



The Monadnock SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / April 15-21, 2026

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Railroad Earth Performs At The Colonial Theatre Thursday, May 7th – Bluegrass Soul, Rock ‘N’ Roll Spirit



Railroad Earth

The celebrated New Jersey band, Railroad Earth, will display their bluegrass soul and rock ‘n’ roll spirit in a performance at The Colonial Theatre in Keene on Thursday, May 7th at 7:30 p.m.

Railroad Earth has captivated audiences with gleefully unpredictable live shows and eloquent and elevated studio output. This lively group has sold out in venues like the Red Rocks Amphitheatre in Colorado and launched signature festivals like the Hangtown Music Festival in California and Hillberry: The Harvest Moon Festival in Arizona.

Beyond tallying tens of millions of streams, the collective have earned widespread critical acclaim from *Rolling Stone*, *American Songwriter*, *Glide Magazine*, and *NPR*.

For more details or tickets, call 603-352-2033 or visit www.thecolonial.org.

Houle Wealth Management Expands Services And Team In Keene



The Houle Wealth Management Team – From left to right, financial advisors Matthew Fliss and Josh Houle offer personalized financial planning for all their clients with support from Heather Houle, client relationship manager, and Ken Visser, investment assistant (not pictured).

By Mary Gamache

Over the past year, Houle Wealth Management has continued to grow – both in the services it offers and the team behind it – while staying rooted in the same community-focused values that have long defined the practice.

Owner and financial advisor Josh Houle recently reached a new professional milestone by earning his master’s degree in Financial Planning along with the MPAS (Master Planner Advanced Studies) designation. For Houle, the achievement reflects a continued commitment to learning and bringing added value to his clients.

“Continuing education is one of the most important investments I can make,” Houle says. “It allows me to stay ahead of changes and provide more thoughtful, strategic guidance to the families I work with every day.”

Houle’s path to financial advising was shaped by both personal experience and a unique professional background. Prior to entering the financial services industry, he played professional soccer in Germany, an experience that instilled discipline, resilience, and a strong work ethic. That same drive carried forward into his career transition in 2011, when a series of life events – including the 2008 financial crisis and the birth of his son – prompted him to take a deeper interest in financial planning and ultimately pursue the profession.

Those experiences continue to inform Houle’s approach today, where the focus extends beyond investment management to helping families think more broadly about long-term financial security and planning.

HOULE, page 8

Meals On Wheels Volunteers Drive Change In Community

Every weekday morning across Keene, something simple, but vital, happens. A warm smile on a familiar, friendly face. A nutritious meal in hand.

As Cheshire County’s Meals on Wheels provider, Home Healthcare, Hospice & Community Services (HCS) delivers up to 400 meals each day to older adults and individuals with disabilities who are unable to shop or cook for themselves. Meals on Wheels is about far more than nutrition. It is about connection, safety, and independence.

Volunteering with Meals on Wheels is simple, flexible, and deeply meaningful. Drivers typically commit one to two hours in the morning, picking up meals from the HCS office in Keene and delivering along a local route. Volunteers use their own vehicles, and HCS provides orientation, support, and all necessary guidance.

VOLUNTEERS, page 8

Monadnock Food Co-Op Second Location To Open In Jaffrey

Monadnock Food Co-op, which has been operating in Keene since 2013, has announced plans to open a second location in Jaffrey.

Monadnock Food Co-op is scheduled to begin renovations in the former Rite Aid building at 14 Peterborough Road in Jaffrey by the spring of 2027. Renovations and planning will continue throughout the year, positioning the Co-op to open in early 2028.

“An additional store in Jaffrey will increase access to local and healthy food choices and expand our positive impact – supporting local farmers and producers

and giving back to the local community – fostering a strong, local economy in Jaffrey,” said Monadnock Food Co-op Board of Directors President, Deirdre Fitzgerald.

The new store will expand on Monadnock Food Co-op’s current offerings, featuring fresh, local and organic produce, meat, and specialty cheeses. Much like the Keene location, the grocery department in Jaffrey will include a complete selection of pantry staples, bulk items, beer and wine, wellness and more.

CO-OP, page 10

The 50 & Better Expo Returns To Keene April 25th

The Keene Senior Center and Home Healthcare, Hospice and Community Services (HCS) are proud to present the 50 & Better Expo, happening on Saturday, April 25th from 10 a.m. to 2 p.m at 312 Marlboro Street in Keene.

The 50 & Better Expo will promote healthy, active, and engaged living for adults in the Monadnock Region. Attendees will have the opportunity to ex-

plore resources that support physical health, mental well-being, social connection, and planning for aging and independence, for free. The event will highlight the opportunities in southwest New Hampshire for individuals to stay informed, empowered, and engaged in their communities.

EXPO, page 9

Westmoreland PTA Bulldog 4 Fun Run/Walk

The 22nd annual Westmoreland PTA Bulldog 4 Fun Run/Walk will be held at Westmoreland School on Saturday, May 2nd.

Children ages 10 and under can enter the Kid’s Sprint. Runners and walkers 11+ can register for the Bulldog 4 Fun Run/Walk, featuring a four-mile course bringing competitors through Westmoreland’s countryside.

Dozens of businesses in the Monadnock Region are sponsoring the Bulldog 4 Fun Run/Walk event. All of the proceeds from the race earnings benefit the Westmoreland PTA and the educational program-

ing they provide to the staff at Westmoreland School.

Sign up by April 24th and registration is \$25 for each walker and runner. The registration fee increases to \$30 after April 24th. The Kid’s Sprint fee is \$10 for each child, ages 10 and under.

There will be t-shirts for the first 75 paid entrants, 15 years and up.

For more details, visit https://runsignup.com/Race/NH/Westmoreland/Bulldog4FunRun?utm_source=platform_find_a_race&utm_medium=referral.

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PET OF THE WEEK
 from THE MONADNOCK HUMANE SOCIETY

Pippin And Hashbrown



Hashbrown and Pippin are two bonded sisters who mean the world to each other. These girls are often seen in the same igloo or together in the haybox, getting in some quality time. Hashbrown and Pippin take relationships very seriously and need a person who likes to take things slow. They are much more used to be pet and given treats over being picked up. The Monadnock Humane Society is working on socialization and confidence with this pair, and hope to find them a family that is devoted to their happiness.

in a home with other animals and with children. Outside of pats and treats, they are not used to being picked up, but that will come in time. Come meet this dynamic duo in person during open hours.

Pippin and Hashbrown are eight-month-old female guinea pigs. 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.monadnock-humane.org.

Hashbrown and Pippin have lived

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Virtual Learning Academy Charter School Info Session And Pizza Party In Concord

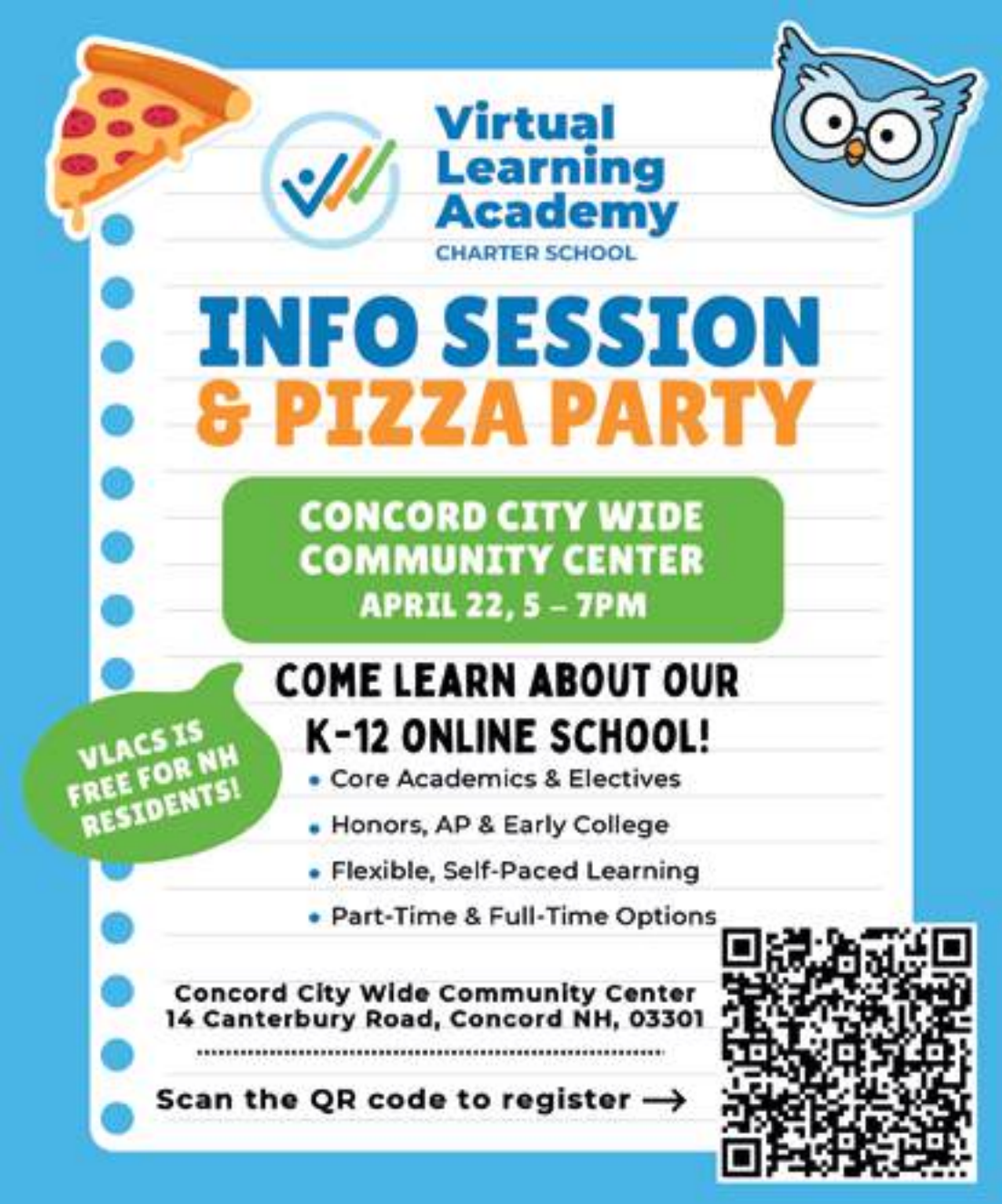
The Virtual Learning Academy Charter School (VLACS) will host an information session and pizza party on Wednesday, April 22nd from 5 to 7 p.m. at the Concord City Wide Community Center. The facility is located at 14 Canterbury Road in Concord. Enrollment at VLACS is free for all New Hampshire residents.

