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The Champs Are Back! Keene SwampBats Heading Into 29th Season Thursday, June 4th



The 2025 SwampBats team is pictured in celebratory mode after winning the NECBL championship last year. Will 2026 be a repeat? Come to a game and see!

By Lori Catozzi Cook

“There are only two seasons – winter and Baseball.” – Bill Veck

For many fans and players alike, there is no truer statement. This is true for the Keene SwampBats team, which is heading into its 29th season of baseball, with its opening game on Thursday, June 4th at 6:30 p.m. at the Alumni Field on Arch Street in Keene. “The kick-off to the SwampBats

29th season is well underway,” says SwampBats President Kevin Watterson. “We have our work cut out for us this season as we attempt to deliver back-to-back championship seasons. Our team is extremely motivated to deliver on this goal, which would be a first for the ‘Bats.’”

The opening game will pit the Keene SwampBats up against the Danbury Westerners – two of the oldest franchises in the New England Collegiate Baseball League.

SWAMPBATS, page 11

When Worlds Align: Localization And Solarization

By Jen Risley

I love it when my separate jobs align serendipitously. Locally, I get to write these articles plus work and volunteer for inspiring non-profits and causes. Nationally, I serve as editor of *The Main Street Journal*, a hub for local investing. And globally, I celebrate World Localization Day on June 21st. Where’s the alignment this month? A release of local economist Michael Shuman’s new report in *The Main Street Journal*, *How the City of Irvine Can Solarize by 2045*.

“I completed a year-long study for Mayor Larry Agran of Irvine, CA, on whether Irvine could achieve energy self-reliance through local solariza-

tion,” shared Michael. “The answer is a resounding ‘yes,’ as long as a local investment fund finances the program. By paying seven percent per year to investors, the city could completely solarize every residential and commercial building over 20 years, with enough battery storage to largely unplug from the utility grid, and in the process make millions in net revenue for the city.”

Michael went on to invite other communities to consider this model, “How applicable might this analysis be to your city? Skeptics might point out that Irvine is a sunny city with above-average electricity rates (now about 30 cents per kilowatt-hour).

LOCAL, page 16

Keene ArtWalk Marches Onward For 35 Years

The year was 1991. The nation was celebrating the end of the Gulf War, the World Wide Web was released to the public, and Keene organizers introduced the ArtWalk.

The Keene ArtWalk continues to be a steadfast entry on the city’s annual event calendar. Not even a pandemic could get in the way of its uninterrupted run. Now, for the 35th consecutive year, ArtWalk launches at 5 p.m. on Friday, June 5th with a reception at Mon Amie Fine Jewelry on Main Street. All are welcome to attend. Food will be provided by CC&D’s Kitchen Market and music performed by Danny Kamps. The ArtWalk kick-off party will continue across the street at Railroad Square at Madame Sherri’s restaurant and cabaret with music by local bands Gavin & the Getdown and Know Your Program.

ARTWALK, page 12

Molly Fletcher’s drawing students – Shannon Nelligan, Mackenzie Ahern, Zoe Hanrahan, and Belen Vicente-Digiovanni – proudly display their creative works in the 2025 Keene ArtWalk.



Cheshire Medical Center Raises Over \$41 Million For Capital Campaign

“Our Community, Our Future” Insert In This Week’s Issue

By Mary Gamache

Cheshire Health Foundation recently announced that, to-date, it has raised more than \$41 million of its \$42 million goal for the “Our Community, Our Future” capital campaign. The campaign is the first large-scale, community-led capital campaign in support of Cheshire Medical Center in more than 50 years. It represents a once-in-a-generation op-

portunity to substantially impact rural healthcare for residents today and long into the future. The insert in today’s *The Monadnock Shopper News* provides an overview about the campaign and is an invitation to the community to support Cheshire, a not-for-profit medical center.

CAMPAIGN, page 10

Rousseau’s Music Summer Lessons Now In 20th Year



Diane and Mike Rousseau, owners of Rousseau’s Music Store & Lesson Studio.

