acre stretch of forest known as Glover's Ledge is quietly blending conservation, education, and community connection.

The property feels quintessentially Monadnock Region: mixed hardwood and softwood forest, open meadows, wetlands, streams, and ponds. In spring, vernal pools fill with meltwater and echo with amphibian calls. Throughout the year, birds move through during migration, wildlife leaves tracks along the trails, and seasonal changes reshape the landscape week by week.

What sets Glover's Ledge apart is not only its ecological diversity, but its long term protection and purpose. The land is permanently conserved through a conservation easement held by the Monadnock Conservancy, ensuring it will remain protected from development for generations to come. In a region where land stewardship is a shared value, that partnership underscores a collective commitment to preserving both habitat and access to nature.

Glover's Ledge has become a working "teaching forest." Students and faculty connected to Antioch University's New England campus use the site for hands on environmental study and conservation work. Projects have included invasive species assessment, wildlife and vegetation inventories, vernal pool research, bird migration monitoring, and interpretive trail development.

To date, 890 species have been documented across the property's varied habitats, a testament to the richness of this relatively compact landscape. Forest, wetland, meadow, and pond ecosystems intersect here, allowing research and observation to unfold

in real time. Rather than studying ecosystems only through data sets or case studies from afar, students can examine how land management decisions affect a specific, local place.

The forest is overseen by environmental studies faculty member Peter Palmiotto and supported by graduate students, including those in work study roles who help with trail maintenance, habitat monitoring, and community engagement. Their efforts reflect a model of stewardship that combines academic inquiry with practical responsibility.

In recent months, philanthropic support has strengthened that model. A \$1.5 million gift from a longtime supporter of Antioch University is expanding access to graduate study in Environmental Studies while also investing directly in the future of Glover's Ledge. The gift includes funding for scholarships and the creation of the Peter Palmiotto Conservation Fund, which will support a Graduate Student Fellow dedicated to forest management, expanded interpretation, and outreach, including engagement with under resourced local schools.

For the broader community, Glover's Ledge represents more than a university asset. It is a conserved landscape protected through partnership with the Monadnock Conservancy. It is a living record of biodiversity in the region, and it is a place where the next generation of environmental professionals gains experience grounded in the forests and wetlands of southwestern New Hampshire.

In a time when environmental challenges can feel distant and abstract, Glover's Ledge offers something tangible and local: protected land, careful stewardship, and learning rooted in place.

Read the MSN online: [www.shoppernews.com](http://www.shoppernews.com)

## “Spring Awakening”: Flowers On Silk And Clay Exhibit Opens At The Peterborough Town Library



Prairie Gentian, by James A. Cusmano

The Peterborough Town Library has announced the upcoming exhibit in its Community Art Gallery: “Spring Awakening”: Flowers on Silk and Clay, featuring paintings and ceramics by local artist, James Cusmano. The exhibit will be on view Friday, March 6th through Thursday, April 23rd.

Inspired by the natural world, “Spring Awakening” showcases Cusmano’s vibrant silk paintings alongside his two- and three-dimensional ceramic works. There will be an Opening Reception on Friday, March 6th from 5 to 6:30 p.m. with the artist in attendance. The public is also invited to an Artist Talk and Demonstration on Wednesday, March 11th from 5 to 6 p.m. During this program, Cusmano will discuss his creative process, offer a hands-on demonstration, and take questions from attendees.

Cusmano’s silk paintings are created using transparent French dyes applied by hand to white China silk. “Each composition is entirely unique,” says Cusmano. The silk is stretched on a rigid frame, and a variety of resist and control techniques are used to guide the flow of dye across the organic fabric. Once complete, the paintings are steamed to permanently set the colors, then re-stretched and framed for presentation.

For his two-dimensional tile panels, slabs are rolled from block clay, retaining their natural edges. Full-size master patterns are drawn and transferred onto leather-hard clay, then incised and cut before drying. Once fully dried – known as “greenware” –

the tiles are kiln-fired to the bisque stage, glazed, and fired again. The finished tiles are mounted on wood panels and grouted for display.

Cusmano’s three-dimensional vessels – including vases, bowls, and boxes – are hand-built using rolled clay slabs. Master patterns are transferred to the clay, cut, partially dried, assembled, and refined before final drying. The pieces are then bisque-fired, glazed, and refired to achieve their finished form.

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

## Tech Talk Focuses On Web Searching Skills

The Keene Public Library will host Tech Talk – Web Searching on Thursday, March 12th from 6 to 7 p.m. at the library at 60 Winter Street in Keene.

Library staff will lead a monthly discussion and hands-on training to help participants improve their technology skills. Each program features a different topic, with 20 minutes for a presentation, followed by practice and questions. Attendees are encouraged to bring their own devices, though a limited number of tools will be available for use during the workshop.

The March session will focus on web searching, including how to find information more effectively and better understand search results. Examples may include Gmail, Amazon, YouTube, Google, and the library catalog. This program is free and open to all participants at all skill levels.

For more details, contact Katie Montgomery at 603-352-0157 or kmontgomery@keenenh.gov.