specific programs and educational features, including: core academics and electives; honors, advanced placement (AP), and early college courses; flexible and self-paced learning structures; and part-time and full-time enrollment options.

Individuals planning to attend the information session and pizza party can RSVP at vlacs.org/support-resources/openhouses/.

The event is designed to provide information about the K-12 online public charter school. During the session, details regarding the various educational offerings available to students will be presented. The school provides several

For more details, reach VLACS at 603-778-2500 or email them at information@vlacs.org.



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The Dolphins Quartet Opens Season Of Electric Earth Concerts



Ian Maloney, Isaac Park, Luke Henderson, and James Preucil

Electric Earth Concerts kicks off its 2026 season with The Dolphins Quartet on Sunday, April 19th at 4 p.m. at the First Church in Jaffrey.

Their goal is to unite spirits in sonic celebration of community through musical interpretation, innovation, and improvisation. Described as “brilliant performers and musicians of remarkable commitment, care, curiosity and heart” by their mentors in the Juilliard Quartet, this young quartet brings a refreshing sense of play to their program with their co-written piece, *Tales from the Great Lakes*; also on the program are Beethoven’s String Quartet, Opus 74 and Erwin Schulhoff’s *Five Pieces for String Quartet*.

To sample the Dolphin Quartet online, go to thedolphinsquartet.com.

General admission is \$30, payable online (www.electricearthconcerts.org), or via cash or check at the door. In its effort to bring music to young audiences, this season EEC will admit kids and their parents free of charge to its concerts.

For more details, contact joan.electricearth@gmail.com or call 603-499-6216.

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Spring Rummage Sale: Donations Needed And Shoppers Welcome

The Federated Church of Marlborough will hold its spring rummage sale and flea market on all three floors of the handicap-accessible Community House on Friday, April 24th from 3 to 6 p.m. and Saturday, April 25th from 9 a.m. to 1 p.m. Everything will be half-price on Saturday with the bag sale at noon. Many families and organizations benefit when the church donates the unused items to have a second life.

In preparation donations will be accepted at the Community House, 160 Main Street in Marlborough on Tuesday, April 21st from 9 a.m. to 5 p.m. and Wednesday, the 22nd from 9 a.m. 3 p.m. for good, clean clothes, toys, books, small furniture, and household items.

For more details, call JoAnn at 603-876-4068.

CV@H Social Presents “The Landscape Of Fraud”

Cheshire Village @ Home (CV@H) will host a Social titled “The Landscape of Fraud” on Thursday, April 23rd at 1:15 p.m., at the Keene Senior Center, 312 Marlboro Street.

Two AARP speakers will provide the information needed to recognize fraud and the resources needed to protect people from being victims of fraud. Refreshments will be served.

For more details and to register, call 603-903-9680.

Earth Day Fair And Market At Franklin Pierce University

Franklin Pierce’s Institute for Climate Action will host the Sixth Annual Earth Day Fair and Market on Friday, April 24th from noon to 4 p.m. The market will feature local food and craft vendors, as well as local organizations seeking to help people take action to become more sustainable.

The Rindge Women’s Club will hold a “pop up” Swap Shop, where anyone can grab a used clothing or household item for free. Local craftspeople will be selling unique handmade items, such as lotions, soaps, handsewn bags, and other crafted goods. Homemade baked goods will be available as well.

The event will also offer the chance to pet some animals. Donkeys, a pig, goats, and an angora rabbit from Amazing Grace Animal Sanctuary will enjoy human attention while they munch on the campus’s healthy lawn.

Student interns from the Institute for Climate Action will set up games and crafts to connect art to action. “We really want people to have fun while learning about the challenges of climate change,” says Gianna Wilson, student intern and organizer of the Earthy Day Fair and Market. “We have projects that will focus their creative energy on convincing our leaders and elected officials that we care about this planet, and we want our government to take action to protect it!”

The market is free, and abundant parking is available. Visitors should follow signs to Admissions, and park there or behind the library. The event will take place in the DiPietro Library Courtyard. Contact Catherine Koning at koningc@franklinpierce.edu or 603-899-4322 with any questions. There is some space for additional vendors as well.

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Spring STEM Activities For Kids

There are many ways to incorporate STEM (Science, Technology, Engineering, Mathematics) into a homeschooling day, spring vacation, or just family time. Kids can learn resilience through trial and error, problem-solving skills, encouraging working with siblings, trying new things, and experimentation.

Build a Bug Hotel
 You'll need an empty, clean plastic bottle with any labels taken off for better viewing. Cut a rectangle approximately two inches by four inches from the side of the bottle. Through the slit, add small rocks, twigs, grass, and then leaves to make a home for your bugs. Next, cut a piece of nylon or mesh and tape it over the hole. Set the capless bottle on its side outside in the grass to let bugs make it their hotel. Check it daily for a couple of weeks to observe what new bugs have checked in.

Make Seed Balls
 This messy but fun activity teaches about germination. Mix five parts clay and one part potting soil with water – knead in native wildflower seeds. Roll the mixture into one-inch balls and then dry them in the sun for a couple of days. Toss the seed balls into the garden or vacant areas of the lawn to grow.

DIY Rain Gauge
 Use a soda bottle for your rain gauge. Cut the top section off (about a quarter of the bottle). Use a ruler and measure two inches from the bottom; this is your 0 mark. Put gravel or small rocks in the bottom to keep the bottle upright – not going past this mark. Fill water up to that same point. From the 0 mark, you can calibrate your rainwater accumulation. Measure from this point in one-inch increments – 1, 2, 3, etc. Invert the top section of the soda bottle that you cut off into the rain gauge to act as a funnel. Check your rain gauge after each rainy period and write down your observations.

Germinate Seeds in a Bag
 Germinating seeds in a bag is a fun way for kids to view how seeds transform into plants – no soil needed! You'll need bean seeds (soaked overnight to help "jumpstart" the process), a small plastic zipper storage bag, and a damp paper towel. Drain the soaked beans and place them on one side of a damp paper towel folded up and placed in the bag. Seal the bag tightly, and using tape, secure the bag to a window that gets a great deal of sun. Within 24 hours, you should see the sprouting process begin, and within three to four days, you'll see sprouts.

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Monadnock Family
 with Lori Catozzi Cook



Construct a Wormery
 Layer different types of soil, add worms, and watch how the worms travel through the wormery. Start with an inch of gravel on the bottom of a large jar. Layer that with an inch of sand, an inch of soil/dirt, and continue to alternate until ¾ of the way filled. The last two inches on the top should be dirt. Dig up worms in your yard to add to the container or purchase nightcrawlers from a bait shop. After adding the worms, top everything off with wet leaves and grass. Put the jar in a dark, cool spot. Daily, for the next two weeks, have the kids make their observations (tunnels, worms' behavior, etc.) through drawing pictures, writing a paragraph, and other ways to tell what is going on. Once the two weeks are up, release your worms into your yard so they can continue their work.

Life Under a Microscope
 If you have children, you'll definitely need to have a microscope at home. If you do an Amazon search, you can find inexpensive desktop microscopes and even handheld mini microscopes that the kids can take outside. Observe life under the microscope by looking at pond water, soil, or leaf samples. Take notes and draw your findings.

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

Teddy Bear Clinic And Touch-A-Truck Event Offer Hands-On Learning And Family Fun

Dartmouth Health member Cheshire Medical Center's Family & Community Care Clinic is inviting families to a day of education and excitement at the upcoming Teddy Bear Clinic and (weather-permitting) Emergency Vehicle Touch-a-Truck Event on Saturday, April 25th from 9 a.m. to 1:30 p.m.