The importance of creating music at any age has very important benefits. According to Chicago’s Merit School of Music, “Playing an instrument acts as a ‘full-body workout’ for the brain and body, offering measurable physiological improvements ranging from enhanced neural connectivity to improved immune function.” They believe that creating music increases happiness and reduces pain, calms stress and anxiety, supports self expression, and helps build muscles in your arms and back. Further, voice, wind, and brass instruments that require deep breathing help build stronger lungs.

To that end, Rousseau’s Music Store & Lesson Studio in Jaffrey was opened in 2006 by Mike and Diane Rousseau to fill the need for local music instruction. Their store quickly grew to include an extensive inventory of musical instruments, accessories, and related musical supplies.

MUSIC, page 22

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PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Colette



Colette is a gentle girl with a sweet disposition. While change can be challenging for her, she settles into calm environments with ease. Colette originally came from a large feline family and may enjoy another easy-going feline to pal around with. She is social with people she knows and enjoys people watching during quieter times. Colette is independent and can keep herself busy while her family is working. She is interested in exploring new places, especially when she thinks no one is watching. Colette will thrive with people who understand her quiet, reserved nature and allow her to take new relationships as slow as she pleases.

Colette, is a four-year-old female, domestic shorthair.

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.monadnockhumane.org.

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“The response (from my Feature Story) was amazing! The phone calls have nearly tripled and the visits to the shop have more than doubled. I have had visits from new customers from most of the regions that this paper covers.”

Brian Bazarnicki
Gilsun Coin Mine LLC

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Tastes Of The Season Benefits Rise For Baby And Family

Rise for baby and family will hold its annual fundraising event, Tastes of the Season, on Wednesday, June 10th from 6 to 8 p.m. at the Keene Country Club. Tickets are \$50 per person and are available at the door, online at www.riseforbabyandfamily.org or by calling 603-357-1395.

Guests will sample food, together with beer, wine, spirits, and nonalcoholic beverages, all from local producers and distributors. The event also includes raffle prizes – featuring experiences, gift cards and specialty items – and even a photo booth.

This year, guests will sample from a mix of old favorites and new local businesses: 21 Bar & Grill, Bellavance Beverage Co., Birdies, Black Cloud Brewing, CC&D's Kitchen Market, Centeur Imports, Copper Cannon Distillery, Fire Dog Breads, Fritz, Frogg Brewing, Granita Enoteca, Jenna's Market, Keene Country Club, The Long Drink, Moe's Cheesecakes, Monadnock Food Co-op, New England Sweetwater Farm & Distillery, Pine State Beverage New Hampshire, Silly Moose Bakery, The Summit Winery, Two Fruits and a Nut Farm Winery, Vermont Distillers, Inc., and Vermont Cider Company.

All funds raised at the event go to support Rise's programs for young children and families. Rise supports families with young children who experience or are at risk for developmental delays or disabilities and to be a resource and advocate for inclusive early childhood systems throughout the Monadnock Region. Rise offers early intervention services for children birth to age three and an inclusive child care program for children of all abilities.

For more details about Rise or Tastes of the Season, call 603-357-1395 or visit the website.

Registration Deadline For Parade Participants For 250th Independence Day In Keene

Plans for the upcoming Monadnock 250th Independence Day Celebration on Saturday, July 4th in Keene are underway. The parade kicks off at 11 a.m. from Wyman Tavern, with the festival – complete with music, dance, and demonstrations – at noon.

Every town in the Monadnock Region is invited to participate. The deadline for registering to be in the parade is Thursday, June 4th. Register at www.monadnock250.com.

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The Extraordinary World Of Butterflies

Butterflies originated in North or Central America evolving from nocturnal moths to feed on the nectar of newly emerged flowering plants during the day. Since then, they have diversified into over 19,000 species worldwide, all renowned for their distinct four-stage metamorphosis.

Historically, it was believed that butterflies evolved from moths during the Eocene epoch as a way to escape nocturnal, echo-locating bats. The sweeping DNA research published in the journal *Nature Ecology & Evolution* places their true origin to the mid-Cretaceous period, roughly 100 million years ago.

During this time, flowering plants (angiosperms) were rapidly spreading across the globe. Because most of these early flowers bloomed only during the day, a lineage of nocturnal moths adapted to a daytime schedule to exploit this abundant new food source, kicking off butterfly evolution.