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## STOCK WATCH

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	243.59	(0.38)	Danaher Corp. (Kollmorgen)	210.64	1.14
Becton Dickinson (C.R. Bard)	176.48	(8.91)	Merck (Hubbard Farms)	123.82	1.56
Toronto Dominion Bank (TD Bank)	97.36	0.37	Deluxe (NEBS)	27.75	0.52
PC Connection	60.95	(1.16)	Teleflex (Jaffrey)	122.06	6.61
Bank Of America (Fleet)	49.83	(3.23)	Timken (MPB Corp.)	108.38	0.22
Corning Inc.	150.38	10.87	M&T Bank Corp. (People's United)	216.98	(15.54)
Ametek, Inc. (Precitech)	239.22	5.71	Dover Corp. (Markem)	225.50	(7.81)

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change	Close	Week's Change	
Silver (\$ per ounce)	94.27	9.99	Wheat (cents per bushel)	591.50	9.75
Gold (\$ per ounce)	5,279.80	163.60	Corn (cents per bushel)	448.25	8.25
Platinum (\$ per ounce)	2,364.29	201.64	Soybeans (cents per bushel)	1,170.00	16.25
			Cattle (cents per pound)	232.10	(9.63)
			Crude (\$ per barrel)	67.29	0.90

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## Family's Donation To Cheshire Medical Center Will Support Other Families Grieving Child Loss

A Monadnock Region family recently showed their gratitude to Dartmouth Health's Cheshire Medical Center with a generous donation. Jen and Dan Clayman, of Rindge, presented the hospital with a check for \$6,000 in memory of their daughter, Emberly Rose Clayman.

In 2023, Emberly was stillborn at 39 weeks gestational age, at another New Hampshire hospital. Jen Clayman, who also has an older son, Jax, would then go on to have another baby boy, Anthony, delivered at Cheshire. Moved by the sensitivity and compassion shown by Cheshire staff, the Claymans hosted a charity concert over the summer to raise money for Cheshire, through their organization, Emberly's Embrace.

The Claymans' donation will be used in multiple ways to help families bringing home new babies from Cheshire or who are grieving pregnancy loss, stillbirth and infant death. Resources will include: bereavement training for Cheshire nurses to help grieving families; patient education resources for patients, immediate and extended family members; educational books on child loss; custom stuffed animals designed to be the same weight as the child who has passed; seed packets for patients to plant in a dedicated garden in honor of deceased children; and newborn car seats for families who cannot afford them.

"When we lost my daughter, Jax would have loved to have something to hold onto, because he just would cry himself to sleep after she passed," Jen said. "It will be nice to have something to help other families."

"A few of our nurses are really interested in doing additional education and training to be that go-to person for families needing moral support," said Jennifer E. Osborne, BSN, RNC, clinical nurse educator/perinatal safety nurse in Cheshire's Women and Children's Health Unit. "A lot of the money raised by Emberly's Embrace will go toward that."



From left, Kimberly L. Farris, BSN, RN, director of critical care and staffing services at Cheshire Medical Center; Sandra M. Phipps, Cheshire's vice president of philanthropy and community relations; Jennifer E. Osborne, BSN, RNC, clinical nurse educator/perinatal safety nurse in Cheshire's Women and Children's Health Unit; Jen Clayman, Emberly's mother; Dan Clayman, Emberly's father; and Clayman family friend Jodi Pinales. The Claymans raised \$6,000 for Cheshire for resources to support grieving families in memory of their daughter Emberly Rose.

The Claymans plan to continue fundraising for hospital maternity wards to provide support for grieving families. To donate, checks made payable to Emberly's Embrace may be mailed to Jen Clayman at 77 Woodbound Road, Rindge, NH 03461. To learn more, visit [bit.ly/48p6Wiw](http://bit.ly/48p6Wiw) or email [emberlysembrace@gmail.com](mailto:emberlysembrace@gmail.com).

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## How Social Media Keeps Us Engaged

A reader asks: Why does social media always make me feel worse? Everything makes me sad or mad and I can't stop looking at it. I just want to watch videos of dogs!

**Tech Talk**  
with Greg Pratt

Well, unfortunately, it's by design. Social media can be a great way to connect with friends, find local businesses, or establish communities over geographic distances – but all of those things come at a cost, and that cost is ads. The people who designed the social media algorithms figured out a long time ago that engagement – getting people to stay on the site longer and thus see more ads – isn't fueled by seeing fun, kind things. No, it's fueled by getting us upset, especially by getting us angry. Anger makes us stay longer, so your algorithm intentionally feeds you things to make you mad so you will stay engaged longer. We see more ads and the social media companies make more money at the expense of our mental health.

The best alternative is to limit your usage and give more weight and time to our actual in-person connections. Your brain and limbic system will thank you. Until next time, be well, be kind, and be curious.

Gregory Pratt is the head bench technician of TheStiltskin Computer Services, located at 1 Elm Street in Keene. If you have a question for him, email [help@thestiltskin.com](mailto:help@thestiltskin.com).

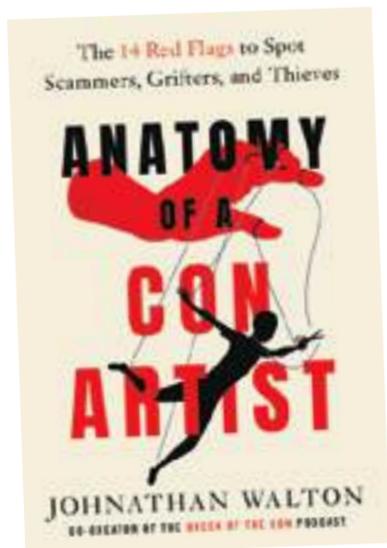
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## Anatomy Of A Con Artist Cautions Readers



that Wilson eventually understood are hallmarks of a scam. Mair's quick offers to help, her too-easy familiarity, the "drama, drama, drama" were meant to lay the track for theft. She used technology to fake of her lies, she asked him to wire some money, and she used "Dale Carnegie Techniques." It took years, but she ultimately stole tens of thousands of dollars from Walton.