The Teddy Bear Clinic will be held at 62 Maple Avenue, home of Cheshire's West Campus. The free event is designed for children to help ease anxiety about doctor visits through interactive, play-based learning. The Teddy Bear Clinic is most beneficial for children ages two to 12 and provides parents with a powerful tool to decrease fear and anxiety for their children during healthcare visits. By "treating" their teddy bears, children become familiar with medical equipment and common healthcare experiences in a supportive, engaging environment.

Children are encouraged to bring their favorite stuffed animal, or a teddy bear will be provided for each child.

Registration for Teddy Bear Clinic appointments is required. To register, email teddybearclinic@cheshire-med.com with the full name and age of each child being registered, along with the full name of each attending parent or adult. Space is limited.

In addition to the clinic, families can enjoy the Emergency Vehicle Touch-a-Truck Event, which will be held in the Maple Avenue parking lot. The free event is open to children of all ages. Registration is not required for the Touch-a-Truck portion of the event.

Weather permitting, children will be able to view and explore the Dartmouth Health Advanced Response Team (DHART) helicopter and ambulance, an ambulance and firetruck from the Keene Fire Department's West Station, and a New Hampshire State Police Troop C cruiser and BEAR vehicle.

Food and treats will also be available for purchase. For more details, visit cheshiremed.org/events.

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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)



This early 1900s class photo was taken at what Keene school?



The winner of last week's Mystery Photo was Jim Wright of Keene. The Methodist Church was located in West Swanzey.

The Keene Chorale To Perform Mozart Requiem



The Keene Chorale

The Keene Chorale will perform the emotionally dramatic choral harmonies of the Mozart Requiem on Friday, May 1, beginning at 7 p.m., in the Keene High School auditorium.

Eighty-three singers strong, the Chorale is directed by Jonathan Colby and accompanied by Vladimir Odinkikh. In addition, the Chorale will be joined by a 21-piece orchestra, as well as four accomplished New England soloists.

Wolfgang Amadeus Mozart was commissioned to compose the Requiem in the last year of his life, 1791. Requiem was his first and only exploration of this form of sacred music, a Roman Catholic mass for the dead, and was created, in part, during his own experience of dying.

While the piece begins and ends with the hope of eternal life bathed in perpetual light, other themes brought to

life in the music are mercy, mourning, weeping, sacrifice, darkness, gratitude, forgiveness, generosity, and praise.

Unfinished at the time of his death, Requiem was completed by his student and assistant, Franz Xaver Süssmayr, and is cherished as a choral masterpiece. The Chorale will be performing the Berenreiter edition of the Süssmayr completion, acclaimed for its thoroughly researched commitment to the composer's original intent.

The Keene Chorale, with adult singers of all ages from the greater Monadnock region and beyond, is in its 47th season of singing for community in community.

Tickets and more details are available from Chorale singers, Toadstool Bookshop in Keene, and at www.keenechorale.org.

Rummage Sale By Charitable Society In Acworth

A Rummage Sale by Female Charitable Society of Acworth will be held on Friday and Saturday, April 17th from 2 to 5 p.m. and April 18th from 9 a.m.

to 2 p.m. at the Church on the Hill on Turkey Shoot Road in Acworth. Call Liz at 603-835-6313 or Alva at 603-835-6848 for a donation appointment.

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Local Children's Book Author And Illustrator Publishes First Graphic Novel, Celebration Set For Saturday

Dani Jones of Keene has been working as a children's book illustrator for over two decades. Folks might have seen her artwork in picture books like *The Sublime Ms. Stacks* (Bloomsbury) or the New York Times bestselling kids' graphic novel series *PopularM-MOs Presents* (HarperCollins).

But she will soon be debuting in a new role – author.

My Sister The Freak is a graphic novel for kids (around ages nine to 12 or 100) which features two sisters as they navigate school, family relationships, social drama, and...alien invaders? It will be released on April 14th from HarperCollins. It has already received positive reviews from the likes of Publishers Weekly, School Library Journal, and Kirkus, which called it a "fast-paced, heartfelt tale of sisterhood, secrets, and saving the day."

Even though Jones has illustrated many works, written picture books with small publishers, and self-published multiple projects over the years, this will be her first book as both author and illustrator to be released by a major publisher. It represents years of trial and error, with the story first being created as a webcomic around 2009. After many rewritten drafts and pitching the book multiple times, it feels like quite the accomplishment for Jones to finally be able to hold a finished book in her hands.

To celebrate the release of *My Sister The Freak*, Dani Jones will be appearing at Toadstool Bookshop in Keene on Saturday, April 18th at 11 a.m. to share her book and sign customer copies. Anyone who enjoys science fiction, heartwarming stories, com-



Dani Jones of Keene, author of *My Sister The Freak*.

ics, books, or community connection, should feel welcome to attend.

For more details about Dani Jones and her work, visit daniJones.com.

A Field Trip Through American History: A Book Review

Are we there yet?

There you are: four little words almost guaranteed to raise a father's blood pressure, especially if they were whined more than once. Family vacations and long road trips were hard for a kid if you had no patience; being forced to learn was no fun. So read the new book, *This Land is Your Land* by Beverly Gage, and see what you missed.

Henry Ford "hated big cities."

Still, he knew he'd benefit from seeing the innovations showcased at the World's Fair of 1893, so he swallowed his reluctance and traveled to Chicago. There, he spotted a gasoline-powered two-cylinder engine and he figured he could really do something with it. Fifteen years later, he started selling the Model T because "he believed that... Americans could get out and see their country's wonders with just a little bit of gas and gumption."

That's the spirit historian Beverly Gage had when she decided to visit our country's historical sites. She started in Philadelphia, her hometown and the place where the Constitution was written and where George Washington brought his slaves before rotating them back to Mount Vernon, thus skirting a national law.

In Virginia, Gage learned that you cannot tour Jefferson's Monticello "without learning some basic facts about the Hemings family." Sally Hemings "may now be one of the most famous women in American history," but there are no known portraits of her.

Gage visited Nashville, and Andrew Jackson's Hermitage, which features "startlingly little about his Indian policy..." She stopped at the Alamo, where Davy Crockett – who was once a Tennessean – died fighting. She went to New York, where "antislavery cultures" thrived. She visited Fort Sumter, South Carolina, where the Civil War began. She spent time at Little Big Horn, toured a Buffalo Bill museum, learned about UFOs, and followed the Civil Rights movement trail.

Overall, says Gage, "history is not confined to certain places at certain times. It's in street names and family stories, shopping malls and local accents – in who lives where and why."

Remember taking a school field trip when you a kid? They were fun, out-of-the-ordinary, and you learned a thing or two – which is the kind of vibe you'll get from reading *This Land is Your Land*.



Take a trip with author Beverly Gage along, and you'll get a fresh look at American history and the places that made it. Buckle up, because she's honest in the lessons here: there's bad history along with good history in her narrative, and some controversy to think about. Keeping it lively, Gage adds some of her own memories and personal assessments to her findings, asides that are funny, and comments on the sites and the way history is perceived today. That all leads to a great summer trip you can take without ever leaving your living room.

America's semiquincentennial is coming up soon, and *This Land is Your Land* is a great book to read, in anticipation. Grab it, dig in, and you'll feel like you're there already.

"*This Land is Your Land: A Road Trip through U.S. History*" by Beverly Gage, c.2026, Simon & Schuster.

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

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Companion Planting

The snow has finally melted and garden cleanup can begin by removing winter debris and applying fresh mulch to keep weeds down. Also, covering tender new growth to protect them during late spring frosts may be essential, especially in New Hampshire.

Have you ever thought about 'Companion Planting'? Vegetables that go well together in the kitchen, grow well together in the garden. Like tomatoes, basil, onions, oregano, and garlic. This process is used in commercial agriculture which is a method of inter-cropping two or more species for some benefit, such as pest control, increased yield or improved flavor.

Vegetables love flowers! 'Flower Companion Planting' fights vegetable garden pests and increases your yields the natural way for a healthier garden. Flowers are always pretty, however, let's look for flowers that are also practical and attract insects. Some types of insects that flowers attract also help your garden.

Woods and Gardens

with Rose Kowaliw

Bees are the primary pollinators (both honeybees and bumblebees) and need as many good sources of nectar as possible given the current sharp decline in numbers. However, many other insects can help pollinate crops including wasps, moths, butterflies, and certain species of beetles.

The bright yellow blooms of the many varieties of marigold are good at attracting bees and butterflies

and the strong scent of the French Marigold is said to deter nematodes. They will grow in almost any kind of soil, are easy to save seed from and often confuse pests if inter-planted with vegetables.

Most flowers from the daisy family, especially chamomile, will attract a range of beneficial insects. The flowers may not appear to be stunning but hoverflies and predatory wasps love them. An added benefit of growing chamomile is that you can make delicious fresh herbal tea from the flowers.

Allow some onions or garlic to shoot up flower heads, rather than pulling them straight up. Leave some in the ground and let the flowers fully develop. Beneficial insects love them and they look quite unusual and attractive, too.

Also, allow some parsley, carrots, and members of the umbelliferae plant family to flower, which attracts many beneficial insects.

