



Comedian Patton Oswalt Makes Stop At Colonial On His Effervescent Tour Friday, June 26th In Keene



“Patton Oswalt has built a career on saying the things most people only think – and doing it with a sharpness and humanity that is genuinely rare,” says Keith Marks, executive director of The Colonial Theatre at 95 Main Street. “This is the kind of performer you see in a room like ours and remember for a long time. We’re proud to bring him to Keene.”

Oswalt has been nominated for six Grammys and four Emmys, won the Emmy for Outstanding Writing for a Variety Special for his comedy special *Talking for Clapping*, and earned a Grammy Award for the accompanying album. His most recent Netflix special, *We All Scream*, which also marked his directorial debut, earned him an additional Grammy nomination. His film *I Love My Dad* took home both the Grand Jury and Audience awards at the 2022 SXSW Film Festival.

On television, he is known for nine seasons as Spence on *The King of Queens*, his Critics Choice Award-winning role on *Parks and Recreation*, and memorable appearances on *Veep*, *A.P. Bio*, and *Seinfeld*.

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

Comedian Patton Oswalt will be making a stop at The Colonial Theatre in Keene while on his Effervescent Tour. Oswalt has spent three decades building one of the most celebrated careers in American comedy, moving between stand-up, film, television, and writing with a range and sharpness that has made him one of the genre’s most distinctive voices.

Horse & Buggy Feeds Celebrates 50-Year Milestone, Anniversary Sale Thru May 30th



Mary and Walter Anair opened Horse & Buggy Feeds in Winchendon, MA in April 1976. They renovated a dilapidated barn and opened the new store carrying Blue Seal feeds. Over time, the product lines and the building expanded.

By Lori Catozzi Cook

Horse & Buggy Feeds is celebrating its 50-year milestone. A relentless focus on carrying high-quality products and building deep customer loyalty has helped this business grow strongly over

the last five decades. Big-box stores might come and go, but this locally owned and operated business will be around for its customers and community for many years to come.

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The Keene Airport 5K Is Taking Off Again

The Keene Airport 5K race, on Sunday, May 17th at 9 a.m., promises to be better than ever with a newly designed course and over \$1,000 in prizes for runners and walkers. The event will benefit The Keene Senior Center. The course this year will begin at the Keene

Dillant-Hopkins Airport Terminal at 80 Airport Road in Swanzey and continue on a tree-lined, flat, paved road offering more protection from the wind, making it ideal for a personal record.

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Hands-On Workshops To Transform Lawns Into Edible Landscapes, Saturdays May 16th And 30th

Two hands-on workshops to transform lawns into edible landscapes will take place on Saturdays, May 16th and 30th from 10 a.m. to noon at 180 Hurricane Road in Keene.

Participants will learn and practice making permanent beds at the May 16th workshop, and polyculture and companion planting techniques, intercropping, and gardening guilds at the May 30th workshop.

These interactive learning workshops will combine education, live demonstrations, and hands-on practice in a welcoming community setting. They’ll begin with an introductory talk before participants head to the Gemmo Forest for live demonstrations and guided practice.

“Permaculture can feel intimidating at first, but these mornings are designed to show people that small, thoughtful changes can create beautiful, abundant landscapes,” says Lauren Hubele, director of Gemmo Forest. “We want people to leave feeling empowered to begin transforming their own yards into spaces that nourish both people and the planet.”

The workshops are part of the broader More Food Less Lawn initiative, which encourages residents to rethink traditional lawns and embrace more sustainable, food-producing landscapes.

For more details, visit <https://gemmoforest.com>.



Gemmo Forest Director Lauren Hubele in her no-till urban garden on Hurricane Road in Keene.

SuperHero SpotLight Recognizes Volunteers Anna Crosby And The Keene Housing Kids Collaborative Are Celebrated SuperHeroes

Stark Level Solutions and *The Monadnock Shopper News* congratulate two SuperHeroes this month – Anna Crosby and the Keene Housing Kids Collaborative.

Crosby has been a dedicated member of the Monadnock Region community for many years, bringing both a professional expertise and a deep personal commitment to supporting children and families. She is deeply motivated by a belief that all children deserve access to opportunities that support their growth and future success. Her days are a mix of program coordination, partnership building, and direct engagement with families and providers.

The Keene Housing Kids Collaborative was founded in 2015 to ensure that children living in housing owned, managed, or subsidized by Keene Housing and Southwestern Community Services across the Monadnock Region have access to high-quality out-of-school

and summer learning opportunities that support their academic success, social-emotional development, and long-term social mobility. Serving over 300 households, the collaborative coordinates and expands free access by providing financial, equipment, and transportation support.

Community members can support these two SuperHeroes by donating at khkc.org and helping spread awareness about the importance of out-of-school learning opportunities for all children.

The SuperHero Spotlight was conceived by Jeremy Shepard, owner of Stark Level Solutions, as a way to recognize the unsung heroes in the community – those who go about their lives quietly while making the lives of others better. To nominate a SuperHero, complete the form submission at www.starklevelsolutions.com, email pam@starkproductiongroup.com, or text 917-330-2744.

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THE REIGNING CHAMPS ARE BACK TO DEFEND THEIR TITLE!



JOIN US FOR OPENING WEEK

- Thursday - June 4th
- &
- Saturday - June 6th

Photo by Andie Lovejoy
Start Time 6:30 pm at Alumni Field • Arch St. • Keene

Gemmo Forest Hosts Hands-On Workshops To Transform Lawns into Edible Landscapes

Saturday, May 16th & May 30th • 10am–Noon

May 16th - Learn and practice making permanent beds.
May 30th - Learn and practice polyculture and companion planting techniques, intercropping, and guilds.

These workshops are designed to make regenerative gardening simple, practical, and accessible to all. Each session begins at the Hubele family's Well-Seeded Gardens at **180 Hurricane Road, Keene** with an introductory talk before participants head to the Gemmo Forest for live demonstrations and guided practice.

For more information, visit <https://gemmoforest.com>.

PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Oliver



Oliver is a gentle young boy who is still figuring out his place in the world. He can be a bit shy with initially meeting new people, but will surely shine once he is more comfortable. Once he feels comfortable, Oliver forms strong bonds and especially loves snuggling up in bed with his person. He's used to a quieter home and would thrive in a similar environment where he can take his time settling in. Oliver has built close relationships with certain cats, and thoughtful introductions will be important to new animal friends he meets. Playful at heart, he has a knack for turning just about anything into a toy, bringing out his curious and endearing side. Oliver is a sweet little man waiting for the space to allow his personality to blossom!

Oliver is a grey domestic medium hair, six-month-old male.

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

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Dansko Day At Ted's Shoe & Sport

The mere mention of Dansko elicits concepts such as advanced support, practical design, anti-fatigue technology, safety, and durability. And don't forget the The American Podiatric Medical Association Seal of Approval. Far from just a style choice, Dansko footwear offers award-winning design features, anatomically-contoured footbeds, superior arch support, slip-resistant outsoles, moisture-wicking linings, and antimicrobial footbeds. And while they are famous for their classic professional clogs, they also offer a wide range of styles, including sandals, walking shoes, and boots, that carry the same commitment to comfort.

The fact that Dansko footwear has been personally endorsed by thousands of professionals and hard-working people worldwide is proof that the company has taken comfort and stability to the next level.

On Saturday, May 16th, Ted's Shoe & Sport in Keene will hold its much-awaited Dansko Day event. From 10 a.m. to 3 p.m., customers can shop the newest Dansko styles, speak with a company rep, enter to win a free pair, and receive a gift with purchase. "Stop in and feel the difference for yourself," says McGreer. "Our team will personally measure and fit you so you leave with the perfect sandal, clog, or shoe."

For more details about Dansko footwear, Ted's Shoe & Sport is located at 115 Main Street in Keene. The store can be reached at 603-357-8337, or visit tedsports.com.