That made him angry, so he got busy. He went public, and flipped the table.

"I can never undo what I did in her name and at her behest..." he says.

"I can only use what happened to me to help other people avoid getting scammed by the crazy Irish Heiress archetypes in their lives."

Do you know where your wallet is? Good, you'll want to have your hand on it when you're reading *Anatomy of a Con Artist*.

There are a lot of things to like about this book, starting with the help that author Johnathan Walton offers, help that's not just for you but also for your elders, disabled neighbors, and new adults who need to see his warnings. Step-by-step, he explains how a scam begins, how it progresses, and why police don't often do much about it.

Then he explains how to stop a scam in its tracks. If you think you've head all that before, well, you haven't read Walton's own experiences, which make up half this book and which read like a spy-novel-caper. His job as a film-maker shows through here, making the uncovering, the chase, and the capture of a scammer as exciting as a movie, and you don't want to miss it.

"Con artists don't outsmart you," Walton says, "they out-feel you" and you'll feel pretty confident about your safety after reading this book. If you want to know how to avoid being cheated, *Anatomy of a Con Artist* may be the answer.

*Anatomy of a Con Artist: The 14 Red Glags to Spot Scammers, Grifters, and Thieves* by Johnathan Walton, c.2025, Rodale \$28.00 256 pages

*The Bookworm is Terri Schlichemeyer. 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.*

You're not going to answer that call, are you?

Nope, it's not from a number you recognize and you know what that means: it's probably a spammer, robocaller, or crook. You're not answering because you know how to be safe with this sort of thing. Or do you? As you'll learn in *Anatomy of a Con Artist* by Johnathan Walton, there's more than one way to be scammed.

In 2013, Walton and his husband were living in a nice apartment building in California that had lost its rights to use a nearby pool, and Walton was angry. He tried to set up a coalition to fight the loss, and that's when he met Mair Smyth, who was one of his neighbors.

With her charm, wit, and generosity, Mair quickly became Walton's best friend and he grew to love her. She claimed to be an Irish heiress worth millions of dollars and her circle, she said, was wide – she was, in fact, having an affair with a powerful, married politician who, later in the tale, personally repaid money that Walton had loaned her.

Paid it off – which was one of the "red flags"

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### Full Service Shop: Sales, Rentals, Lessons, Repairs

MUSIC, Continued from page 1

One of which they were given the honor of being the Ambassadors of Music, representing all of the casinos of Atlantic City, New Jersey. With this honor, the band performed at The Jerry Lewis MDA Labor Day Telethon and the Miss America Parade. Locally, Mike plays with The Speedbumps band, Concerts on the Common in Jaffrey, and at Jaffrey Bible Church. He has also become known as a "drummer on call."

Diane plays piano and teaches vocals; she also performs at weddings, funerals, Jaffrey Bible Church, and other events, and accompanies local school choruses.

The Rousseaus' combined musical talent, along with their faith in God, has given them a life of fulfillment and joy that they love to share with others. "We live by faith," Mike says. "We want to give God the credit."

He continues by saying that their faith has carried them through many difficult times. One of these times was when Mike was diagnosed with cancer. At that time, the addition to double the size of their business came to a screeching halt. Churches, friends, family, and the community heard of the Rousseaus' plight and rallied together to help with costs and to resume the progress through volunteer labor. Many donations were made through a GoFundMe page. The kindness and generosity of those who have been touched by Mike and Diane brought together a beautiful music studio space now dubbed "the Agape Addition" – meaning pure, willful, sacrificial love.

The music store at Rousseau's is well stocked with an inventory of musical instruments and accessories. And if you don't see what you are looking for, just ask.

The inventory includes a selection of guitars, ukuleles, mandolins, banjos, and other stringed instruments from major manufacturers; drums, cymbals, accessories, and other percussion supplies; keyboards, stands, pedals, headphones, amps, and other accessories; and any family of band instruments.

This locally owned and operated music shop also offers instrument rentals and repairs. "I can usually get rentals cheaper and quicker," adds Mike, then continues: "We have the largest selection of instruments and accessories in the Monadnock Region. We also have access to thousands of products available from our suppliers by special order."

Ben Rogers has this to say about his experience shopping at Rousseau's Music Store & Lesson Studios: "Stopped by this weekend in search of an odd-sized drum head; of course, they had it in stock somehow. There were two young students there, excited for their first guitar lessons. We're lucky to have such a great shop and community resource in town." "The Rousseaus are knowledgeable, helpful, po-

lite, and always a pleasure to deal with," says Roger Kot. "Our family loves this place!"

"I needed a 1/4" male to 1/8" female audio plug adapter," says Ryan Piccirillo. "Where the heck can I get this obscure little plug locally near Jaffrey? Rousseau's to the rescue! Not only did they have exactly what I needed, but they had like 20 of them, and at a fair price. Lesson learned for the millionth time: shop local, support your neighbors."

There are 10 teachers staffed at this music shop, offering guitar (electric, acoustic, and bass), keyboard/piano, drums/percussion, violin, saxophone, clarinet, trumpet, flute, oboe, cello, and ukulele.