Insects that eat pests are hoverflies, lacewings, ladybugs and are all the very best protection a garden can have against the invasive pests that feed on crops such as aphids, mites, thrips, mealybugs, and scale insects.

Some flowers like calendula will repel pests like whitefly while at the same time attract garden-friendly insects. Calendula is easy to grow and keeps flowering through the summer if you regularly pick off the seed heads. You can save the large curled seeds as they are easy to handle as well as drying, and store well.

Nasturtium is highly effective at attracting blackflies away from your main crops. This 'trap crop' loses its beauty once covered in blackflies, but it is easy to remove the affected stems and dispose of them away from the vegetable plot.

In general, selecting the best flowers for your vegetable garden is about picking flowers that are rich in high-protein pollen and that provide sources of nectar throughout the year, known as insectary plants. Many highly-bred ornamental flowers fall short on these criteria, so it's important to choose flowers that are known to attract beneficial insects.

Some fast and low-maintenance projects you may enjoy are planting lavender, African daisies, and snapdragons to attract bees and butterflies. And fast-growing annuals like sunflowers, zinnias, and cosmos have quick growing seeds that can be planted directly into the ground. You may also like to add a bird bath or bird feeder to increase wildlife activity. For vertical accents to your garden area, trellises for early climbers like sweet peas are a nice addition.

Happy spring gardening!

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.

"Fun With Fruit Trees" Seminar At Blue Seal Farm & Home



Don Ward, horticulturist, pruning nursery stock.

On Saturday, April 18th, Blue Seal Farm & Home in Keene will host "Fun with Fruit Trees." Leading the discussion will be Don Ward, a professional horticulturist with over 30 years of experience in the retail nursery sector.

Topics to be discussed include picking, planting, and pruning nursery-grown container stock to flourish in New England. Displays will be set up showcasing everything needed to successfully grow fruit trees in the back yard or orchard, and the staff will be on hand to answer any questions related to selection, planting, and care for fruit trees. Additionally, the nursery will be fully stocked with hardy fruit trees and small-fruit varieties including apple pear, peach, cherry, blueberry and raspberry. As part of the discussion, attendees will be invited to share their own orchard experiences.

The seminar is free and takes place from 2 to 3 p.m. at Blue Seal Farm & Home, located at 80 Martell Court in Keene. Seating is limited and interested attendees are encouraged to RSVP to 603-357-5720. Snacks and refreshments will be provided.

Cousins In Conservation At Keene Public Library

Cousins Susie Spikol and Deborah Lee Luskin were both born in New York, both grew up on pavement, and have now been living in northern New England for decades.

On Thursday, April 23rd from 6 to 7:30 p.m., Cousins In Conversation – a discussion how they followed different paths to similar ends – will be held in the Ruth Huntress Auditorium at Keene Public Library on Winter Street. Registration is appreciated by calling 603-352-0157.

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Houle Wealth Management Expands Services And Team In Keene

HOULE, Continued from page 1

Alongside this recent accomplishment, the firm has introduced new tools aimed at making financial planning more comprehensive and accessible.

One of the most notable additions is a digital estate planning platform that allows clients to create and update key documents – such as wills, trusts, healthcare directives, and powers of attorney. The platform is designed to simplify what can often feel like a complicated process while ensuring plans remain current as life evolves.

Houle Wealth Management has also expanded its tax planning capabilities through advanced analysis software. While the firm does not prepare tax returns, the new system allows the team to review returns in detail and identify planning opportunities. These can include strategies such as Roth conversions, tax-efficient withdrawal planning, including qualified charitable distributions and donor-advised funds, tax-loss harvesting, capital gains analysis, and long-term projections to help clients better understand how today's decisions may impact their future.

The firm has also seen continued growth, recently welcoming financial advisor Matthew Fliss, a Certified Financial Planner professional with more than a decade of experience.

"I'm excited to join a team that truly prioritizes doing what's best for clients," Fliss says. "There's a strong sense of trust and care here, and I'm looking forward to working with individuals and families in the Keene community."

Houle Wealth Management continues to take a proactive approach to financial planning. Rather than a "set it and forget it" philosophy, the firm emphasizes ongoing monitoring and adjustments as market conditions and client circumstances evolve. This includes retirement income planning, investment management, and integrated estate, tax, and insurance strategies designed to work together within a broader financial plan.

Outside the office, Houle remains active in the community. He has long been involved in local non-profit organizations and community initiatives throughout the Monadnock Region.

As the firm grows and evolves, Houle says the mission remains unchanged.



Financial Advisor Josh Houle's mission is to provide individualized financial planning for his clients while constantly monitoring their accounts to maximize best results.

"We're always looking for ways to improve and better serve our clients," he says. "At the end of the day, it's about helping people feel confident in where they're headed."

For more details, Houle Wealth Management can be reached at 603-352-0222, by email at Josh.houle@lpl.com, or online at www.Houlewealth.com.

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A Community Where Everyone Belongs: Honoring Autism Acceptance Month

By Deb Paul

April is Autism Acceptance Month, and in a community like ours, that means taking a moment to look around and make sure we're creating a place where everyone feels welcome – including our neighbors on the autism spectrum. The shift from "awareness" to "acceptance" is more than a change in wording. Most people already know autism exists. Acceptance asks us to respect it and make room for autistic individuals to participate in everyday community life.

Autism is a natural variation in how people think, communicate, and experience the world. No two autistic people are alike. Some may communicate differently, some may need extra time to process information, and many have strengths that don't always get the attention they deserve: creativity, honesty, deep focus, or remarkable knowledge in areas they care about. Acceptance means seeing the whole person, not just the diagnosis, and recognizing that neurodiversity enriches our community.

Acceptance shows up in small, everyday moments. It's the teacher who dims the lights or offers a quiet corner so a student can stay regulated. It's the neighbor who doesn't stare or judge when a child has a tough moment in a crowded store. It's the coach who learns how to communicate in a way that works for every kid on the team. These gestures may seem small, but they add up. They help build a community where people feel safe being themselves.

Listening is another important part of acceptance. Autistic adults and teens have been speaking up for years about what inclusion really looks like. Too often, decisions about autism are made without including the people who live with it every day. Acceptance means pulling up a chair, hearing their experiences, and letting their voices guide the conversation. They know what works better than anyone.

Families also deserve support. Caring for someone on the spectrum can be joyful, but it can also be challenging when services are limited or when people misunderstand behaviors. A little patience and kindness from the community can make a world of difference. Sometimes the most helpful thing we can offer is understanding and a willingness to ask, "How can I support you?"

Many of the obstacles autistic individuals face aren't caused by autism itself, but by environments that weren't built with neurodiversity in mind. That's something we can change. Sensory-friendly events, clear communication, flexible expectations, and simple patience can make public spaces more welcoming for everyone.

Autism Acceptance Month isn't about fixing people. It's about fixing the barriers that keep people from participating fully in their own community. This April, let's celebrate the autistic individuals who live, work, learn, and grow right alongside us, and commit to making acceptance something we practice all year long.

Meals On Wheels Volunteers Drive Change In Community

VOLUNTEERS, Continued from page 1

For those with busy schedules, even a small amount of time can make a lasting impact. Whether one volunteers once a week or fill in as needed, each

route helps ensure that no one in the community is left without a meal or a friendly face.

For many recipients, the volunteer at the door may be the only person they see all day. That brief visit becomes a check-in, a conversation, and reassurance that someone cares.

This kind of care is at the heart of HCS's mission to help people remain safe, healthy, and independent at home. Volunteers make this mission a reality, supporting neighbors across the region in maintaining their independence while staying connected to their community.

To learn more about becoming a Meals on Wheels volunteer with HCS, visit HCSservices.org or reach out to 603-352-2253 or events@HCSservices.org

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DubHub April Coffee House Will Feature Volkert Volkersz



Singer/songwriter/guitarist Volkert Volkersz

On Saturday, April 18th, a combined Coffee House and Open Mic from 6 to 9 p.m. takes place at the DubHub/Dublin Community Center, 1123 Main St, Dublin. Coffee and snacks are available. Attendees are also welcome to BYOB and dinner/snacks. A featured performance takes place for about 60 minutes, with

open mic slots available both prior and after. The Coffee House and Open Mic occur on the third Saturday of every month.

This month, singer/songwriter/guitarist Volkert Volkersz is the featured performer. Celebrating 20 years since “finding his voice” and resuming his passion for songwriting, he will perform “something old, something new,” from his albums and covers, too,” he says, including songs from albums he released last year, *The Crooked Road Home* and *It’s Cocoa Time!*

Volkersz is best known for his musical interpretation of Robert Frost’s *Stopping By Woods on a Snowy Evening*, which has frequently been aired on Kate McNally’s Folk Show. Volkersz’s signature song is *Thank You*, a song about practicing intentional gratitude. His *Peace Pole Song* was performed by Dublin schoolchildren last December at the Peace Pole dedication ceremony. His recordings can be found at volkert.bandcamp.com and he has many videos on YouTube.

Email info@dublincommunity-center.org to reserve a spot on the open mic sign-up, or just show up that evening with the hope of finding an available spot on the list. A suggested donation starting at \$5 (or more) can be given at the door to help offset costs, and a hat will be passed during the performance for contributions for the featured performer.