Genetic mapping reveals that these early ancestors likely lived in western North or Central America. Before the continents fully drifted apart, and before the formation of the Isthmus of Panama, these early butterflies spread out in multiple directions. They diversified and moved into South America, and eventually crossed the Bering Land Bridge into Asia. From there, they spread across the globe into the Palearctics, eventually reaching Africa and Australia.

The Evolutionary Timeline
200 Million Years Ago – The earliest ancestors of Lepidoptera (moths and butterflies) emerge around the Triassic – Jurassic boundary.

100 Million Years Ago – Butterflies diverge from moths in the Americas, developing key traits like clubbed antennae, diurnal habits, and bright coloration.

55 Million Years Ago – The oldest known true butterfly (a skipper named *Protocoeliades kristenseni*) leaves fossils in the Fur Formation of Denmark.

34 Million Years Ago – Well-preserved butterfly fossils (like *Prodryas Persephone*) appear in the Florissant Fossil Beds of Colorado.

The history of butterflies is intimately tied to the history of plants. Early butterflies fed largely on legumes (the Fabaceae family). As they spread, they became highly specialized, with most butterfly larvae evolving to feed exclusively on a single family of host plants. This forced an incredible evolutionary arms race and mutual relationship, where plants evolved defenses (like toxins), and butterfly caterpillars evolved ways to tolerate or even utilize those toxins for their own survival.

The life cycle of the butterfly – encompassing the egg, larva (caterpillar), pupa (chrysalis), and adult – is a marvel of evolutionary history. The transformation within the chrysalis is driven by "imaginal discs". These are groups of cells that survive the caterpillar

stage and act as building blocks, completely rearranging to form the legs, wings, and complex mouthparts of the adult butterfly. Winged adults lay eggs on plant foliage on which their larvae, known as caterpillars, will feed. The caterpillars grow, sometimes very rapidly, and when fully developed, pupate in a chrysalis. When metamorphosis is complete, the pupal skin splits, the adult insect climbs out, expands its wings to dry, and flies off.

Woods and Gardens

with Rose Kowaliw



Butterflies are often polymorphic and many species make use of camouflage, mimicry, and aposematism to evade their predators. Some like the Monarch and Painted Lady migrate over long distances. Larvae of a few butterflies eat harmful insects, and a few are predators of ants while others live in association with ants.

Butterflies act as vital, free garden laborers. By fluttering between plants to drink nectar, they transfer pollen which fertilizes your flowers, vegetables, and fruit trees. This process directly leads to higher, more reliable crop yields and better plant reproduction. Their presence indicates a healthy, biodiverse local ecosystem, which naturally invites other essential helpers like birds and native bees.

By supporting butterflies in your garden, you need to cater to their entire life-cycle. Provide colorful nectar-rich flowers like asters, coneflowers, and milkweed for the adult butterflies to eat. Don't panic if caterpillars are munching on your leaves. Caterpillars are the larval stage of butterflies and need specific host plants like parsley, dill, or milkweed to grow and eventually transform. Using broad-spectrum pesticides will kill both, the caterpillars and the adult butterflies, so opt for natural gardening methods instead. Leave shallow dishes with water and a few pebbles, or provide damp patches of soil, so they can easily drink and extract minerals.

Happy gardening and enjoy these extraordinary butterflies!

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.

Shakespeare's A Midsummer Night's Dream Performed By MoCo Arts May 30th And 31st

MoCo Arts School of Dance will take the audience on a magical journey filled with fairies, romance, playful mischief, and a wedding celebration with performances of Shakespeare's *A Midsummer Night's Dream* at The Colonial Theatre on Main Street in Keene on Saturday, May 30th at 2 p.m. and at 7 p.m., and on Sunday, May 31st at 2 p.m.

"I've been having such a great time being able to rehearse and have fun alongside my friends, while still being challenged by all my dances," says MoCo senior Lily Fitzpatrick. "I'm so glad I have this experience and role for my senior show!"

Natasha Walter, another MoCo seniors adds: "Getting to dance as Puck has been such an amazing opportunity. Though it's been one of the most challenging roles I've danced, it has also been one of the most fun and rewarding ones."

This performance highlights the talent of MoCo dance students from second grade through high school, featuring ballet, hip hop, jazz, modern, and tap.