"The teachers of Rousseau's Music are experienced and trained to advance the student's level of play and understanding from the beginner to the advanced," says Mike. "We are committed to making the experience of learning an instrument enjoyable and practical with the ultimate goal of a greater appreciation for music."

"My daughter loves her lessons and is eager to practice at home on her own. The no-pressure teaching method is awesome," says Kerry Wright.

Rousseau's Music Store & Lesson Studios is open Mondays through Fridays from 10 a.m. to 7 p.m. and Saturdays from 10 a.m. to 5 p.m.

For more details, call 603-532-4311 or visit [www.rousseauismusic.com](http://www.rousseauismusic.com).

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## Public Discussion Series Continues Thursday

A second session in a series of public discussions on political crises and community solidarity will take place on Thursday, March 5th from 5 to 7 p.m. at Nova Arts at 48 Emerald Street in Keene.

The program, titled "What can we do about it here?," will focus on the theme "From the rule of the billionaires to the price of groceries: Unaffordability, unsustainability, and the roots of inequality." The event is part of an ongoing series organized by Cooperative Action Monadnock that brings community members together for discussion.

For more details, visit [cooperativeactionmonadnock.org/events/](http://cooperativeactionmonadnock.org/events/) or [facebook.com/nova.arts.block](https://facebook.com/nova.arts.block).

## Wednesday, Mar. 4

### ARTS, MUSIC & THEATER

**The Color of Our Lives** 7:30-9:30pm. Wright Theatre, Redfern Arts Center, Keene State College. Written by Keene State College Professor Céline Perron, this play is about discovering one's true purpose in life, women's resilience and the power of creativity. \$15 general/\$10 seniors & youth/ KSC students free. Box Office: 603-358-2168.

### 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.

### 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.

**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.

## Friday, Mar. 6

### ARTS, MUSIC & THEATER

**Opening Reception: "Spring Awakening": Flowers on Silk and Clay** 5-6:30pm. Peterborough Town Library, 2 Concord St., Peterborough. Featuring paintings and ceramics by local artist, James Cusmano. Cusmano's silk paintings are created using transparent French dyes applied by hand to white China silk. 603-924-8040. www.PeterboroughTownLibrary.org.

**The Color of Our Lives** 7:30-9:30pm. Wright Theatre, Redfern Arts Center, Keene State College. Written by Keene State College Professor Céline Perron, this play is about discovering one's true purpose in life, women's resilience and the power of creativity. \$15 general/\$10 seniors & youth/ KSC students free. Box Office: 603-358-2168.

## Saturday, Mar. 7

### ARTS, MUSIC & THEATER

**The Color of Our Lives: Matinee** 2-4pm. Wright Theatre, Redfern Arts Center, Keene State College. Written by Keene State College Professor Céline Perron, this play is about discovering one's true purpose in life, women's resilience and the power of creativity. \$15 general/\$10 seniors & youth/ KSC students free. Box office: 603-358-2168.

**Peterborough Folk Music Society: Tom Rush** 7pm. Park Theatre, 19 Main St., Jaffrey. Special guest Brendan Cleary. Tickets at 603-318-9196. www.pfmsconcerts.org.

**The Color of Our Lives** 7:30-9:30pm. Wright Theatre, Redfern Arts Center, Keene State College. Written by Keene State College Professor Céline Perron, this play is about discovering one's true purpose in life, women's resilience and the power of creativity. \$15 general/\$10 seniors & youth/ KSC students free. Box Office: 603-358-2168.

### DINING PLEASURES

**Buffet Bean Supper** 5-6:30pm. The United Church of Winchester, 99 Main St., Winchester. Hot dogs, two kinds of baked beans, coleslaw, potato salad, with dinner rolls and assorted homemade pies. \$12/\$6 children under 12. To preorder take home meals call before 3pm. 603-239-4465.

**\$8 Community Breakfast** 8-10am. Samuel E. Paul Community Center, 61 South St., Troy. Buffet Style all you can eat breakfast. \$8 adults/\$5 kids 10 and under. Troy Recreation: troytownrec@gmail.com.

### LECTURES & WORKSHOPS

**Drinking Liberally** 1pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. 603-352-1707. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

### MISCELLANEOUS

**Ballot Articles Explained** 10am-12pm. Whitcomb Hall, 17 Main Street, West Swanzey. The Swanzey Governance Committee offers a casual but in depth look at questions on the Swanzey March 10th ballot. Volunteers will provide factual and unbiased information. Swanzey Governance Committee: 603-851-0007.

**Sugarhouse** 11am-5pm. Crescendo Acres Farm, 21 Carpenter Rd., Surry. Sugarhouse is open to visitors weekends in March. 603-352-9380. www.crescendoacres.com. **Open Sugar House Weekend** 11am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. Tours, samples & raffle. 603-358-3321. www.woodardssugarhouse.com.

## Sunday, Mar. 8

### ARTS, MUSIC & THEATER

**Apple Hill String Quartet** 2-4pm. The Colonial Theatre, 95 Main St., Keene. \$45/\$35/\$18. 603-352-2033. www.thecolonial.org.

### MISCELLANEOUS

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

## Monday, Mar. 9

### LECTURES & WORKSHOPS

**Tree and Shrub Winter Identification Workshop** 10am-12pm. 77 Peachblow Rd, Alstead. Be prepared for an easy two-hour walk in the woods. Be sure to dress appropriately, wear warm boots, and bring any snacks and drinks needed. Because parking is limited, registration will be limited to fifteen people, so sign up soon. Nina Halsted: info@cheshireconservation.org.