New Exhibit At Historical Society Of Cheshire County Marks 250th Anniversary Of The American Revolution

The Historical Society of Cheshire County at 246 Main Street in Keene will have a new major exhibit, *Beyond the Battlefield: Cheshire County in the Revolutionary Period*, to commemorate the 250th anniversary of American Independence. The exhibit will explore a range of Revolutionary-era experiences in the Monadnock Region – soldiers who marched to Bunker Hill, neighbors who refused loyalty oaths, women who stood their ground in the face of hardship, and enslaved men who fought for a freedom they had not yet been granted.

An Opening Reception will be held on Wednesday, April 15th from 4 to 6 p.m. The exhibit will remain free to the public during business hours through July.

“Cheshire County’s experience with the American Revolution was not a simple story of unified patriotic fervor,” says Executive Director Jennifer Carroll. “It was a story of neighbors who disagreed, families divided, and individuals facing impossible choices about loyalty, conscience, and survival. Beyond the Battlefield brings those real people back to life – not as symbols, but

as the complex individuals they were.”

The exhibit features life-size silhouette figures representing a diverse cast of documented Cheshire County residents, including Colonel Enoch Hale of Rindge, who served as both a military commander and High Sheriff of Cheshire County; Tobias Cutler, an enslaved man who earned his freedom by enlisting with Colonel George Reid’s 2nd New Hampshire Regiment; Abigail Hale, the frontier widow managing her farm alone while the men of her community were away at war; and Samuel King of Chesterfield, who twice refused to sign the Association Test and led his town’s controversial vote to secede from New Hampshire and join Vermont.

An interactive component will allow visitors to take a card representing a real Cheshire County resident and decide for themselves whether they would have signed the Association Test, and why. The exhibit is designed to engage both Revolutionary War enthusiasts and visitors new to the topic, sparking conversations about loyalty, community, and the meaning of independence.

The 50 & Better Expo Returns To Keene April 25th

EXPO, Continued from page 1

The Expo will feature interactive seminars and activities throughout the day: Fraud Protection Seminar from Savings Bank of Walpole, History of Monadnock from Alan Rumrill of the Historical Society of Cheshire County, and Zumba and Line Dancing from Pam Durkin from the Keene Recreation Center.

“Planning Ahead for Aging Well”: a panel discussion, will feature Nancy Tomasko, Esq. (law offices of Little & Tomasko, PLLC), Susan Simonds (DiLuzio Foley and Fletcher Funeral Homes), Kat Boyd (Family Service Counselor, DiLuzio Foley and Fletcher Funeral Homes), and will be moderated by Allen Mendelson.

There will be performances by the Cheshireman’s Chorus and Fairy Hair by Jess.

For the full schedule of events and

more details regarding the 50 & Better Expo, visit www.50andbetter.org, or reach out to events@hcsservices.org 603-352-2253

“Platinum Years” sponsors are: The Monadnock Shopper News, The Keene Sentinel, American House of Keene, Beth Lorenz of Edward Jones, SmartRide LLC, Great Eastern Radio, Dartmouth Health Cheshire Medical Center, and Cathedral of the Pines.

The Keene Senior Center is a non-profit organization serving over 400 members across Keene and the Monadnock region through collaborative and dynamic programs, providing support and resources. To learn more about The Keene Senior Center, visit thekeeneseniorcenter.org

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	235.06	5.61	Danaher Corp. (Kollmorgen)	189.61	(1.51)
Becton Dickinson (C.R. Bard)	154.22	(0.29)	Merck (Hubbard Farms)	121.42	0.55
Toronto Dominion Bank (TD Bank)	100.71	5.49	Deluxe (NEBS)	28.11	0.44
PC Connection	62.42	2.82	Teleflex (Jaffrey)	118.39	0.58
Bank Of America (Fleet)	52.54	3.16	Timken (MPB Corp.)	106.75	7.83
Corning Inc.	171.24	23.32	M&T Bank Corp. (People's United)	219.92	9.76
Ametek, Inc. (Precitech)	234.91	16.62	Dover Corp. (Markem)	217.12	11.74

PRECIOUS METALS		COMMODITIES		
	Close	Week's Change	Close	Week's Change
Silver (\$ per ounce)	76.54	4.08	Wheat (cents per bushel)	570.00 (29.00)
Gold (\$ per ounce)	4,783.80	107.70	Corn (cents per bushel)	450.75 (2.50)
Platinum (\$ per ounce)	2,047.23	61.43	Soybeans (cents per bushel)	1,174.50 11.50
			Cattle (cents per pound)	249.08 2.83
			Crude (\$ per barrel)	96.25 (15.25)

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Cheshire County Conservation District Announces Conservation Opportunity Fund Recipients

The Cheshire County Conservation District (CCCD) has announced the 2026 round of Conservation Opportunity Fund recipients: Gay Kimball Library, Jaffrey Public Library, the Hooper Institute, Laura Shim of Keene, Lenoir Law of Gilsum, Michael Scardina of Keene, Ken Kost at the Railroad Square Condominium in Keene, and Sarah Greene-Sims of Rindge.

The Conservation Opportunity Fund provides funding for owners and stewards of small tracts of land who are interested in improving the wildlife habitat on their property. The fund prioritizes projects which have a community education and engagement component.

The Gay Kimball Library will be installing a community garden and a pollinator habitat, the Jaffrey Library and the Hooper Institute will be installing a native plant garden, Ken Kost will be working with the Railroad Square Condominium to install a pollinator habitat, Laura Shim will be installing a pollinator garden and early successional habitat, and Lenoir Law, Michael Scardina, and Sarah Greene-Sims will be installing pollinator gardens.

Interested community organizations, schools, municipalities, or private landowners who can demonstrate a connection to broader community education and engagement are encouraged to apply in future grant rounds. For more details, visit the Conservation Opportunity Fund website for examples of past projects, resources, and check back for applications to be posted in fall 2026: <http://www.cheshireconservation.org/cof>

To make a donation to support future funding of Conservation Opportunity Fund, visit www.cheshireconservation.org/donate.

Donations to the fund may also be made by mail, checks can be made payable to "CCCD" and addressed to 11 Industrial Park Dr., Walpole, NH 03608. Please include "COF" in the memo line.

Interested future applicants are encouraged to subscribe to CCCD's newsletter for application updates, and to stay connected on CCCD's Facebook, Instagram, and LinkedIn as well/

For more details, or to be added to a conservation opportunity fund email list, call 603-904-3011 or email info@cheshireconservation.org

Monadnock Peer Support Receives Grant From Rotary Club of Keene

Monadnock Peer Support recently announced the award of a \$500 grant from the Rotary Club of Keene in support of its new programming kitchen. This funding will help to install a range hood, an essential component that will allow the space to safely host cooking and life skills programming for community members.

The addition of a fully functional programming kitchen is a key part of Monadnock Peer Support's efforts to expand its programming, including Life Skills classes and healthy cooking classes. These classes are designed to support individuals living with mental health challenges and other barriers by

building practical, everyday skills such as cooking, nutrition, and independent living. The range hood installation ensures the kitchen meets safety standards and can be fully utilized for hands-on learning and group activities.

"We are incredibly grateful to the Rotary Club of Keene for their investment in this project," says Stacy Wilbur, senior program director of Monadnock Peer Support. "We appreciate the Rotary Club of Keene for their ongoing commitment to community wellbeing and for supporting initiatives that promote mental health, independence, and connection."

City Of Keene To Host 2026 Natural Resource Stewards Program

The City of Keene's Parks & Recreation Department recently announced its selection as the host for the 2026 Natural Resource Stewards Program, in partnership with UNH Cooperative Extension. This milestone reflects the growing collaboration between

Keene Parks & Recreation and UNH Cooperative Extension, and reinforces the City's commitment to environmental stewardship, education, and community engagement.

The Natural Resource Stewards Program is a 12-week hybrid course designed to deepen participants' understanding of New Hampshire's natural environment while building practical skills for conservation and community leadership. The program combines expert instruction with hands-on field experiences and run from September through November with weekly sessions held on Fridays from 9 a.m. to 4 p.m. Enrollment is limited to 30 participants to ensure a high-quality, interactive learning experience. The cost to participate is \$445 per person with scholarships and accommodations available.

For more details or to apply, call 603-357-9829 or visit <https://extension.unh.edu/resource/learn-about-natural-resources-stewards>.

Monadnock Food Co-Op Second Location To Open

CO-OP, Continued from page 1

There will be a large cafe with house made sandwiches, sides, salads, baked goods, and grab-n-go options for quick, healthy meals; tailored to meet the needs of the Jaffrey community.

"We are honored by the opportunity to serve the community of Jaffrey and look forward to expanding our local impact within the community. It's a big project and we'll need everyone's support to make it a success," said Monadnock Food Co-op General Manager, Michael Faber.

For over a decade, the Monadnock Food Co-op has done more than sell groceries. It has improved the local economy by providing a living wage and a healthy work environment, supported and enriched the community through programs like the Farm Fund and Round It Up, and reduced its environmental impact through rooftop solar, composting, recycling, and EV charging stations.