For tickets, call The Colonial Theatre at 603-352-2033 or visit moco.org/tickets.

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Alpha & Omega Bus Tour: Retracing The Journey To Independence

The 2026 Alpha & Omega bus tour schedule kicks off on Sunday, June 14th with an America 250 trip to Concord and Lexington, Massachusetts. The bus leaves Keene at 7:30 a.m. from the old liquor store parking lot near Michael's craft store. Attendees will see where the journey to independence began and enjoy a presentation by a Revolutionary War expert who will travel with the group and be available to answer questions.

The bus will stop at Walden Pond State Reservation for anyone who wants to explore on their own. From there, it's on to Lexington where folks can see the Lexington Battle Green and other sites, followed by Concord, MA, and the Minute Man National Historical Park with a stop downtown where people can grab lunch. Additional stops include Concord historical sites, Old North Bridge, and the Concord Museum (extra cost to enter).

The bus departs for Keene at 4 p.m. The cost is \$30 per person (for one to four people), with 20 percent off groups of five or more. To learn more, or to book a seat, call or text 603-352-8340, or e-mail aotransportation.biz@gmail.com. Visit Alpha & Omega Transportation online at www.aotransportation.biz.

Homestead Thrift Shop Celebrates Five Years

The idea of a fund-raising thrift shop was conjured up at a Lions Club yard sale in October of 2020 in Marlborough. After a successful yard sale, the concept was that funds could be raised all year long to benefit non-profits. From this concept, the Homestead Thrift Shop was created.

When Homestead Thrift Shop opened in 2021, it was believed that \$20,000 to \$25,000 could be given annually to community non-profit organizations. After five years in operation, the Homestead Thrift Shop has donated a total of \$448,689 to 59 community non-profits in Cheshire County.

The thrift shop's success has exceeded all expectations in three major areas: the number of agencies that have been contributed to, the number of donations that the shop receives, and the number of dedicated volunteers, who with kindness, knowledge, and willingness have raised the bar higher than was ever imagined.

When entering Homestead Thrift Shop, one quickly notices the beautiful and ever-changing displays of merchandise. Many returning customers offer compliments saying that things are well-organized, clean, tasteful, and that the volunteers are always happy and welcoming.

Many members of the Federated Church of Marlborough signed their names to a quote describing it this way: "Your generosity of time and resources have impacted folks across a wide spectrum. From those who donate, to those who shop, to those who volunteer in fellowship with you, to the many organizations that benefit from your proceeds - you are a glow in the tapestry that is community... Together we continue to make a difference to folks in our town and area."

To celebrate the fifth anniversary, Homestead Thrift Shop will hold daily drawings for gift certificates June 3rd to 6th, along with other surprises. The shop hours are Wednesday through Friday 10 a.m. to 4 p.m. and Saturday 10 a.m. to 2 p.m.

For more details, follow the shop on Facebook at Homestead Thrift Shop or call 603-876-3415.


Free Monthly New To Medicare Workshop Held At New Hampshire Care Collaborative

Navigating Medicare for the first time can be a confusing and often overwhelming experience. To help ease the transition, the Aging and Disability Resources Center (formerly ServiceLink) is offering a free monthly New to Medicare Workshop, specifically designed for individuals approaching Medicare eligibility or those recently enrolled.

Held on the first Thursday of every month from 1 to 3 p.m., the workshops are available both in person at 105 Castle Street in Keene and virtually via Microsoft Teams. The next workshop will be held on June 4th.

Participants will gain a foundational understanding of Medicare Parts A, B, C, and D; enrollment timelines and procedures; Medicare costs and coverage options; Medigap (supplemental) insurance; and the differences between Medicare Advantage and Original Medicare.

Registration is required. For more details or to reserve a spot, call Kayla at 603-357-1922, Ext. 106 or email kayla.serviceline@nhcare-c.org.

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For more information, contact:
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rabbida@keenesynagogue.org

The Edge Ensemble Theatre Company Presents *The Roommate* By Jen Silverman



The Edge Ensemble Theatre Company will present Jen Silverman's play, *The Roommate* for its second show of the 2026 season. Performances are May 29th and 30th and June 4th through 6th at 7:30 p.m. and May 31st and June 7th at 2 p.m., at The Edge Theater at 310 Marlboro Street, Suite 112, in Keene. Tickets are \$20 general admission, \$18 for seniors and students, and must be purchased at the door by cash or check. No credit cards can be accepted at this time.