## Thursday, Mar. 5

### ARTS, MUSIC & THEATER

**Keene Middle School Artist Reception** 5:30-6:30pm. The Keene Public Library, 60 Winter St., Keene. Join for an artist reception and opening of the Keene Middle School student art exhibit. View the exhibit from March 5 - March 26. Enjoy the art, chat with neighbors, and snack on light refreshments served in the library atrium. Amy Kraemer: 603-352-0157. akraemer@keenehnh.gov.

**The Color of Our Lives** 7:30-9:30pm. Wright Theatre, Redfern Arts Center, Keene State College. Written by Keene State College Professor Céline Perron, this play is about discovering one's true purpose in life, women's resilience and the power of creativity. \$15 general/\$10 seniors & youth/ KSC students free. Box Office: 603-358-2168.

### LECTURES & WORKSHOPS

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

### MISCELLANEOUS

**"What can we do about it here?"** 5-7pm. Nova Arts, Emerald St., Keene. A series of public discussions to build community solidarity. The event includes three community panelists discussing aspects of the current political crises and then leading an open public discussion. cooperativeactionmonadnock@gmail.com.

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# 11 Life Lessons To Guide Your Children Toward Adulthood

The focus of parenting is to ensure that our children learn how to cope with the various challenges they may face, thereby growing into well-adjusted and successful adults. Essential life lessons help build character, resilience, and practical skills for our future adult children. Here are 11 life lessons to guide your children toward adulthood:



1. It's okay to be mad, just not rude.  
Anger is a valid feeling, but it is never okay to be mean, cruel, or destructive. Hurtful words can damage relationships and trust. Teach your children to stand up for themselves while being respectful. If in a situation where they are mad and afraid of what they might say, teach them to take a deep breath and wait a few seconds before responding. If the situation is beyond this, tell them to make an excuse and walk away.

2. Treat everyone like you want to be treated.  
We all have heard the Golden Rule: "Do unto others as you would have others do unto you." The hard fact is that all through life, you will find people

## HCS Launches March For Meals On Wheels

MEALS, Continued from page 1

The Meals on Wheels service includes every chore of getting a healthy meal prepared for a senior person. The food for the meals is planned, gathered, cooked, packaged, and delivered. One Cheshire County Meals on Wheels recipient commented that even if his family was here, they couldn't show up every day to help him with his meal, so in many ways, Meals on Wheels is also a gift to his whole family.

In a December 2025 survey to Meals on Wheels at HCS participants, 65 percent reported that Meals on Wheels is their primary source of nutrition, with 72 percent living below the 150 percent of the federal poverty level, and 68 percent reporting having no family available to help with food access. With these percentages increasing year over year, the area is witnessing a growing level of vulnerability amongst our older adult population.

"Beyond a nutritious meal, we are continuing to connect participants with additional community resources," said Katie Hart, director of operations at HCS. "Whether its healthcare, benefits, housing support or additional nutrition assistance, our coordinated approach helps stabilize our neighbors before they reach a crisis point."

To learn more and to donate to support Meals on Wheels, visit [www.hcsservices.org/marchformeals](http://www.hcsservices.org/marchformeals)

## Keene Community Scales Up Emergency Shelter Response During Coldest Winter In A Decade

SHELTER, Continued from page 1

Providing a presence: trained, experienced Hundred Nights staff are hosts, offering a compassionate and welcoming environment for those seeking refuge.

Inter-Agency coordination: working alongside the city to manage resources and safety protocols.

"This difficult winter has been a test of our community's compassion and resourcefulness," said J Rollins, operations manager at Hundred Nights. "The temperatures have dropped to record-setting lows, so the city, our churches, and our neighbors acted decisively. St. James's congregation stepping up to cover our March gap nights is the latest example of how Keene works together to take care of our neighbors."

To volunteer or contribute, visit [hundrednightsinc.org](http://hundrednightsinc.org).

who don't live by this, and your children should be taught this fact. They will need to learn to rise above when people treat them unkindly. Try role-playing to practice responses to unkindness or unfair situations.

3. Never waste an opportunity to tell someone you love them.

I've heard this all my life and am just now understanding the truth of this statement as I age. Telling someone you love them because tomorrow could be too late becomes very apparent. You feel love, you share it.

4. Be tough-minded but tenderhearted.  
In a leadership role, this means high standards (tough) with a real care for people (tender). In daily life, this means resisting the negativity that comes your way (tough) with love for the person who is being negative (tender).

5. Keep your promises.  
Teach your children that keeping promises is about honesty, integrity, and character, not just following rules. Talk to them about impulsive promises; encourage them to say that they will try rather than promise something. Breaking promises hurts others and destroys trust.

6. Don't rain on other people's parades.  
Often, people who spoil or ruin someone's excitement are jealous or perhaps have their own fear of failure, or they are just in a negative mood. If you feel any of these when someone is telling you something that they are enthusiastic about, listen, be happy for them, and avoid comparing their life to your own.

7. Words can hurt, or they can heal.  
Don't let your children go out into the world not knowing that words said with harshness or manipulation can do a lot of damage, but words that are uplifting can encourage and give the person hope. Choose your words wisely.

8. Time is valuable.  
Once a moment is gone, it is gone forever. Before your children go out into the real world, they should know that their time is valuable. Teach them that there is a happy medium between work and personal time. Though being driven in your career of choice will pay off, activities that bring you joy should be equally important.