Over 5,000 Member-Owners cooperatively own Monadnock Food Co-op. Member-Ownership at the Co-op will extend to both the Keene and Jaffrey locations. While Member-Ownership offers many benefits, everyone is welcome to shop at our Co-op.

Updates will be posted on the Co-op's website and social media throughout the year.

The Co-op is located at 34 Cypress Street in Keene, right off of Main Street via Eagle Court; for more details, visit monadnockfood.coop.

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Local STEAM Teams Place In Regional Tournament; Some Advance To State Finals

Four hundred students from around New Hampshire displayed their creativity, collaboration, and challenge-solving skills at the New Hampshire Destination Imagination Regional Tournament in Amherst recently.

Teams competed in Challenges based on STEAM principles, including Science, Technology, Engineering, the Arts, Math, and service entrepreneurship. Since the fall, teams have been working on solutions to these complex challenges, with all solutions required to be strictly team-solved.

Local winning teams include: The Spinner Winners, Lava Llamas, and Super Yin Yangs from the Jaffrey-Rindge Cooperative School District.

Top-finishing teams in their challenge and age level will advance to the State Finals. These include: Los Tralalalitos from St. Joseph's Regional School in Keene; and The Big Brain Baddies, Ignivomous, and The Stormy Hedgehogs from the Jaffrey-Rindge Cooperative School District.

Weekend Storytime Offered At Peterborough Town Library

A free storytime opportunity will be held at Peterborough Town Library at 2 Concord Street on Saturday, April 25th at 10:30 a.m.

The Head of Youth Services, Aimee LaRue, will

share stories, sing songs, and more; all ages are welcome. Stories will be on the shorter side with movement and songs in between to help keep younger listeners engaged throughout.

Upcoming Events In The Monadnock Region

EVENTS, Continued from page 13

Sat., Apr. 18

LECTURES & WORKSHOPS

Pruning Seminar: "Fun with Fruit Trees" 2-3pm. Blue Seal, 80 Martell Court, Keene. Seminar with Don Ward. RSVP to 603-357-5720.

Introspective Breathwork Workshop: Tracy Bartella 10:30am-12pm. Aloha Keene, 83 Court St., Keene. It is an invitation to slow down, breathe and explore who you are. The workshop is by donation raising money for the Monadnock Sustainability Hub. www.vagaro.com/alohakeene.

MISCELLANEOUS

Cutler School Employee Reunion 1-4pm. Cutler School, 31 Winchester Street, West Swanzey. If you have any past or present connection with Cutler School, please join to reminisce and say goodbye to the school that brought us all together. jlecl@icloud.com.

Puzzle Race and Swap 1pm. Putney Public Library, 55 Main St., Putney, VT. Friendly competition for teams of 3-5 puzzlers. Registration is required by Friday, April 20th. The team that finishes first wins bragging rights! There will also be a Puzzle Swap during open hours 10am-1pm that Saturday and through the Puzzle Race.

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dublin. Featuring Volkert Volkersz & Friends. 603-563-8080. info@dublincommunitycenter.org. www.dubhub-nh.org/calendar.

Styrofoam Recycling Collection 8am-5pm. Dublin Transfer Station, 176 Cobb Meadow Rd., Dublin NH. Dublin residents only.

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.

Children's Story Time & Craft 11am. Conant Public Library, 111 Main St., Winchester. Join assistant director Patty for this month's book, "The Great Eggscape" by Jory John and a fun craft afterwards. Recommended for ages 3-8, but all ages welcome. 603-239-4331. www.conantlibrary.org.

Book Signing: My Sister, The Freak 11am. Toadstool Bookshop, 12 Emerald St., Keene. A new kids' graphic novel by author & illustrator Dani Jones.

Silent Auction 12pm. Hillsboro Christian School, 337 2nd NH Tpke, Hillsboro. Viewing starts at 11:30. Auction items include gift cards, Themed Gift Sets, experiences, hand-made items, and much more. Food & drinks available.

Sunday, Apr. 19

ARTS, MUSIC & THEATER

Concert and Contra Dance: Celebrating Historic Piano 3-7pm. Peterborough Town Hall, 1 Grove St., Peterborough. Performances by the Monadnock Chorus, Dan Sedgwick and Marjorie Gere, Virginia Eskin, and Ben Cosgrove. The concert will be followed by a 5 p.m. contra dance with Steve Zakon-Anderson calling and music by local favorites the Sugar River Band (the Orzechowski family with Sarah Bauhan) and the fabulous Open Band. Free. Donations welcome. 603-762-0235. www.monadnockfolk.org.

Electric Earth Concerts: The Dolphins Quartet 4pm. First Church in Jaffrey, 14 Laban Ainsworth Way. \$30. 603-499-6216. www.electricearthconcerts.org.

LECTURES & WORKSHOPS

April Chakra Clearing Meditation with Didgeridoo 1:30-3pm. Aloha Keene, 83 Court St., Keene. This immersive workshop is designed to support the release of energetic and emotional stagnation across the seven major energy centers of the body. \$45. Registration required. www.vagaro.com/alohakeene.

Tuesday, Apr. 21

ARTS, MUSIC & THEATER

Cheshiremen Chorus: Weekly Meeting & Singing 6:30pm. United Church of Christ-Keene, 23 Central Square. All men welcome. Use Vernon St. entrance. Meets every Tuesday. 877-312-7467. www.cheshiremen.org.

MISCELLANEOUS

This Book Club is my Alibi: A Mystery and Thrillers Book Club 4-5pm. Miller-Vincent Room, Keene Public Library, 60 Winter St., Keene. Join the newest book club, focused specifically on mysteries and thrillers. Our first month's pick will be "The Hunting Party" by Lucy Foley. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

Wednesday, Apr. 22

MISCELLANEOUS

Celebrating Robert J. DiLuzio Sr.: 65 Years of Funeral Service 4-7pm. Keene Country Club, 755 West Hill Rd., Keene. With special recognition of Linda DiLuzio for 55 years of service and support.

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Seed Snails

I saw an interesting video a few weeks ago about a new way to plant seedlings. It involves some small plastic flat insulation (the kind with the pop-able bubbles that people use for packages), some potting soil, parchment paper, and sealing tape. You take the insulation and cut a piece about three feet long and six inches wide. Covering both sides with parchment paper seals off the plants from the plastic. You then take your moistened potting soil and put a 1/3-inch layer all along one side of the piece. Roll it up tight and seal it twice with the tape. You then set one side of the circle down so the other one is up. This provides some small sections that you can put the seeds into. You can plant more than one variety in the spaces, but remember to write down what you are putting where. Cover the seeds with a bit more soil, tamp it down, and then spritz it with a sprayer (I got one that I really like from Horse and Buggy Feeds here in Keene). Keep it moist with the sprayer. I check mine at least twice a day. Soon you will have seedlings popping up. Let them grow until they have some true leaves or more, then they are ready to transplant.

There are several benefits to this system. The snail itself takes up very little room in the sunny space or greenhouse. But also, the plants' roots are only subjected to intertwining with the plants on either side of it. When it comes time to transplant, they will often have nice, deep roots. I have tried it and been successful with several crops already.

Early spring is a great time to start planting things in the garden. I generally plant my onion starts in the first part of April. It will often snow on them which they actually like. Snow is considered "poor man's fertilizer" as it is beneficial to cold hardy crops. Peas can be sown as soon as the soil is able to be worked. It is best if you soak them overnight before planting. They will need something to climb on so be sure to set that up when you plant them. Otherwise, you can

upset the young plants by moving them when you are attempting to put up a trellis. If nothing else, you can collect branches from the woods for them to climb on. Just be sure that it is sturdy; peas do not like to rock with the wind.

Green Monadnock
 with Celeste Longacre



Beets, parsnips, and lettuce can all be planted as soon as the soil can be worked. Add your soil amendments first. I like to add aged manure, compost, alfalfa pellets, boron, rock dust, and Azomite. I will work it gently into the top few inches of soil. Seeds generally need to be planted about twice as deep as they are wide.

Carrots can be planted any time after the soil is workable. However, the carrot maggot lays its eggs on May 23rd, so if you plant before that date, cover them with an agricultural covering around that date. Or, wait until after that date to get them into the ground. There is plenty of time for them to grow afterwards.

Many, many crops are frost sensitive so it is best to wait until after the last full moon in May to plant them. This May we have a full moon on the 31st, so it might be a good idea to keep an eye on all the sensitive ones. Keep sheets or blankets around to cover them should a frost sneak in.

Celeste and Bob Longacre have been living sustainably for almost 50 years. Her book, "Celeste's Garden Delights," details exactly how to do this and is available at many local businesses. Celeste is also looking for venues to do kvass demos.

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Letter: Perils Of Plastic Bags Is Talk Topic

To The Editor:
 From production to disposal, single use plastic bags have become a major environmental nightmare. For something that has a useful life of only about 12 minutes, its health, economic, and environmental consequences are enormously detrimental. Apart from well-established adverse impacts on human and environmental health, plastic bags create significant reparative expenses for New Hampshire towns. For example, did you know that plastic bag contamination in recycling centers alone costs New Hampshire communities \$6,400,000/year?