Swanzy & Fitzwilliam Town-Wide Yard Sales

On Saturday and Sunday, May 16th and 17th, Swanzy Recreation is hosting its spring town-wide yard sale. Now in its fifth year, this is only the second time it is being hosted in the spring.

"With 25 houses registered for this year's event, there is a little bit of everything for everyone to find," says Ashlee Crosby, recreation director. A town-wide map of addresses, dates, times and items being sold will be posted online and at the Swanzy Town Hall on Thursday, May 14th.

Fitzwilliam Recreation is joining the two-day event with its own town-wide yard sale, featuring approximately 20 homes. A multi-family yard sale will also take place at the Fitzwilliam Fire Department. An online map detailing all the sale locations is available at fitzwilliam-nh.gov/parks-recreation.

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Senior Discount Tuesday At Cheshire Village Pizza

Cheshire Village Pizza has begun a Tuesday special for senior citizens (age 65+), offering 15 percent off their order.

"We started Senior Discount Tuesday as a way of saying thank you to our older population who have contributed so much to our community," says Khaled Alkhatib, owner of Cheshire Village Pizza.

For more details about Cheshire Village Pizza, see the ad on page 17.

Khaled Alkhatib, owner of Cheshire Village Pizza.



Old Homestead Garden Club Plant Sale At Swanzey Grange Hall Saturday, May 16th

The Old Homestead Garden Club will host its annual plant sale on Saturday, May 16th, from 9 a.m. to 2 p.m. at the Grange Hall, 625 Old Homestead Highway, in Swanzey.

The sale will feature strawberry plants, annuals in

red, white, and blue, perennials, and native flowers. Proceeds support the club's scholarship program for students at Monadnock and Keene high schools.

For more details, contact the Old Homestead Garden Club at oldhomestead@nhfgc.org.



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Youth Open Mic Will Be Held At Marlborough Community House

The Marlborough Community House invites youth between eight and 18 years old to join the fun on Friday, May 15th to showcase their talents in front of a live audience with professional sound. The Open Mic will run from 6:30 to 8:30 p.m. so early sign up is recommended. Participants can sign up for a 15-minute slot to sing, play an instrument, or read poetry. Groups and bands are also welcomed as long as no complicated set-up is necessary.

The Monadnock Region has several open mics for adults, but offers no similar options for younger people to experience the excitement and joy of sharing

their music with a live audience and building their confidence in the process.

The Marlborough Community House provides such an event, utilizing its professional sound equipment on the main stage.

Friends and family are encouraged to attend; a \$5 donation is requested. A snack bar with drinks and refreshments will be available.

For more details or to sign up, contact the Federated Church Office at 603-876-3863 or email at office@federatedchurchmarlborough.org.

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Teen Sit & Scribble Writing Group Meets At Keene Public Library

The Keene Public Library will host its Teen Sit & Scribble writing group on Wednesday, May 13th, from 5:30 to 6:30 p.m. in the Booras Room at 60 Winter Street.

The monthly group is open to writers ages 12 to 19 and welcomes all forms of creative writing, including novels, comics, and fan fiction. Participants are encouraged to share their work, exchange ideas, and dedicate time to their craft in a supportive, judgment-free setting.

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

Children's Story Time And Craft At Conant Public Library

Conant Public Library will host a Children's Story Time and Craft on Saturday, May 16th, at 11 a.m.

There will be a read-aloud of *Pete the Cat and the Perfect Pizza Party* by Kimberly and James Dean, followed by a themed craft. The program is recommended for ages three to eight, though all ages are welcome.

For more details, contact Conant Public Library at 603-239-4331.

Annual Surry Birds And Blooms Walk May 17th

The Annual Surry Birds and Blooms Walk will be held on Sunday, May 17th from 7 a.m. to noon.

Join birder and wildflower enthusiast Wendy Ward and local birder Dave Hoitt on this moderate walk looking for birds and wildflowers in open fields, wetlands, and woodland habitats.

Participants should meet at the Surry Town Hall parking lot at 7 a.m.; bring field guides, binoculars, drinks, snacks, and bug/tick repellent. This is a free event.

For more details, call 603-352-0987 or email weward0@yahoo.com.

Kids STEAM: Sensory Slime Exploration At Keene Library

The Keene Public Library will host a Kids STEAM: Sensory Slime Exploration event on Thursday, May 14th, from 3:30 to 4:30 p.m. in the Kay Fox Room at 60 Winter Street.

Children ages five to 12 and their caregivers are invited to experiment with creating different types of slime, including puffy, glittery, and colorful varieties. All experiments may be taken home at the end of the session.

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

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Yard Sale

Monadnock Garden Club's Plant Sale Is May 16th

The annual Monadnock Garden Club Plant Sale will happen on Saturday, May 16th, from 9 to 11 a.m. at Wyman Tavern. The Monadnock Garden Club is celebrating 100 years and is one of the oldest member clubs of The Garden Club of America.

Gardeners will find healthy perennials, trees, and shrubs from club members' gardens offered at great prices. Attendees can seek out gardening advice from seasoned gardeners on site. Shoppers are advised to bring boxes and only cash or checks will be accepted for payment.

Wyman Tavern is located at 339 Main Street in Keene. For more details about the Monadnock Garden Club, visit www.monadnockgardenclub.org.

Robin Turnbaugh (in the hat), president of the Monadnock Garden Club, is at last year's club plant sale at Wyman Tavern.




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Spring Plant Sale Happening May 16th

Jaffrey Woman's Club will hold their Everybody Loves a Plant Sale event on Saturday, May 16th, from 8 a.m. to noon. There will be an array of annuals, perennials, herbs, veggies, and hanging plants for sale. Visitors also will be able to enter a raffle for a garden basket full of goodies.

Donated labeled plants can be dropped off on Friday, May 15th, between 2 and 5 p.m. Proceeds from the sale help the club to further its mission of community support programs along with continued preservation of the historic Cutler Building.

The Jaffrey Woman's Club is located at 33 Main St. in Jaffrey. For more details, visit their Facebook page or www.jaffreywomansclub.org.

Finding The Extraordinary In The Everyday: Microexploring The Supersanctuary

*New Book Invites Readers To
Discover The Hidden Natural
Secrets Of The Monadnock Region*

At a time when travel often focuses on the "far and wide," local authors Phil Brown and Ignacio Oreamuno are inviting the community to look closer. As fathers living in the Monadnock Region, they sought a way to experience nature closer to home, realizing discovery and adventure exist in the ordinary. Their new book, *MicroExploring the SuperSanctuary: 15 Mindful Meanders in New Hampshire's Monadnock Region*, provides a fresh lens for experiencing its abundance of conserved landscapes.

MicroExploring is more than just hiking; it's a philosophy of discovery. The book serves as both a guide and a manifesto for staying local and noticing the intricate details of the natural world that often go overlooked. By blending natural and cultural history with a creative approach to storytelling and nature photography, Oreamuno and Brown offer a roadmap for anyone looking to learn more and find wonder in their own backyard.

"MicroExploring is a simple practice which makes nature outings more fun and exciting for everyone, from families with kids to seasoned hikers," says Oreamuno. "We designed the book to inspire people to go outside and discover."

Key highlights of the book include:
The Essential Guided Companion: The book is written to encourage and accompany readers to discover some of the many trails, ponds, and natural highlights within Hancock, Peterborough, Greenfield, Antrim, Bennington, Harrisville, Stoddard, Dublin, and Nelson.

Local Lore and Conservation: Insights into the unique ecosystems and the cultural history of protected lands.

Visual Storytelling: Beautiful and inspiring color photographs and trail maps throughout the book.

To accompany the release, the authors are hosting a series of speaking engagements and MicroExploring walks across the region.

"Whether you call the SuperSanctuary home or are a visitor, this book offers a pathway to deeper connection to and understanding of the natural world – including ourselves," says Brown. "We hope to foster and inspire a new generation of conservationists who will steward our wild landscapes, both within the SuperSanctuary and beyond."

MicroExploring the SuperSanctuary will be available at The Toadstool Bookshop in Peterborough, some local establishments, and directly from the authors at www.thedreamcatchers.co.