9. It's okay to make mistakes, as long as you learn from them and fix them.

Parents make mistakes. Teachers make mistakes. Everybody makes mistakes. Making an error forces the brain to analyze the "why" of the mistake, learn from the mistake, own up to it, fix it, and then move on.

10. Failure is a lesson.  
Could you imagine what life would be like if we just gave up every time we failed at something? It provides feedback, builds resilience, and guides us in our future decisions. Teach your children that failure is part of the process toward success.

11. Any lesson you refuse to learn will keep coming back until you face it.

Throughout our lives, there will be lessons that are meant to teach us to be better people. If you put up a wall every time you are presented with something you don't want to face, I guarantee that lesson will be taught to you one way or another. Face issues head-on. It'll make you a stronger person.

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

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**CALL FOR ARTISTS**

**35th Annual Keene Art Walk**

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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.

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[keeneartwalk.com](http://keeneartwalk.com) • [keeneartwalk@gmail.com](mailto:keeneartwalk@gmail.com) • [@keene.artwalk](https://www.instagram.com/keene.artwalk)

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**Scholarships For Adult Women**

The Hancock Woman's Club is offering scholarships to adult women in mid-career who have lived in or worked in Hancock for at least two years.

The scholarships are to help women begin, change, or return to their careers after time spent with family or other responsibilities. The applicants must provide official confirmation of acceptance to or enrollment in a program at a college, university, technical or other training school, or for a continuing education program or apprenticeship.

Apply by Thursday, March 12th. Email hancockwomansclub.nh@gmail.com for an application or write to: Hancock Woman's Club, PO Box 366, Hancock, NH 03449.

**How Mindfulness Helps Change Your Mind And Your Brain**

Do you think that changing your mind can change your brain? Or that changing your brain can change your mind? Mindfulness not only can decrease stress and lower cortisol levels, but it also can "change your brain" by stimulating new neural connections and strengthening existing ones. Our brain's ability to do this is known as neuroplasticity. This concept has been widely researched and backed by neuroscience in recent decades, contrary to past beliefs that the brain was shaped during childhood and would stay the same throughout adult years.

of learning. Mindfulness practice strengthens neural connections and enhances emotional regulation, the Plasticity Brain Center explains. In addition to practicing in stillness, it can be done during mindful movement like yoga, Tai Chi, Qigong, and walking meditation.

The article shares that various effective mindfulness techniques include focusing on your breath for as little as 10 to 20 minutes, a body scan meditation to improve the brain/body connection, and gratitude journaling.

"Whether you're recovering from a neurological condition or want to optimize cognitive performance, embracing mindfulness can unlock your brain's full potential," it adds.

Danielle Rousseau, social justice researcher, practitioner, criminal justice professor, and licensed therapist, writes in another article that the relationship between neuroplasticity and mindfulness creates a transformative pathway towards healing and self-discovery.

Rousseau emphasizes that dedicating a few moments to mindfulness practices each day is a profound investment in our mental wellbeing. She encourages allowing your body to stop, pay attention to your breath, and "let the world stop turning for a second."

"This allows your nervous system to decompress and focus on the present moment," she continues.

Focusing on our intentional breathing and self-awareness contribute to the ongoing rewiring of our brains, Rousseau points out.

The Monadnock Mindfulness Practice Center at 103 Roxbury Street, Suite 301 in Keene welcomes beginners and more experienced meditators to practice together during weekly sittings and special events. For more information: www.mindfulnesskeene.org.

*Diana Damato, writer and member of the Monadnock Mindfulness Practice Center for more than 20 years, has experienced how this practice helps her cope, grow, and appreciate moments of joy.*

**Healing Perspectives**  
with Diana Damato



Psychologist, expert in positive neuroplasticity, meditation teacher, and author, Rick Hanson, says your experiences of happiness, worry, love, and anxiety can make real changes in your neural network.

He says what you pay attention to or rest your mind upon shapes your brain. If we choose to focus on positive rather than negative experiences, it calls forth the "flowers" of the positive to grow. This changes the mind's usual tendency to allow negative experiences to contribute to growing "weeds," he explains in an excerpt from his book, *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*.

An online article from the Plasticity Brain Center blames chronic stress for blocking neuroplasticity, shrinking the hippocampus (area responsible for memory and learning,) and damaging neurons.

Plasticity refers to the brain's malleability or ability to change, explains Kendra Cherry, MSEd, in a piece from Verywell Mind. And neuro refers to neurons, the nerve cells that are the "building blocks" of the brain and nervous system.

With a consistent mindfulness practice, we foster a brain that is more adaptable, resilient, and capable

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**End Of Winter Events Planned At Aloha**

On March 8th, Aloha will offer Satsang with Robert Moses. Satsang is a gathering of truth seekers to discuss in a non-judgmental environment the ultimate truths of living. Moses will offer not only insights into truth but also yoga practices to help us arrive at these truths. The event is donation-based.

On Aloha's Fun Friday on March 13th will feature Caitlin Clarke offering Ecstatic Dancing in the structure of JourneyDance. There will be a cool-down with a deep Yoga Nidra. Clarke offers this monthly out of her love for the community and her belief in these two practices. All proceeds will go to Gathering Waters. March 14th will bring a Sacred Sound Sanctuary.



Emma Rose of the Embodied Woman in Brattleboro, VT will offer Sacred Sound Sanctuary.