I wish to invite you to a presentation about the very real perils of plastic bags, their cost to our com-

munities, and actions we can all take to reduce their many harms. The event is a collaboration among the New Hampshire Network Plastics Working Group, The Peterborough Recycling Center Advisory Committee, and the Peterborough Town Library. Please join us for this very informative presentation.

It will take place Friday evening, April 24th, from 7 until 8 p.m. at the Peterborough Town Library in their 1833 Room. Plastic-free refreshments will be served. Please remember to bring your own reusable water bottle.

Thank you ~ I hope to see you there!
 Mary Armstrong
 Harrisville

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A Great Opportunity to Clean Toxic Wastes from your basement, workbench, garage and cupboards.

All collections run 8 am to 1 pm **KEENE RECYCLING CENTER**
 From Route 12/West Street intersection, travel Route 12 North approximately 4.5 miles. Facility entrance is at the top of the hill on left hand side of road.

Collection takes approximately 10 minutes from the time of arrival.
 QUESTIONS: Please call (603) 352-5739 Sponsored by The City of Keene
Limit: 10 gal. per household per collection.

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it's hazardous, bring it up.
WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up, Toiletries & Medications.
OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.
ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

DO NOT MIX PRODUCTS

Drive Electric EV Showcase

A Drive Electric EV Showcase will be held in the Whitney Brothers Parking Lot at 93 Railroad Street in Keene (adjacent to the Monadnock Food Co-op) on Saturday, April 25th from 11 a.m. to 3 p.m. The public is welcome to come chat with real EV owners and see a wide range of EV models.

Landscaping Projects That Succeed Or Fail In The Region

The last of the 2026 Natural New Hampshire Program Series at the Peterborough Town Library at 2 Concord Street will end with a talk by Aaron Abitz and Brittany Kavanaugh from Jaffrey's Fassett Farm Nursery on Thursday, April 23rd at 6:30 p.m.

The two will discuss why native landscaping projects succeed or fail in the region. Attendees will be able to register for a free door prize drawing for native plants.

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

Spring 2026 Household Hazardous Waste Collection Schedule

- Wed. 4/15/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
 Nelson
 Peterborough
 Richmond
 Stoddard
 Sullivan
 Surry
 Swanzey
 Walpole
 Westmoreland

- Sat. 4/18/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
 Nelson
 Peterborough
 Richmond
 Stoddard
 Sullivan
 Surry
 Swanzey
 Walpole
 Westmoreland

- Sat. 5/9/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
 Nelson
 Peterborough
 Richmond
 Stoddard
 Sullivan
 Surry
 Swanzey
 Walpole
 Westmoreland

- Wed. 5/13/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
 Nelson
 Peterborough
 Richmond
 Stoddard
 Sullivan
 Surry
 Swanzey
 Walpole
 Westmoreland

- Sat. 5/30/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
 Nelson
 Peterborough
 Richmond
 Stoddard
 Sullivan
 Surry
 Swanzey
 Walpole
 Westmoreland

- Sat. 6/13/26**
 Acworth
 Chesterfield
 Dublin
 Gilsum
 Greenfield
 Hancock
 Harrisville
 Jaffrey
 Keene
 Marlborough
 Marlow
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 Peterborough
 Richmond
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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

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.)

ENTERTAINMENT

and DINING

Wednesday, Apr. 15

FAIRS & SALES

Career and Job Fair 8:30-11:30am. Keene High School, 43 Arch St., Keene.

LECTURES & WORKSHOPS

Tackling Menopause 5-7pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Food for Life nutrition and cooking class with a lecture and cooking demonstrations, to learn how to cut down or stop menopause symptoms. Must pre-register. Jaffrey Civic Center: **603-532-6527**.

Drinking Liberally 7:30pm. 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

Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment HCS Charles-town, 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 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.

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**.

Thursday, Apr. 16

ARTS, MUSIC & THEATER

Evening of Dance 7:30-9:30pm. Main Theatre, Redfern Arts Center, Keene State College. An Evening of Dance captivates audiences with breath-taking physicality and immersive story telling. \$15/\$10 Seniors & Youth/Free for KSC Students. For more information call **603-358-2168**.

MISCELLANEOUS

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

Learn to Play American Mahjong 5:30-7:30pm. Keene Public Library, 60 Winter St. Four week class. This class is for beginners but experienced players are welcome to come and play their own game. Those who register for the first class are registered for the remaining three classes. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Infinite Worlds Book Club: Terry Pratchett 6-7:30pm. Booras Room, Keene Public Library, 60 Winter St., Keene. A non-traditional book club for adults focusing on speculative fiction. April's Theme: Terry Pratchett. Katelyn McStravick: **603-352-0157**. kmcstravick@keenenh.gov.

Friday, Apr. 17

ARTS, MUSIC, THEATER

Evening of Dance 7:30-9:30pm. Main Theatre, Redfern Arts Center, Keene State College. An Evening of Dance captivates audiences with breath-taking physicality and immersive story telling. \$15/\$10 Seniors & Youth/Free for KSC Students. For more information call **603-358-2168**.

FAIRS & SALES

Female Charitable Society of Acworth: Rummage Sale 2-5pm. Church on the Hill, Turkey Shoot Rd. Acworth. Call Liz 603-835-6313 or Alva 603-835-6848 for an appointment for donations.

MISCELLANEOUS

Mystery Lovers Book Club 4:30-5:30pm. Storyroom, Keene Public Library, 60 Winter St., Keene. Love the thrill of the chase? Join this brand-new middle grade book club (recommended for readers age 8 - 12). Meet monthly to discuss a selection of mystery reads, along with snacks and a mystery-themed activity. Scout Mercer: **603-352-0157**. smercer@keenenh.gov.

Teen & Adult Craft Night: Masquerade Masks 6pm. Conant Public Library, 111 Main St., Winchester. Decorate masquerade masks. All materials provided, reservation recommended. Ages +12. **603-239-4331**.

Red Cross Blood Drive 12-4:30pm. Langdon Place of Keene, 136 Arch St. To make an appointment call: **800-733-2767**.

Sat., Apr. 18

ARTS, MUSIC, THEATER

Evening of Dance - Matinee 2-4pm. Main Theatre, Redfern Arts Center, Keene State College. An Evening of Dance captivates audiences with breath-taking physicality and immersive story telling. \$15/\$10 Seniors & Youth/Free for KSC Students. For more information call **603-358-2168**.

Live Music from the Sonntag Trio 4-6pm. Monadnock Food Co-op, Cafe, 34 Cypress St. Enjoy live jazz music.

Peterborough Folk Music: Jeffrey Foucault 7pm. Bass Hall at Monadnock Center, 19 Grove St., Peterborough. \$25. **603-318-9196**. www.pfmsconcerts.org.

Evening of Dance 7:30-9:30pm. Main Theatre, Redfern Arts Center, Keene State Col-

lege. An Evening of Dance captivates audiences with breath-taking physicality and immersive story telling. \$15/\$10 Seniors & Youth/Free for KSC Students. For more information call **603-358-2168**.

Rockin 4 Vets: Guitar Monsters 8pm. The Park Theatre, 19 Main St., Jaffrey. Guitar Monsters is an explosive show with *Jon Butcher, Johnny A, and Willie J. Laws*. Benefits Jaffrey Food Pantry. www.rockin4vets.com/tickets.

DINING PLEASURES

St. Patrick's Church Meatloaf Dinner: Grab-n-Go 3-5pm. St. Patrick's Church, 80 Main St., Northfield, MA. Pick up between 3-5. All homemade by parishioners. Delicious homemade meatloaf w/baked potato, green beans, roll & dessert. \$15 per meal. Reservations by April 14th at **603-577-0198**.

Jaffrey BSA Troop 33 Spaghetti Supper 4-7pm. Jaffrey American Legion, Webster St., Jaffrey. Dinner includes spaghetti, garlic bread, salad, & dessert. \$10/adults, \$6/child/senior, & \$5 veterans. Jaime Hutchinson: hutchjl@hotmail.com.

Italian Buffet Dinner 4:30-6pm. Advent Lutheran Church, 137 US Rt. 202, Rindge. Food, fun, and fellowship. Dine in or take-out. Free Community Dinner. Free will offerings accepted. nhlutherans@gmail.com.

Ham Dinner 5-6pm. First Congregational Church of Swanzey, Rt 32, Swanzey. Ham, carrots, green beans, scalloped potatoes, hot cross buns, Pineapple Upside Down Cake. Dine in, but take out is available. Cost by donation. **603-352-6689**. office@swanzeyucc.org.

FAIRS & SALES

Female Charitable Society of Acworth: Rummage Sale 9am-2pm. Church on the Hill, Turkey Shoot Rd. Acworth. Call Liz 603-835-6313 or Alva 603-835-6848 for an appointment for donations.

FAMILY FUN

Healthy Kids Day Event 1-4pm. Keene Family YMCA, 200 Summit Rd., Keene. This free, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season. **603-352-6002**. www.keeneymca.org/hkd.