Phil Brown is a Hancock-based naturalist who works as bird conservation director for the Harris Center for Conservation Education.

Ignacio Oreamuno is the founder of The Dreamcatchers, a nature-focused travel and exploration company, coffee empresario, and the house mixologist at Peterborough Players.

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Chase's Mill Offering Classes For Gardeners This Summer



Emily Sherwood works joyfully at Steppingstone Commons.

Chase's Mill, the historic water-power mill located in East Alstead, is starting this year's season of events in May with classes to inspire gardeners.

"In addition to our usual array of craft and woodworking classes and water power tours, we're excited to include teaching heritage skills such as composting, using raised beds, sharpening garden tools, and knowledge of medicinal plants this summer," says Nancy Botkin, Chase's Mill board member. "These are skills that the com-

munity relied on 120 years ago when my great-grandparents moved here as part of a back-to-the land movement in the early 20th century. Not only are these practical skills, learning these skills is also another way to connect with the past."

Celeste Longacre, author of *Celeste's Garden of Delights*, will kick off the summer with a presentation based on her decades of experience growing and putting up her own produce on May 17th from 1 to 3 p.m.

On May 30th at 10 a.m., there will be a very special workshop in "Hugelkultur," an ancient European technique that mimics the decomposition of a forest floor to provide a highly productive, water-retaining garden.

"We've also got a workshop this summer that does a deep dive into composting – including looking through a microscope!" says Botkin, "thanks to composting pros Emily and Jacob Sherwood at Steppingstone Commons."

If readers are interested in plants, but don't necessarily want to raise them, in July herbalist Anne Fletcher will lead a "Midsummer Medicinal Plant Walk" to focus on identification of local plants that have traditional medicinal uses.

For more details, visit chasesmill.org to get the latest calendar of tours and events.

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Storytime In Richmond Wednesdays

The Richmond Public Library will host its weekly Storytime every Wednesday in May at 10 a.m. The program features stories, songs, and a simple craft for toddlers and preschoolers. For more details, contact the Richmond Public Library at 603-239-6164.

It's Time For An Adventure!

Spring adventures are the best: Flowers are starting to bloom, leaves are filling out trees, animals are scurrying around in excitement for pleasant weather, and temperatures are just right for outdoor activities before the heat of summer sets in.

Monadnock Family

with Lori Catozzi Cook



Head To The Woods

Locally, some of the best spring adventures can be found in the woods and are free. You could plan a list of places for the family to hike in the region. Some easier hikes in the area might include Pitcher Mountain in Stoddard, Little Monadnock Mountain via Rhododendron State Park in Fitzwilliam, Miller State Park using the Marion Davis Trail for an easier ascent, Skatutakee Mountain in Harrisville, Shieling Forest in Peterborough, or the two-mile loop of Harling and Hinkley Trails at Monadnock State Park.

Heading to the woods can also be a fun time for kids to make some discoveries. Create a nature scavenger hunt – find an acorn, a mushroom, lichen on a branch, a bee, a frog, and a bird's nest. At the same time, this scavenger hunt has your kids making observations and connecting with nature.

By The Sea

Spring is also a great time to head to the coast, when the beach is calmer and uncrowded. Bring a picnic lunch along to enjoy. Collect some cool shells, sea glass, or rocks. When you get back home, the kids can create a mosaic picture with their collection. Spring means the chance for some breezy days at the seacoast, so if headed that way, make sure to bring a kite along. Other active games could include throwing a Frisbee or playing volleyball, or for some chill time, a game of sand Pictionary – using a stick or your finger.

Paddling Local Waters

Your adventures could take you out onto calm

waters with the family for kayaking or canoeing. There will be plenty of wildlife to discover, and some of the ponds and lakes might even have little coves to explore. In the region, check out Gilmore Pond in Jaffrey, Lake Monomonac in Rindge, Silver Lake in Harrisville/Nelson, Edward MacDowell Lake in Peterborough, Nubanusit Lake in Nelson/Hancock, Surry Mountain Lake in Surry, Frost Pond in Dublin/Jaffrey, and Cunningham Pond in Peterborough.

Venturing Outside The Area

VINS Nature Center in Quechee, VT is an avian wildlife rehabilitation facility that offers live bird programs, bird enclosures for viewing, and – the coolest of all – a forest canopy walk to take an adventure through the treetops' perspective.

Amoskeag Fishways Learning and Visitors Center in Manchester offers educational programs, exhibits, live animals, and special events. In May and early June, visitors can view migrating fish through an underwater viewing window.

For a fun excursion, a couple of hours north of the Monadnock Region, take one of three scenic train rides offered by the Granite State Railway: Meredith, Weirs Beach, or Laconia. Visit <https://gsscenic.com/winnepesaukee-railway>.

In Holderness, Squam Lakes Natural Science Center is a great place for an all-day adventure with the kids. There's a three-quarter-mile trail that winds through meadows, forests, and marshes on a packed gravel path where the family can observe live animals on exhibit.

Welcome to spring. It's time for an adventure!

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

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Annual Kids Fishing Derby In Keene Saturday, May 16th

On Saturday, May 16th, the Keene Rotary Club will hold its annual Kids Fishing Derby at Robin Hood Park off Roxbury Street in Keene. The club is purchasing 300 trout to be stocked in Robin Hood Pond for a great day of fishing.

Participants can come as early as 7 a.m. to register and fish. The event will end at noon with presentation of 12 trophies in four different age groups; there will be a casting contest with prizes as well.

This is a free event for kids under 16 and fishing licenses are not required. For more details, call David Wright at 603-762-4380.

The Keene Airport 5K Is Taking Off Again

RACE, Continued from page 1

Besides \$100 gift certificates for the male and female overall winners, there will be gift certificates for age categories. The categories break into five-year increments at age 60 and go to 90+. After the winners are announced, there will be a random drawing for all participants for a free flying lesson, free helicopter ride, and about a dozen additional prizes.

In addition, there will be a raffle. Odds are good as ticket sales are limited to participants, spectators, and Senior Center members. All prizes are valued at \$100 up to \$1,500. Cost for raffle tickets is 15 for \$10 and 30 tickets for \$20. Tickets can be purchased at bib pick up and also at the event. Prizes will be on display at both places.

This race is endorsed by the New England 65 Plus Runners Club.

Register to run or walk at RunSignUp, <https://runsignup.com/Race/NH/Keene/NHRunway5k>.

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Coffee House & Open Mic At Dublin Community Center



Pictured L to R are Party of the Sun's musicians Rory Hurley, Garrett Cameron, and Ethan McBrien.

On Saturday, May 16th (and on the third Saturday of each month), a combined Coffee House and Open Mic takes place at the DubHub/Dublin Community

Center at 1123 Main Street in Dublin, from 6 to 9 p.m. 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.

This month, the DubHub will feature Party of the Sun, a psychedelic folk band comprised of Ethan McBrien, Rory Hurley, and Garrett Cameron. Writing and recording in various nature-bound locations, such as a small New England sheep farm, the band has released two full-length albums and seven EPs, each one a 15-minute suite of composed music.

For more details or to reserve a spot on the open mic sign-up list, email info@dublincommunitycenter.org or just show up that evening and hope to find 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 performers.