Emma Rose and Emily Jo co-create this sacred return to our inner potential to restore the body, mind, and spirit from 6 to 8 p.m.. The cost is \$45.

On Sunday, March 15th, Bryan Russell and Sarah Koch offer their weekly class called YES. The Yes stands for Yoga Earth Soul. 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. The cost is \$25 for one and \$40 for two.

On March 15th Aloha's Gracie Buckman returns for her monthly ZenTangle workshop. This month she will guide the class along to create a book mark. The cost is \$22, all supplies provided.

Aloha is located on Court Street in Keene.

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# SUMMER CAMPS

## Summer Camp With The SwampBats Registration Is Now Open

Summer Camp with the SwampBats will be in "full swing" this summer with two sessions: Mondays to Thursdays (with Fridays for make-up days), June 15th to 18th and June 22nd to 25th at the Alumni Field



June 15th-18th & June 22nd-25th  
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Register at [www.SwampBats.com](http://www.SwampBats.com)



Making a Summer Camp connection last year is SwampBats' player Kian Vorster, from the University of Louisville, with camper Finley Hamilton.

at 77 Arch Street in Keene from 8:30 a.m. to noon.  
Camp is open to all children ages five to 12 years.  
Campers are split into two age groups on two fields:

Little Sluggers is for five to eight years and Grand Slammers is for nine to 12 years.

The SwampBats' coaches and players provide skills based on the two age groups and focus on building fundamental skills, confidence, and teamwork through fun, age-appropriate instruction.

The cost is \$150 per week or \$235 for two weeks. For more details or to register, visit [www.SwampBats.com](http://www.SwampBats.com).

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# Cooking And Reading Go Together...

Where else can you visit various countries and places or travel anywhere on a timeline but in the comfort of your own kitchen with a good book at hand? National Read Across America Day is on tap this month at local schools, libraries and in your own home. It's a time to celebrate the pleasure of being able to read, so grab a new book or take a look at these suggestions from Cooking Corner that are both good cooking and good reading.

Mix well. This will be a stiff dough. Add nuts if desired. Drop from tablespoon into well-greased small size muffin pans. Bake in 400 degree oven for 20 minutes. Combine confectioners' sugar and cinnamon in a paper bag. Dip top of donuts in melted butter; shake several at a time in sugar. Best served warm or room temperature.

**Cooking Corner**  
with Nancy Adams



*The Country Kitchen Cook Book* by Edward Harris Heth was printed in 1968. This is a gem of a cookbook, filled with stories of a humble gentleman living in a country house.

Recipes, arranged by season, celebrate both the people he meets, the world around him and us, his readers. His attitude toward food is both familiar and local as he writes about visits with his neighbors, church suppers, baking, breakfasts, putting food by, and wild and local foods. I love this cookbook that can still be located at used book shops or online. This recipe, adapted from Heth's book, is intended to give you a glimpse of the many wonderful discoveries inside.

## Cheese Bread Pudding

Enjoy this for breakfast with sausage and eggs or covered with a sauce of creamed dried beef; for dinner, it's a good side dish with various entrees or salads.

- Ingredients:**  
 5 slices white or wheat bread, buttered and cut into cubes  
 3 large egg yolks, beaten (save whites)  
 1 cup milk  
 salt and pepper to taste  
 1/2 teaspoon dry mustard  
 1/2 lb. grated cheddar cheese  
 3 large egg whites beaten stiff

Butter a deep casserole dish; put buttered bread cubes into this and set aside. In a bowl, mix together the beaten egg yolks, milk, salt and pepper, dry mustard and cheese. Fold in the stiffly beaten egg whites with a spatula. Pour this mixture over the bread cubes in the casserole dish and mix lightly. Bake in preheated 375 degree oven for 45 minutes, or until puffy and brown, with a nice crust. Serve hot with a large spoon. Leftover may be refrigerated and reheated another day.

A book you can enjoy sharing with your family or young friends is *Forest Magic for Kids: How to Find Fairies, Make a Secret Fort, and Cook up an Elfin Picnic*. Written by educator, parent, and author Susie Spikol of Hancock, this book is filled with over 50 activities for children in grades two to six – and anyone interested in the magic of nature's hidden treasures. Who wouldn't enjoy sharing activities such as building a hidden fort or a cozy gnome home, exploring trees and plants, crafting a walking stick, or preparing and enjoying an "elfin picnic – all carefully explained and delightfully illustrated in Spikol's book that she observed is "for magic that lasts a lifetime"? Let's get in the "Forest Magic" mood by preparing ourselves a cup of tea and elfin treat.

## Baked Donut Puffs

Bake these in muffin tins; no frying needed. Makes one dozen donut puffs.

- Ingredients:**  
 2 tablespoons butter or shortening  
 1/2 cup sugar  
 1 large egg  
 2 cups sifted flour  
 1/4 teaspoon salt  
 1 tablespoon baking powder  
 1/2 teaspoon nutmeg  
 1/2 cup milk  
 1/2 cup chopped walnuts  
 1/4 cup confectioners' sugar  
 1/2 teaspoon cinnamon  
 1/4 cup melted butter

Cream shortening, sugar and egg until light and fluffy. Stir together flour, salt, baking powder and nutmeg. Add alternately with milk to creamed mix-

ture. Mix well. This will be a stiff dough. Add nuts if desired. Drop from tablespoon into well-greased small size muffin pans. Bake in 400 degree oven for 20 minutes. Combine confectioners' sugar and cinnamon in a paper bag. Dip top of donuts in melted butter; shake several at a time in sugar. Best served warm or room temperature.