EVENTS, page 11

RUMMAGE SALE
AT JAFFREY WOMAN'S CLUB
83 MAIN STREET, JAFFREY
 Friday, Apr. 24 • 9 a.m.-5 p.m.
 Saturday, Apr. 25 • 9 a.m.-noon (bag sale hours)
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Cooking Wild And Local

Bring the family to New Hampshire Fish and Game Department's popular free community event on Saturday, April 18th from 10 a.m. to 3 p.m. on the grounds of the Fish and Game Department at 11 Hazen Drive in Concord. Discover Wild New Hampshire Day is a fun way for everyone to explore New Hampshire's wildlife resources and legacy of outdoor traditions. Browse educational exhibits presented by environmental and conservation organizations from throughout the state. See live animals, big fish and trained falcons. Try your hand at archery, casting, fly-tying, and B-B gun shooting. Watch retriever dogs in action. Get creative with hands-on craft activities for the kids. Check out the latest hunting and fishing gear and gadgets. And at home, why not sample some local fish and game recipes; or make the non-game suggestions given for each recipe.

- 1/2 cup seasoned (Italian) breadcrumbs
- 1/2 cup cream cheese, softened
- 1/4 cup Parmesan cheese

Remove sausage from casings, crumble and cook in skillet until done, adding mushroom stems the last five minutes; drain well. Place sausage mixture back into pan, add rest of ingredients except cream cheese and Parmesan. Cover and cook slowly for five to seven minutes; set aside to cool. When cooled, add cheeses and mix well to combine. Stuff mushroom caps with mixture; bake at 350 degrees for 20 minutes. Serve warm

Cooking Corner



with Nancy Adams

Royal Pheasant Pie

Everyone seems to enjoy this pie; it may also be made with chicken or turkey parts. Makes four servings.

Ingredients:
1 cleaned, whole pheasant (or about 3 cups of coarsely chopped meat)

- 1 onion
- two leafstalks celery
- salt and pepper to taste
- 1 onion and 1 stalk celery, diced
- 1 tablespoon olive oil
- 1/2 stick butter
- 3 heaping tablespoons flour
- Worcestershire sauce
- mushrooms, chopped (optional)
- uncooked pie crust for single pie

Boil pheasant or other poultry until tender in one quart or more of simmering water with onion, celery leafstalks, salt and pepper. When pheasant is tender, remove from broth and coarsely chop the pheasant into pieces. Strain and retain three cups of the broth. Sauté diced onion and celery in oil until tender but not brown; set aside. Melt butter in sauce pan and add flour. Stir until well blended, without browning. Bring reserved pheasant broth to a slow boil; add the flour mixture, whisking and stirring well until thick and smooth. Remove thickened broth from heat and add a few drops Worcestershire sauce. Add reserved sautéed onion and celery. Mushrooms may be added if desired. Place pheasant pieces in a pan or casserole; pour on thickened broth and cover with a pie crust. Bake at 450 degrees until crust is brown and pie bubbles. Serve with brown or wild rice; pass some grape jelly for an added side-dish treat.

Baked Haddock with Sour Cream

If you catch your own fish, bass and perch would work well here. Or try cod, tilapia, or other market fish filets, if desired. Makes four to six servings.

- Ingredients:**
1 1/2 lbs. fresh haddock or other skinless fish fillets
1 cup whole sour cream
1/4 cup fine dry bread crumbs or cornflake crumbs
1/4 teaspoon salt
1 teaspoon maple syrup
1 teaspoon lemon juice
paprika

Place fish in lightly buttered baking dish. In small bowl, combine sour cream, bread crumbs, salt, maple syrup, and lemon juice; blend well. Spread over fish. Bake in 400 degree oven for 20 to 25 minutes, or until fish flakes easily when tested with a fork and sour cream is lightly browned. Sprinkle with paprika and serve.

Sausage-Stuffed Mushrooms

Using small mushrooms ensures these tasty tidbits are easier to eat and enjoy as an appetizer or side-dish. You may use any kind of game sausage or Italian sausage in this tasty dish that makes about four servings.

- Ingredients:**
30 to 36 small mushrooms, remove the stems and chop and save them
1 lb. Italian sausage, sweet, hot, or combination
4 cloves garlic, chopped
freshly ground black pepper

Venison Loin

Either of these tender cuts of meat represent the Cadillac of wild game. I have also used this recipe with good results to cook a beef sirloin tip roast that was surprisingly tender.

- Ingredients**
venison back strap or loin
4 garlic cloves
2 tsps. fresh thyme
2 tsps. fresh rosemary
1 small lemon (zested and a bit of juice)
about 2 tsps. sea salt
1/2 tsp. pepper
1 Tbsp. olive oil

Preheat the oven to 450 degrees. While the oven heats, cover your back strap in one teaspoon of the sea salt and let it sit wrapped in a paper towel. Brining the meat to room temp helps with even cooking and the salt draws out the moisture. On a cutting board, finely mince the garlic, thyme, rosemary and then combine it with the lemon zest, remaining salt, and pepper. When the oven is preheated place the venison loin on a baking sheet and drizzle on the olive oil; roll it in the herb garlic mixture on the cutting board and then return it to the baking sheet. Roast for 12 to 18 minutes, depending on the size and thickness of your loin or back strap; pull the meat out of the oven when it reaches an internal temperature of 115 to 125 degrees. Let it rest on a cutting board for at least 10 minutes before slicing and serving. This will allow the juices to redistribute throughout the venison, resulting in an incredibly moist and tender dish. I like to slice a small piece of lemon and squeeze lemon over the meat. Makes about four servings.

Skillet Scallions

Whenever scallions are plentiful, I like to make this simple dish. It goes nicely with roasted or grilled chicken, burgers and even alongside special sandwiches. Five servings.

- Ingredients:**
4 bunches scallions
3 tablespoons butter (no substitution)
- Prepare scallions by picking off any yellow stems; cut away the fibrous roots. Wash in cold water under the tap; trim tops to fit skillet you'll use. Heat a heavy skillet (cast iron if available) and add the butter. When the foaming stage is reached, put in the scallions. The drops of water left on the scallions from washing are enough for steaming. Cover the skillet and cook over medium heat, turning once after about three minutes, and continue to cook another one or two minutes. Be careful not to overcook – white part should be a bit crisp and green tops tender and still shiny green. Serve at once; no salt or pepper is needed, but add it to taste if desired.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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REQUEST AN APPOINTMENT

Harmony Above Duality

I was standing in a grove of tall evergreen trees; it seemed to me it was a primeval forest. I was feeling the energy. I felt lifted and transformed; I felt my consciousness expanding to connect with the essence of life. I had asked for personal healing and understanding of global healing, as well as evolving consciousness.

A figure came into view, and I quickly focused in on the face. Mostly, I could only see one eye, and it was penetrating and comforting, and green. Waves of energy very subtly began to move through me. It was something different. Nothing like I had experienced before. It was my whole body receiving a green, high frequency healing. An understanding was forming that this energy came from a simultaneous plane of being. That this energy had always existed and would continue to exist, it was timeless. I was being ushered into this parallel reality where I could reset and return to essence.

The understanding, moving into my consciousness, was of an assuring nature, that the parallel reality folded into this reality, bringing healing, constancy and harmony to mitigate the chaos that is present at this time on earth. That areas were being folded as source points for transmitting healing energy to this world.

Additionally, as we individually and collectively expand our consciousness and desire to create a world of greater harmony and unity, these overlays become more numerous. As we ask for and desire harmony, harmony happens. I was asking for healing solutions for myself and the global consciousness. Was I able to expand my thinking enough that I could embrace the answer?

It is within the power of the mind to connect with many realities. As I was told, the beings from the primeval forest have long guarded and monitored the progress of our conscious awareness and desire for harmony between man and nature. The primeval forest surrounds us and exists simultaneously with us in this reality and the folding is ongoing.

If you are living within a source

Healing Perspectives
with Rosie Carey

point for healing, you become a source point for healing. It comes through self-care, awareness, and daily practice. This is to say that your consciousness does matter. Being responsible matters. Energy, by its very nature, travels in waves which sync and harmonize to exchange information. As energy becomes coherent, it can increase in focus and clarity similar to a laser.

We are all part of a process that expands our understanding and awareness of self and life. How we engage in this mystery depends on our personal integrity. As we become more heart-centered we focus our desires toward the wholeness and essence of self and all. We hold the greater good as sacred to our journey and harmony, above duality, as the essence of reality.

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

Breath Classes With Tracy Bartella At Aloha

Tracy Bartella has been doing extensive study about the breath, and she is ready to share some of her learnings. On Saturday, April 18th from 10:30 a.m. until noon, Bartella will host a workshop at Aloha in Keene called an Introspective Breathwork Workshop. It is an invitation for participants to slow down, breathe and explore who they are. The workshop is by donation raising money for the Monadnock Sustainability Hub. Donations of any amount welcomed.

Bartella will offer even more on this topic of breath for those who wish to explore further beginning Wednesday, April 29th from a 8:30 to 9:30 a.m. and continuing weekly through May 20th. Topics will include finding edges, deepening, softening, and integration. These workshops are donation-based.

Register for free at vagar.com/



Tracy Bartella stretching from fingers to toes

alohakeene- or show up and make a donation at the door at 83 Court Street in Keene.

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