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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	213.12	0.62	Danaher Corp. (Kollmorgen)	171.16	(3.99)
Becton Dickinson (C.R. Bard)	149.43	0.12	Merck (Hubbard Farms)	111.38	(0.78)
Toronto Dominion Bank (TD Bank)	107.46	0.15	Deluxe (NEBS)	26.58	(5.32)
PC Connection	66.65	2.35	Teleflex (Jaffrey)	133.06	11.29
Bank Of America (Fleet)	51.31	(1.93)	Timken (MPB Corp.)	117.97	8.97
Corning Inc.	186.94	28.66	M&T Bank Corp. (People's United)	212.14	(4.30)
Ametek, Inc. (Precitech)	232.40	1.92	Dover Corp. (Markem)	219.83	(5.96)

PRECIOUS METALS		COMMODITIES		
	Close	Week's Change	Close	Week's Change
Silver (\$ per ounce)	80.87	5.01	Wheat (cents per bushel)	619.00 (17.50)
Gold (\$ per ounce)	4,528.60	(92.20)	Corn (cents per bushel)	471.25 (8.25)
Platinum (\$ per ounce)	2,058.68	70.77	Soybeans (cents per bushel)	1,206.25 4.50
			Cattle (cents per pound)	248.90 (4.10)
			Crude (\$ per barrel)	95.42 (9.73)

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Home Healthcare, Hospice And Community Services Names Karen Gomes As President And CEO

Home Healthcare, Hospice & Community Services (HCS) has announced the appointment of Karen Gomes, RN, MS, COS-C as its President and Chief Executive Officer (CEO), effective May 1, 2026.

"Karen's leadership and strategic guidance over the last few months have been nothing short of remarkable," said Susan Simonds, board chair. "As rural healthcare providers, we are driven by our mission and look towards a future that best serves our community. We are thrilled Karen will continue to lead our team, expanding and strengthening critical healthcare access through HCS's programs."

Gomes transitions to President and CEO after serving as the agency's Interim CEO after the retirement of Maura McQueeney in November 2025. Gomes joined HCS with more than 20 years of leadership across the continuum of care, including geriatric, home health, hospice, and population health management. Prior to joining HCS, Gomes ran her own consulting business, RN Answers, LLC,



Karen Gomes

and served as President and CEO of Tufts Medicine Care at Home.

"It's an honor to work alongside this talented and dedicated team," said Gomes. "HCS has a long history of serving southwestern New Hampshire, providing exceptional care to individuals and families, equipping them to stay safe and independent at home, where they want to be. Together, we will continue to build upon the clinical and social service excellence we're known for and look towards the future, expanding access to care and strengthening our community partnerships and impact as we approach our 120th anniversary."

Under Gomes' leadership, HCS will continue to invest in its programs, expanding access, enhancing patient experience, and addressing evolving healthcare and community service needs across southwestern New Hampshire.

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

Horse & Buggy Feeds Celebrates 50-Year Milestone, Anniversary Sale Thru May 30th

ANNIVERSARY, Continued from page 1

"We have grown from an old-fashioned feed store to a full-line store of pet products, lawn and garden supplies, and wild bird supplies along with the feed, as well as our own greenhouses," says Walter Anair, owner of Horse & Buggy Feeds. "When we first started 50 years ago, chickens were just farm animals. Now, most people consider them to be pets. We now sell everything from the chicks themselves to chicken leashes, toys, treats, and even chicken arms!"

In honor of this turning point, Horse & Buggy Feeds is holding a 50th Anniversary Sale through Saturday, May 30th. Horse & Buggy Feeds has two locations: 24 Dunbar Street in Keene, which is managed by Anair's daughter, Debbie Wojtkielewicz, and at 380 School Street in Winchendon, MA.

The Keene location will hold a Customer Appreciate Day on Saturday, May 16th. This special event includes the Amazing Grace Petting Farm from 10 a.m. to 2 p.m., Toasty Buns hot dog stand from 11 a.m. to 5 p.m., Jason Harris from Blue Seal from 10 a.m. to 4 p.m., and lots of samples, prizes, and giveaways.

Whatever the need for your homestead or farm, Horse & Buggy Feeds is the answer. The greenhouses are filled with tomato and herb plants, vibrant colored fuchsias in hanging baskets, and ornamental vines and spikes. The store is stocked with potting soils, plant foods and fertilizers; handheld trowels, shovels, and other gardening implements; muck boots; safe animal traps for pesky critters; canning supplies; chicken coop shavings; bird houses and bird feed; a large assortment of dog toys, chews, leashes, and tick and flea supplies; and other miscellaneous items.

Anair opened his first store in Winchendon. At that time, they carried five basic horse feeds. Today, they offer over 50 different horse feeds alone. Back then, Anair's wife, Mary, ran the store during the day with a baby in the playpen and two kids in school while he worked a day job. "Eventually, as the second store in Keene opened in 1984, Mary became the treasurer and bookkeeper for the business."

Reflecting on this landmark, Anair says that their staying power for being in business this length of time has to do with hard work, honesty in business, customer service, and dedicated employees.

"We currently have the most experienced and knowledgeable staff that we have ever had," he adds. "They provide a level of customer service that our customers depend on when they shop here."

Horse & Buggy Feeds is a reliable local source for pet food, livestock feed, and farm and gardening supplies. New customers are amazed at how many products this store stocks – from dog food to fertilizer, chicken feed to everything garden-related. The store stays well stocked with a wide variety of options for customers, as well as a variety of local products.

The staff at Horse & Buggy Feeds is passionate about what they do and will always recommend a product they would use on their own farm or feed their own pets. Customers appreciate the helpful, family-like atmosphere and the knowledgeable staff who are willing to assist with any wants.

"(They have) everything you need from dog and cat supplies, chicken supplies, gardening, and many other interesting finds for the pets and the yard," says customer Scott Miller. "And a very, very helpful and friendly staff."

"My cat is a very picky eater," says José Rosa. "We found her the right food at a great price here. They are very pet and family friendly."



The Horse & Buggy Feeds Keene location opened in 1984. Deb Wojtkielewicz, Mary and Walter's daughter (R), has been manager since 1995. Seana Mawhinney (L) has been part of the Horse & Buggy team in Keene for four years.



Horse & Buggy Feeds has been known as the go-to place for all pet and livestock needs for the last 50 years. Deb Wojtkielewicz (L) and Seana Mawhinney (R) are on hand to help customers who come into the Keene store, located at 24 Dunbar Street.

"The brands we carry are always improving, especially our feed companies and pet food brands," says Anair. "They keep up with nutritional advances, providing the best possible feeds for our customers' animals."

Some of the labels that Horse & Buggy Feeds carries include Blue Seal, Poulin Grain, Green Mountain Organics, Earthborn Pet Foods, Taste of the Wild, Stella & Chewy's, Wellness, Badlands Ranch, Fussie Cat, Zignature, Inception, and more.

Horse & Buggy Feeds in Keene is open Mondays through Fridays from 8:30 a.m. to 5:30 p.m. and Saturdays from 8 a.m. to 5 p.m. To reach them, call 603-352-0328. The Winchendon store is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays from 8 a.m. to 5 p.m. They can be reached at 978-297-2518. For more details, visit www.horseandbuggyfeeds.com.

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Getting Help With Your Native Yarden This Season



From WildOnes.org: "Native Plants, Natural Landscapes is a non-governmental, not-for-profit 501(c)(3) organization with a mission to promote environmentally sound landscaping practices and preserve biodiversity... Wild Ones has 91 chapters and 29 'seedlings' (prospective chapters) across 34 states in the US to engage in environmental education and advocacy activities." While we don't yet have a chapter here in our region, their online resources and webinars offer a plethora of information. Some of their recent news titles include: *What is Wild & Why It Matters*, *Keystone Trees*, *Trees Are the Answer*, and *Thorns, Spines and Prickles*.
 PollinatorPathwaysNH.org We do have a chapter of this national organization. Subjects on the website include: 1. Restoring Habitat, One Yard at a Time; 2. Native Plants are the Key: You can do your part to help! Grow native plants and flowers, to help support our pollinators; and 3. Help Pollinators: We all play a part in the ecosystem of the world. Pollinators need us now more than ever. We can all make a difference if we do it one yard at a time. This website also offers resources, a newsletter, and events.

We've been waiting for such a long time for spring. Finally the sun is shining in between days of much needed rain. I bet your itch for gardening is turning, like many of us, into a full-on, excited, almost obsession. So, has reality sunk in yet? The endless questions that arise from actually planting a pollinator patch, an edible landscape, recreating a wildlife habitat, or shifting a lawn into a meadow. How much? Where? When? For how long? It's great to have a knowledgeable friend who can help answer questions. But if that's not an option, a bevy of nearly free online resources have exploded over the past several years.