*My Kitchen Year, 130 Recipes that Saved my Life* by Ruth Reichl is another cookbook to savor for its wisdom and recipes as it follows the seasons of her first year after the closure of *Gourmet* magazine where she had been editor in chief for ten years. During that first year of "retirement," Reichl rediscovered her love of food and cooking, from simple dishes like a vibrant beet salad and glazed salmon to more involved recipes like the replication of a 19th century lemon sponge cake and fried chicken. You might enjoy other recipes included in her book, such as how she prepares beef for hamburgers, fried oysters, a simple quiche, and wine and beef stew. Though filled with loss, her story is warm and full of hope. I particularly like a simple, colorful recipe that Reichl calls Borscht Salad, adapted from a recipe by her friend Fergus Henderson, that I have adapted a bit more to suit my lifestyle.

## Borscht Salad

- Ingredients:**  
 2 medium raw beets, peeled and grated  
 1 medium Granny Smith apple, cored, peeled and grated  
 1/4 of a small red cabbage, thinly sliced  
 Dressing: 2 tablespoons fresh or purchased orange juice, 1 tablespoon balsamic vinegar, salt and pepper as desired; sour cream mixed with a few chives for topping.

In a bowl, put the combination of grated beets, apple, and sliced red cabbage. In a small bowl, combine orange juice, vinegar, and salt and pepper; pour over beet salad and mix gently. Serve salad chilled on four plates, with sour cream and chives dolloped on top.

A recent novel I enjoyed reading, *Theo of Golden*, by Allen Levi, takes place in a coffee house where 92 pencil portraits of local visitors hang on the walls. The story of the artist and his admirer, Theo, is a welcome blend of the powers of generosity and the wonder of purpose in life. As the aromas of the coffee house fill the air, I am reminded of sweet pastries, and perhaps even a meat-filled pasty to enjoy for lunch. A hand-held pasty is one of life's pleasures you may wish to try in your kitchen, evoking memories of the miners of Cornish who carried them to work in their back pockets. Makes four pasties.

## Cornish Pasty (PASS-tee)

- Ingredients:**  
**Pasty:**  
 2½ cups flour  
 1/2 cup butter  
 1/2 cup shortening  
 pinch of salt  
 ice cold water add teaspoon by teaspoon until right consistency has formed

- Filling:**  
 1/2 lb. sirloin steak diced (or other lean beef)  
 1 medium Russet potato, peeled and diced  
 1/4 cup each diced onion and rutabaga or turnip  
 salt and pepper to taste  
 2 tablespoons butter  
 1 egg beaten for egg wash

Place flour, salt, butter, and shortening in bowl. Use your hands to combine ingredients until small pebbles form. Add cold water a teaspoon at a time until the dough begins to hold together and form a ball; don't over-handle the dough. Dough should be soft, moist but not wet. Divide dough into quarters. Place ball of dough onto wax paper and flatten. Place another piece of wax paper over the top and roll out the pasty into a circle. Remove wax paper and place an eight-inch saucer on top of the dough and cut around, using it as a pattern. Combine beef and vegetables in a bowl; fill center of each of the quarters of dough with mixture. Fold dough over each to form a half circle and seal edge closed with fingers. Crimp edges of dough tightly with fingers to seal well; brush pasties with the egg wash. With a knife, cut about a two-inch slit in top of pasties for steam to escape. Bake at 400 degrees for 30 to 40 minutes or until golden brown and meat is cooked through. Note: Nothing is precooked before putting it into the pastry so make sure it is small enough that it will cook through during the baking process.

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**Requirements:** Valid driver's license and reliable vehicle with at least \$100,000/\$300,000/\$100,000 auto liability insurance for transporting individuals. Must pass national and local criminal background checks, DCYF, BEAS, DMV record checks, and TB testing.

Please contact [Branden@mworksource.org](mailto:Branden@mworksource.org) or [Patti@mworksource.org](mailto:Patti@mworksource.org) for more information on our positions and to schedule an interview.  
You can also call us at 603-924-3326



Monadnock Worksource is looking for Home Care Providers to Join our **Adult Foster Care Team.**

Are you ready to make a meaningful difference in someone's life? Join Monadnock Worksource as a Home Care Provider and help individuals with developmental disabilities or acquired brain disorders live fulfilling lives—right in your own home.

**Locations:** We are seeking providers in Marlborough, Swanzey, Keene, Peterborough, and surrounding towns in New Hampshire.

**Responsibilities:** Assist individuals with daily living skills, including personal hygiene, routines, housekeeping, nutrition, and cooking. Develop and implement routines that promote skill-building, community participation, and relationship-building. Provide transportation to appointments, shopping trips, and community activities. Manage schedules for medical, dental, and other necessary appointments. Coordinate medication administration and ensure compliance with health needs.

**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.

To Apply: Email Patti at [Patti@mworksource.org](mailto:Patti@mworksource.org) or Branden at [Branden@mworksource.org](mailto:Branden@mworksource.org). Or Call us at 603-924-3326.

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Phone: ( ) \_\_\_\_\_ Lxl. Use in Ad? (1 word) Yes  No   
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**603-352-5250 DEADLINE: Friday noon prior to issue.** Please mail this form, along with payment to MSN, PO Box 487, Keene, NH 03431 or place envelope in our back door drop box at 445 West St., Keene by **Bar** Friday.

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