They state the six straightforward ways that we can help pollinators (fun fact, they're not all gardening projects): mow high, stop using chemicals, plant native plants, use yellow bulbs, join their events, and water your bugs (you'll have to look this up!).

Native Nurseries Not Too Far Away

So, let's say that now you have an idea, a plan. You can buy native plants in Jaffrey at Fassettfarms.com. They carry perennials as well as woody shrubs and trees, and they have a crew to do installations – though I'm sure there is a waiting list. My favorite nursery is Nasami Farm in Whately, MA. They are the nativeplanttrust.org nursery – small with gorgeous, nearly mature, plants. Their photo exhibits for each plant with information are tremendously helpful. Lastly, there's IzelPlants.com for online native plant purchases.

Now, I grant you permission to start small, go slow, and understand that this native planting adventure takes years. A recent book, *Daily Creative: The 5-Minute Habit to Rewire Your Brain* by Blythe Harris and Mallory May posits the importance of creating a short daily creative practice. I suggest that five daily creative minutes each day be spent in your yard. A bit of watering, a quick plant division, or even an attentive wandering with a cup of coffee imagining how each plant will progress. Deciding to spend creative time with your hands in the soil with native plants is a great investment in your health, your spirit, and your sanity.

Michele Chalice, owner of @HealthHomeHabitats, an environmental landscape consulting and education firm in Keene, 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. Call 603-313-9153 or email michele@healthyhomehabitats.com.

Woods and Gardens

with Michele Chalice

Resources

HomegrownNationalPark.org offers fun Facebook and Instagram posts for people who are on adventures with native yardenes. They offer creative online resources, real-person videos, webinars, opportunities to get involved, links to design professionals, databases, and nurseries, as well as the opportunity to register your property as part of our Homegrown National Park. All it takes is to have planted a native plant on your property. New Hampshire has 547.2 acres registered by 390 people with 442 plants (see photo). That said, my plant listings have not been updated for several years, so I'll be sure to do so soon to get that number up. Maybe you can add yours.

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A Potent Pre-Soak For Seeds

Getting seeds to germinate can be a challenge for gardeners. Sometimes they are too wet, sometimes too dry, and other times they get hit with “dampening off.” I have just learned an interesting way to help keep these seeds happy and strong. It is an overnight seed soak made up of three very common and extremely inexpensive components: willow tree bark, aspirin, and hydrogen peroxide.

The first thing to do is to collect 10 or 15 branches from the newest parts of a willow tree that you can find in the spring. Cut them into one-inch pieces and gently crush them. Put these into a jar of water and let it sit for 48 to 74 hours. Make sure that the water that you use is free of chlorine. If all you have is city water, fill a jar or pot with water the day before you want to use it and let it sit without a cover for about 24 hours. The chlorine will dissipate. Strain out the bark. This bark contains natural rooting hormones that stimulates growth and helps prevent damping off.

The next item is aspirin. It is important to get aspirin which is uncoated as the coating will prevent the helpful microorganisms from having access to it. Aspirin acts like a plant vaccine and is a powerful plant activator. It produces an acid which enters the plant’s cells and switches on its defense genes. This causes the plant’s immune system to activate. Most soils have bacteria, fungi, and molds which are just waiting for new seeds to attack. This gets the plant’s cells ready to win the fight. The aspirin causes slight stress which gets the plant ready for a bigger battle.

The last ingredient is hydrogen peroxide. It is important to use the 3% stuff that is common in drug stores. When seeds are dry, they go into a sleep mode.

The hydrogen peroxide will wake them up. The seeds are locked in a biochemical sleep by a hormone called abscisic acid. The peroxide breaks down this hold and triggers the production of gibberellic acid which is the hormone of germination. It also activates enzymes,

I don’t have a lot of experience with this seed soak, but I did soak a large number of pea seeds with it before I planted them. They came up looking incredibly strong and I am looking forward to the garden peas that they will bring. I am always disappointed when I buy store bought peas. They don’t have the sweetness of home grown varieties.

When the harvest is over, don’t pull these plants up by the roots. Peas, beans, and legumes have the ability to pull nitrogen out of the air. They

do this with the nodules on their roots. As they decompose over the next year, the stored nitrogen will be able to feed whatever gets planted in their place.

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.



Green Monadnock
with Celeste Longacre

particularly one called alpha amylase that breaks down the seed’s stored starches into usable sugars.

So the process begins with the willow water. It should have a tea-like color once it is ready. After straining, dilute it to one part willow water to four parts water. A gallon jug would be ideal. Then add one uncoated 325 mg aspirin and stir it in. Next, add one to two tablespoons of hydrogen peroxide and gently stir that in. The seeds should soak for 12 to 24 hours in this solution.

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Plant Swap At Keene Public Library Planned For Saturday, May 16th

The Keene Public Library will host its Annual Plant Swap on Saturday, May 16th, from noon to 2 p.m. in Herberton Hall at 60 Winter Street. Weather permitting, the event will be held in the courtyard.

Gardeners are invited to bring extra seedlings to share and take home varieties they don’t already grow. The event is a chance to diversify garden collections and connect with fellow gardeners.

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



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The Compromise

I was riding on the hull of a ship; my daughter was by my side. We were heading toward an area of red clouds surrounded by mist. I thought we were traveling through water, but not entirely sure. The hull seemed more torpedo shaped than ships I am familiar with. We were going to join our consciousness and force-of-mind with others to hopefully sway the outcome of this battle being fought with "consciousness as the weapon." Ultimately, we lost the battle, but not entirely. There was a compromise.

asked for greater understanding of healing. The answer came: that there was no magic shoe that would stop it, no physical fix. Surgery had caused permanent damage and I must live with the consequences. Just as in my experience in the red clouds.

However, I could train my consciousness to shift. Train myself to dial-up a higher frequency that would lift me free of the pain. I could embrace other ways of healing and being. I was being helped to do this. I felt for the pain in my foot and it was not there!

A peace had settled over me which I understood to be grace. I was seeing a dial which I was invited to turn to a frequency where I could transcend the pain. I was told it was simply a mechanism used to engage my consciousness, not literally there, but an action that would enable me to easily raise my frequency.

It works! I can operate without pain. This does not take the pain away, but I am not aware of it unless I purposely dive into it. I use this method several times a day and it is always accompanied by a sense of grace. I think it helps me to be in the world, but not so much of the world.

Purposefully, I open to life lived where I use my consciousness to join with other like-minded souls to fight oppression.

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



We gave away our deepest truths, our sacred knowledge, to the dominating force. We made this trade under duress, if we wished to continue inhabiting our homeland and raise our children, we would compromise. We did.

But this meant we now desperately needed to change so our enemy could not use our secrets against us. The only thing to do was to shift our consciousness – raise our vibration to a new level, seek new knowledge, exist in the world differently.

The rules of reality are not always inflexible. There are work-arounds to almost any situation. This was the reason for this experience, this memory, for me to have a new understanding. And now I was being given a secret to use.

I had asked for help dealing with debilitating pain that persisted after two bunion foot surgeries, and also

May Retreat At Aloha Offers Time For Self-Care

A May Retreat at Aloha in Keene will offer alone time, self care, and a chance to appreciate oneself all the more and feel better than ever for springtime events.

On Friday, May 15th, Dr. Caitlin Clarke will offer her monthly by-donation offerings Journey Dance (4 to 5 p.m.) and Yoga Nidra (5:15 to 6:15 p.m.). These pair well together or stand alone. Attendees may make a donation for children in India. Aloha owner Josephine Russell is connected to an ashram where they care for children without a family or whose family is too poor to keep them. In the ashram they receive food, shelter, a great education, and much love in community.

Saturday from 10:30 a.m. to 12:30 p.m. is a work-

shop on sleep. Attendees will learn from a sleep expert how to improve their sleep. The Foundations of Sleep will be taught and discussed. The cost is \$50. Folks can downtown for lunch, then return to Aloha for "Cosmic Improve," a workshop designed for the inner child, for \$20.

The retreat concludes with a workshop called Resonance and Renewal, with tuning forks to immerse into a healing frequency to clear, support, and renew. This will take place Sunday, May 17th from 3 to 4:30 p.m. and costs \$40.

Call 603-762-3129 or register on line vagaro.com/alohakeene, or just show up at Aloha at 83 Court Street in Keene.

HCS Gets Donation From 100+ Women Who Care Cheshire County

It was decided recently that Home Healthcare Hospice & Community Services' Palliative Care Services will receive the collective donations from the members of 100+ Women Who Care Cheshire County.

This service provides person-centered guidance, emotional support, and care coordination for patients with serious illness – helping them clarify goals, complete advance directives, and access needed resources through a certified social work team.

Since the chapter first met in November of 2016,

100+ Women Who Care Cheshire County has grown to exceed 354 caring and generous members and, to date, has provided over \$687,372 in funding to a diverse group of Cheshire County non-profits.

Visit 100pluswomencheshirecounty.com.

A Holistic Approach To Metabolic Conditions Workshop Saturday

A workshop with Clinical Herbalist Lior Sadeh, A Holistic Approach to Metabolic Conditions, will be held in the Miller-Vincent Room at the Keene Public Library, on Winter Street on Saturday, May 16th from 10:30 a.m. to noon.

Participants will explore factors that affect metabolism, including nutrition, physical activity, sleep, stress, hormones, gut health, emotional well-being, and environmental factors.

Read the MSN online: www.shoppernews.com

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Getting To Know Lentils

A few people have commented on the recipes for dried beans that appeared last month in one of my columns. One said she'd like to get to know lentils better, another said they wanted to cook more dried beans for health reasons. I hope you enjoy sampling this week's lentil recipes.

Lentils may be thought of as a type of bean, although technically lentils and beans are cousins – both members of the legume family. A superfood, lentils are packed with plant-based protein (~9g per 1/2 cup cooked), fiber (~8g), iron, and folate, making them good for heart health and digestion. Lentils require no soaking, are fast-cooking (usually 20 to 30 minutes) and can be found in a variety of types and colors. Brown lentils are the common grocery store variety that work well for patties, burgers, soups and casseroles; green lentils keep their shape well after cooking so they are good for salads, casseroles and stews; yellow lentils break down quickly when cooked so are good for soups, spreads, and are popular in Indian curries; red lentils are mild and sweet, and, similar to yellow lentils, are also popular in Indian cuisine.

Cooking Corner

with Nancy Adams



Lentil-Oat Granola

A nutritious bowl of granola, topped with milk or yogurt, is sure to get you perkling in the morning. Makes about one quart; adapted from *Easy Beans* by Jackie Freeman.

- Ingredients:**
 2 cups cooked yellow or red lentils, cooked al dente like pasta (just barely done)
 1 1/2 cups old-fashioned rolled oats
 1 cup almonds, sliced or slivered or other nuts
 1 cup unsweetened coconut flakes or coconut chips
 1 teaspoon ground cardamom (or substitute cinnamon)
 pinch Kosher salt
 1/2 cup real maple syrup
 1/4 cup coconut oil or canola oil
 1/2 teaspoon vanilla

Preheat oven to 350 degrees; line a baking sheet with parchment paper or silicone liner. In large bowl, combine cooked lentils, oats, almonds, coconut, cardamom, and salt. In a smaller bowl, combine maple syrup, coconut oil, and vanilla. Pour oil mixture over the lentil/oat mix, tossing well to combine and moisten it all well. Spread granola onto prepared pan, gently pressing it all into an even layer. Toast in oven 50 to 60 minutes until golden brown and dry when touched. Put on wire rack when done; cool before breaking into clusters. Store in airtight jar up to one week.

Curried Lentil Salad

Serve this pretty salad plain, with some cornbread or along with some grilled sausages or poultry. Makes four to five servings.

- Ingredients:**
For dressing:
 1/3 cup canola oil
 1/4 cup red wine vinegar
 1 tablespoon sugar
 1/2 teaspoon salt
 freshly ground black pepper
 4 teaspoons curry powder, or to taste
For salad:
 1/2 lb. dried red lentils (others may be used, but these offer superior flavor and color)
 1/2 cup currants
 2 tablespoons small capers
 1/2 to 3/4 cup minced red onion

Cook lentils in boiling water for 10 to 15 minutes or just until tender; rinse and drain well. In a bowl, combine lentils with dressing and refrigerate overnight. At least two hours before serving, add currants, capers and onions to lentil salad. May be served at room temperature or chilled.

Lentil Burgers

Make these fiber rich lentil burgers for dinner or stock your freezer. They're simple to make, packed with flavor, and taste delicious served warm on a salad or on a bun.

- Ingredients:**
 2 onions, finely chopped or grated
 2 carrots, finely chopped or grated
 1 celery stalk, finely chopped or grated
 2 tablespoons olive oil
 1 clove garlic, crushed
 1 cup dried brown lentils, cooked until tender (25-30 minutes.); drained
 1 teaspoon ground coriander, optional
 6 tablespoons chopped fresh parsley
 1 tablespoon fresh lemon juice
 salt and freshly ground black pepper to taste
 flour for coating
 oil for frying

Sauté onion, carrot, and celery in olive oil in a large saucepan for 20 minutes, until soft and lightly browned; stir occasionally. Add garlic, lentils, coriander, parsley, and lemon juice. Mash by hand or puree roughly in a food processor or blender until mixture holds together. Season with salt and pepper. With floured hands, shape mixture into 10 to 12 flat burgers. Use a small spatula if necessary. Coat burgers with flour. Sauté burgers in a little oil until crisp and browned, turning carefully to cook the other side. Serve with watercress or tomato slices. Makes four to six servings.

Hearty Lentil-Sausage Soup

This soup is a winner any time of year. Vary the root vegetable if you like or use different kinds of sausages. Make this soup a day in advance and refrigerate it for added flavor the next day. And it freezes beautifully. Makes eight main-dish servings.

- Ingredients:**
 1 lb. fresh pork sausage links or other sausage links of your choice
 4 parsnips, cut into chunks
 1 onion, chopped
 1 clove garlic, minced
 2 cups brown lentils
 1 teaspoon salt
 1 teaspoon marjoram, or substitute oregano
 10 cups hot water
 1 can (16 oz.) tomatoes and juices
 8 slices Italian bread, cut diagonally about 1-inch thick (toasted if desired)
 1 cup shredded Swiss cheese

In covered five-quart Dutch oven our soup pot, cook sausage over medium heat in two or three tablespoons of water for five minutes. Remove cover and cook sausage until well browned, about 10 minutes, turning often. Drain sausage on paper towels, cut into chunks and set aside.

Pour off all but two tablespoons of drippings from pan; add parsnips, onions and garlic. Cook over medium heat about five minutes or until onion and garlic are tender, stirring occasionally. Stir in lentils, salt, marjoram and 10 cups of hot water; heat to boiling. Reduce heat to low, cover and simmer 30 minutes, until lentils are tender. Add tomatoes, with their liquid, and sausage chunks; cook until heated through. To serve: place a bread slice in each soup bowl. Spoon soup over bread and top with about two tablespoons cheese. If preferred, serve bread along side instead.

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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Takeout Only Chicken BBQ In Troy

The Troy Recreation Department will hold a Takeout Only Chicken BBQ on Saturday, May 16th from 4 to 6 p.m. at the Samuel E. Paul Community Center at 61 South Street in Troy. Besides barbecue chicken, the menu includes potato salad, cole slaw, and baked beans for \$8.

Wednesday, May 13 FAIRS & SALES

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene, across from Lindy's Diner. Plants, cut flowers, produce, breads, pastries, jewelry, maple syrup, braided rugs, bird feeders & houses, alpaca fiber products, soaps, herbs & herbal body care, more. www.keenefarmersmarket.com/.

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. 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.

Teen Sit & Scribble 5:30-6:30pm. Booras Room, Keene Public Library, 60 Winter St. Ages 12-19 looking for a group of writers to share with and learn from. Judgment free writing group. Share stories & ideas in a creative space. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Yard Scaping for Pollinators 6pm. First Congregational Church of Swanzey, Friendship Hall, 679 Old Homestead Hwy. Yard Scaping for Pollinators by Andrew Powers from Cheshire Floral Farm, Marlborough. www.oldhomestead-gardenclub.org/.

Extreme Survival: NY Times Bestselling Author Michael Tougias 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Tougias will be giving a slide presentation on his book Extreme Survival: Lessons From Those Who Have Triumphed Against All Odds. Free.

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, May 14 FAMILY FUN

Kids STEAM: Sensory Slime Exploration 3:30-4:30pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. Create, make and get a little messy with a sensory slime exploration experience. Registration is required. Ages 5-12 and their caregivers. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

LECTURES & WORKSHOPS

SBW Financial Education Series: Stay Ahead of Business Fraud 9-10:30am. Savings Bank of Walpole, 84 Marlboro St., Keene. Sign-in: 8:30 am. Crystal Lewis: **603-355-1607**. clewis@walpolebank.com.

MISCELLANEOUS

The Monadnock Club: A Political Discussion Group 3-4pm. Peterborough Town Library, Kelly Room, 2 Concord St., Peterborough. A new place to share views, listen to others, and consider perspectives. The discussion

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leader will share an agenda before each meeting, including starting topic(s), any recommended reading, and the ground rules. bithlo178@gmail.com.

You Must Read This! 7pm. Daniels Room, Hancock Town Library, 25 Main St., Hancock. Book that folks couldn't stop thinking about. Come listen to neighbors insist: You must read this! Community event. Free and open to all.

Friday, May 15

ARTS, MUSIC & THEATER

Youth Open Mic 6:30pm. Marlborough's Community House, 160 Main St. Youth showcase their talent, on a stage with professional sound, in front of an audience. Singers, players, bands and poets welcome. 15 minute slots for ages 8-18. Sign up at office@federatedchurchmarlborough.org.

Peterborough Folk Music Society: The Mammals 7pm. Peterborough UU Church, Main St., Peterborough. \$30. **603-318-9196**. www.pfmsconcerts.org.

FAMILY FUN

Homeschool Library Day 11am. Conant Public Library, 111 Main St., Winchester. Homeschool families can meet together, find resources, and have fun. **603-239-4331**. www.conantlibrary.org/.

MISCELLANEOUS

Butterfly Release: Order Deadline Order butterflies by sending check payable to HCS at PO Box 564, Keene, NH 03431 or at **603-352-2253**. www.HCSservices.org/shop.

Journey Dance: Caitlin Clarke 4-5pm. Aloha Keene Yoga Studio, 83 Court St., Keene. No choreography, no performance, just exploration, freedom, and joy to inspiring music. All donations go to a local non profit. \$25 suggested. **603-762-3129**. www.vagaro.com/alohakeene.

Yoga Nidra Class: Caitlin Clarke 5:15-6pm. Aloha Keene Yoga Studio, 83 Court St. A restful practice for nervous system regulation & clarity. Donation based. \$15 suggested. **603-762-3129**. www.vagaro.com/alohakeene.

Teen & Adult Craft Night: Upcycled Book Vases 6pm. Conant Public Library, 111 Main St., Winchester. Turn old books into fun vases to decorate and fill with fake flowers. Reservation recommended. Ages 12+. **603-239-4331**.

Blood Drive 11am-3:30pm. Community House of Federated Church, 160 Main St., Marlborough. **800-733-2767**. www.RedCrossBlood.org.

Saturday, May 16

ARTS, MUSIC & THEATER

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St. Feature: Party of the Sun. **603-563-8080**. info@dublincommunitycenter.org. www.dubhub-nh.org/calendar.

Ghostface Killah 7-9pm. The Colonial Theatre, 95 Main St., Keene. Hip-hop master storyteller. \$79/\$69/\$59. **603-352-2033**. www.thecolonial.org.

Peterborough Folk Music Society: Suitcase Junket at the Children and The Arts Festival 10am. Monadnock Center for History and Culture, 19 Grove St., Peterborough. The Suitcase Junket is the touring project of the artist Matt Lorenz. www.pfmsconcerts.org.

Jeremy Smith: Author Signing 12-4pm. Barnes & Noble, Monadnock Marketplace, 32 Ash Brook Road, Keene. Smith will sign and discuss all three of his books: Blood Money, Anela and Curiosity, and Jojo and Uncle Jeremy's Midnight Mega Race. www.jeremysmithsmittyauthor.com/.

DINING PLEASURES

\$8 Chicken BBQ: Takeout Only 4-6pm. Samuel E. Paul Community Center, 61 South Street, Troy. BBQ chicken, potato salad, cole slaw and baked beans. Troy Recreation Department: **603-313-2243**. troytownrec@gmail.com.

Taco Bar Dinner 4:30-6pm. Advent Lutheran Church, 137 US 202, Rindge. Free. Dine in or take-out. Free will offerings accepted. **603-899-3095**. nhlutherans@gmail.com.

FAIRS & SALES

Swanzey & Fitzwilliam Town-Wide Yard Sale Maps will be available by May 14th on town recreation websites and at the town halls. Scan QR codes in this paper for more information.

Plant Sale 8am-12pm. Jaffrey Woman's Club, 33 Main St., Jaffrey. Everybody Loves a Plant Sale: annuals, perennials, herbs, veggies, hanging plants.

Yard Sale & Bake Sale 9am-1pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. (Rte. 32); handicapped-accessible. **603-352-6689**. office@swanzeyucc.org.

Old Homestead Garden Club Plant Sale 9am-2pm. Grange Hall, 625 Old Homestead Highway, Swanzey. Welcome summer with some new plants for planters or gardens. Strawberry plants, annuals (red, white and blue), perennials, some native flowers. oldhomestead@nhfgc.org.

FAMILY FUN

Keene Rotary Club: Kids Fishing Derby 7am-12pm. Robin Hood Park, off Roxbury St., Keene. Come as early as 7 to register and fish. Ends at noon with presentation of 12 trophies. Casting contest with prizes as well. David Wright: **603-358-3038 ext. 102**.

LECTURES & WORKSHOPS

Beekeeping Workshop with Charles Andros 1-4pm. 18 MacLean Rd., Alstead. Finding queens, requeening colonies, pollen collection, swarm control, supering, and bee venom therapy. Bring a veil, if possible. Water and sunscreen are a plus. Registration required **603-756-9056**. lindenamel@gmail.com.

Cosmic Improv: Paige Johnson 2:30-4:30pm. Aloha Keene Yoga Studio, 83 Court St. Healing through play manifestation in joy. \$20. www.paigelussierjohnson.com.

Gemmo Forest Hosts: Learn and Practice Making Permanent Beds 10am-12pm. 180 Hurricane Road, Keene. Begins at the Hubele family's Well-Seeded Gardens with an introductory talk before participants head to the Gemmo Forest for live demonstrations and guided practice. Second session May 30th. www.gemmoforest.com.

MARCO POLO GARDEN
MYSTERY PHOTO

The first person to answer the question correctly at 9:30 a.m. or after on Friday will receive a \$25 gift certificate to Marco Polo Garden on Main Street in Keene. Call The Monadnock Shopper News, West Street in Keene, at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins, please.

(Prepared by the Historical Society of Cheshire County)



On what Keene street was this Keene Teachers College student housing located, shown here in the 1940s?



The winner of last week's Mystery Photo Contest was Joe Walier of Keene. The photo shows the power plant at the Vernon Dam during its construction in 1909.

**Taco Bar
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Dinner In
Rindge**

A free community taco bar dinner will be held on Saturday, May 16th, from 4:30 to 6 p.m. at 137 US Route 202 in Rindge. Dine-in and take-out options are available. Free will offerings are welcome.

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LECTURES & WORKSHOPS

Lior Sadeh: A Holistic Approach to Metabolic Conditions 10:30am-12pm. Miller-Vincent Room, Keene Public Library, 60 Winter St. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

The Foundations of Sleep 10:30am-12:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. The Foundations of Sleep will be taught and discussed. \$50. 603-762-3129. www.vagaro.com/alohakeene.

MISCELLANEOUS

Children's Story Time & Craft 11am. Conant Library, 111 Main St., Winchester. "Pete the Cat and the Perfect Pizza Party" followed by a craft. Recommended for 3-8, all ages welcome. 603-239-4331. www.conantlibrary.org.

Plant Swap 12-2pm. Heberton Hall, Keene Library, 60 Winter St. Bring extra seedlings and collect some established seedlings. 603-352-0157. akraemer@keenenh.gov.
D&D & Teens 12-2:45pm. Kay Fox Room, Keene Public Library, 60 Winter St. D&D oneshot adventure. Dice and note-taking items provided. Come with a level nine character created, or use one of their pre-made character sheets. Eleanor Green: 603-352-0157. egreen@keenenh.gov.

Sunday, May 17

FAIRS & SALES

Swanzy & Fitzwilliam Town-Wide Yard Sale Maps will be available by May 14th on town recreation websites and at town halls. Scan QR codes in this paper for information.

LECTURES & WORKSHOPS

Celeste Longacre: Growing and Putting Up Your Own Produce. 1-3pm. Chase's Mill, 801 Forest Road, Alstead. www.chasesmill.org.

Resonance and Renewal 3-4:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Jahna uses tuning forks to immerse into a healing frequency. \$40. Register at 603-762-3129. www.vagaro.com/alohakeene.

MISCELLANEOUS

Surry Birds and Blooms Walk 7am-12pm. Meet at the Surry Town Hall parking lot. Bring field guides, binoculars, drink, snack and bug/tick repellent. Free. Dave: 603-352-0987. weward0@yahoo.com.

Runway 5K: Benefit the Keene Senior Center 9am. Keene Dillant-Hopkins Airport. Run or walk. Sign up at www.runsignup.com/Race/NH/Keene/NHRunway5K.

Monday, May 18

MISCELLANEOUS

Teen Crafternoon: Beads 3:30-5:30pm. Timken Teen Space, Keene Public Library, 60 Winter St. Eleanor Green: 603-352-0157. egreen@keenenh.gov.

Red Cross Blood Drive 10am-3pm. Park Theatre, 19 Main St., Jaffrey. Schedule at 800-733-2767. www.RedCrossBlood.org.

Tuesday, May 19

MISCELLANEOUS

Mystery and Thrillers Book Club 4-5pm. Keene Library, 60 Winter St. "Beautiful Ugly" by Alice Feeney. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

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Quinn Madeline Lou Smith, daughter of Marisa & David Smith, Keene, 9
Dante Guevara, son of Keara M. Castro, Jaffrey, 9

May 14, 2026
Hudson Baird, son of Jeremy & Kaitlyn Baird, Jaffrey, 3

May 15, 2026
Payton Gordon, daughter of Denise Adams & Richard Harvey, Swanzey, 11

May 19, 2025
Adelynn J Noyes, daughter of Spencer & Ashley Noyes, Keene, 7

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EMPLOYMENT OPPORTUNITY
FINANCE DIRECTOR

The Town of Swanzey is seeking a skilled and strategic Finance Director to lead municipal financial operations and support the Town's long-term fiscal health. This senior leadership role is responsible for ensuring sound financial management, maintaining strong internal controls, and providing clear, data-driven guidance to Town leadership.

The Finance Director will oversee all functions of the Finance Department and serve as a key advisor on financial planning, policy, and compliance.

Key Responsibilities:

- Direct and manage all Finance Department operations
- Develop and administer the Town's annual operating and capital budgets
- Lead financial forecasting and long-range fiscal planning efforts
- Monitor revenues and expenditures to support informed decision-making
- Coordinate the annual audit and implement audit recommendations
- Ensure compliance with all applicable laws, regulations, and reporting requirements
- Establish and maintain effective internal controls, policies, and procedures
- Oversee financial aspects of grant management and reporting
- Advise the Select Board and Town Administrator on financial strategy and policy matters
- Supervise, mentor, and support professional development of Finance staff
- Identify and implement improvements to financial systems and processes

Qualifications:

- Bachelor's degree in Finance, Accounting, Public Administration, or a related field
- Minimum of five (5) years of relevant professional experience; municipal finance experience strongly preferred
- Strong knowledge of budgeting, financial reporting, and regulatory compliance
- Demonstrated analytical ability, sound judgment, and attention to detail
- Excellent organizational, communication, and interpersonal skills
- Ability to manage confidential information with discretion and professionalism
- Commitment to public service and collaborative problem-solving

Compensation & Benefits:
This is an opportunity to play a meaningful role in a community-focused organization and contribute to critical financial decision-making. The position offers a salary range of \$100,000-\$120,000, depending on qualifications, along with a comprehensive benefits package.

Application Process:
Interested candidates should submit an employment application, resume, and cover letter to the Human Resource Coordinator, Meagen Kerris, 620 Old Homestead Highway, Swanzey NH 03446, or email to mkerris@swanzeynh.gov. Applications will be reviewed on a rolling basis, and the position will remain open until filled.

The Town of Swanzey is an Equal Opportunity Employer.

K CITY OF KEENE NEW HAMPSHIRE

MOTOR EQUIPMENT OPERATORS

The City of Keene's Water & Sewer Division is seeking a dedicated Motor Equipment Operator to help maintain and improve the infrastructure that delivers clean water and protects public health. This is an opportunity to build a meaningful career while serving your community. In this role, you'll assist with the construction, maintenance, and repair of the City's water distribution and sewer collection systems.

The City's Highway Division is seeking a Motor Equipment Operator who will be responsible for maintaining and repairing City streets, sidewalks, drainage systems, and adjoining vegetation. There is a considerable amount of overtime in the winter months.

These positions are full-time, and the pay rate after a successful 6-month probation completion is \$21.48- \$26.13 per hour. A valid CDL is required.

Apply online at <https://keenenh.gov/jobs>.
This position will be open until filled and applications will be reviewed on an ongoing basis. EOE.

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SCHOOL CUSTODIANS

We are hiring custodians for the evening shift to join our team of dedicated professionals who help to provide safe and clean facilities for students, staff and the community. These are year-round positions that include a supportive working environment, medical insurance benefits, and paid time off.

Minimum qualifications:

- High school diploma or equivalent
- Experience in custodial maintenance and/or floor care
- Ability to work independently and as part of a team

All employees must complete a criminal history background check and an employment physical.

Please apply at www.hnhsd.org.
If questions, contact us at 603-336-5728 x7684.

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Celebrating Anna Crosby and the Keene Housing Kids Collaborative.

Anna has been a dedicated member of the Monadnock Region community for many years, bringing both a professional expertise and a deep personal commitment to supporting children and families.

She lives in Marlow with her husband Ben and their two sons, Wesley and Emmett.

Anna is deeply motivated by a belief that all children deserve access to opportunities that support their growth and future success.

Her days are a mix of program coordination, partnership building, and direct engagement with families and providers. No two days are the same, but all are focused on creating opportunities for kids.

Anna's work is a reminder that meaningful change happens through relationships, persistence, and a deep belief in the potential of every child.

The Keene Housing Kids Collaborative was founded in 2015 to ensure that children living in housing owned, managed or subsidized by Keene Housing and Southwestern Community Services across the Monadnock Region have access to high-quality out-of-school and summer learning opportunities that support their academic success, social-emotional development, and long-term social mobility. Serving over 300 households, the collaborative coordinates and expands free access by providing financial, equipment and transportation support.

Community members can support Anna's work at the Keene Housing Kids Collaborative by donating at (khkc.org), and helping spread awareness about the importance of out-of-school learning opportunities for all children.



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