Kim Dupuis is directing this dark comedy, which features two actors. Sharon, played by Veda Crewe,

Cynthia Rodier and Veda Crewe in The Edge Ensemble Theatre Company production of *The Roommate* by Jen Silverman.

polite and sheltered, lives in Iowa; she is divorced and lonely. Robyn, played by Cynthia Rodier, forceful and secretive, is from the Bronx; she is remorseful and lost.

This play delves into the relationship between these two women at turning points in their lives who are seeking to rediscover purpose and identity. Their six-week cohabitation leads to an unexpectedly warm relationship that empowers them to find what they are seeking.

The play premiered in 2015 at Actors Theatre of Louisville and had a Broadway production in 2024 that starred Mia Farrow and Patti LuPone.

For more details or to make reservations, call 603-352-5657 or email theedgeensemble@aol.com. For anyone with special needs, call early to reserve an appropriate seat. Visit www.edgeensemble.org for more details about The Edge Ensemble Theatre Company.

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31 VOTED #1 APPLIANCE SALES & SERVICE STORE KORVIN APPLIANCE	65 ROXBURY ST., KEENE 603-352-3547	8 VOTED BEST CHIROPRACTOR CHESHIRE WELLNESS CENTER	DRS. MATT & TECIA ABATELLI 103 ROXBURY ST., STE. 103, KEENE 603-357-5700
28 VOTED BEST ITALIAN RESTAURANT PAPAGALLOS RESTAURANT	9 MONADNOCK HWY., KEENE 603-352-9400	6 VOTED BEST HAIR SALON THE HAIRSPA OF KEENE	135 OLD HOMESTEAD HWY, KEENE 603-354-3628
27 VOTED FAVORITE CASUAL RESTAURANT PAPAGALLOS RESTAURANT	9 MONADNOCK HWY., KEENE 603-352-9400	5 VOTED BEST FUEL OIL SERVICE COMPANY BOB'S FUEL COMPANY, LLC.	21 WARWICK RD., WINCHESTER 603-239-6721
15 VOTED BEST BANQUET/FUNCTION FACILITY PAPAGALLOS RESTAURANT	9 MONADNOCK HWY., KEENE 603-352-9400	5 VOTED BEST CARPET/FLOORING PROS MARTIN AND SONS FLOORING	21 OLD KEENE RD., GILSUM 603-499-2078
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I'm Glad I Don't Have To Do This All Day Long

I have two favorite phrases about vegetable farming.

The first one is "I'm glad I don't have to do this all day long." Which is kind of funny, considering that raising vegetables is how I make my living, and also that I like raising vegetables. But what I really mean is that I am glad for the variety of tasks I have as a small farmer. It's a rare day when I have to do the same thing all day long.

If it is 92 in May and we are not used to that kind of heat yet but still have to water in our greenhouse transplants by hand, I am glad the task only takes an hour. I don't have to drip with sweat all day long. (Drip with sweat or start getting chills, which means I better get out of the greenhouse right away to cool off.)



If we are transplanting peas in the field and somehow the fluffy bed of soil got compacted as we tried to figure out our new landscape fabric system, I am glad I don't have to lean my weight on the dibble all day long to make holes for the transplants. The task feels endless because it is harder than normal, but it really only takes a few hours. (Go, strong pea roots, go! You can grow in concrete!)

If we are wrestling our way through the farm accounts or trying to organize the CSA pick-up schedule, I am glad it only takes an hour or two. I don't have to sit in front of the computer all day long, cursing at the things I accidentally make the computer do. (Where did those five million numbers I just painstakingly entered suddenly go?)

Even if we are potting up seedlings in the greenhouse, a job I love, I am still glad I don't have to do it all day long, because the potting up muscles in the neck and shoulders begin to object. Same with close hand-weeding, of carrots for example: I love that kind of fine work, but my knees and back start to say I've done enough.

My phrase also works for the crops we plant in larger quantities, such as potatoes and onions, since they cover a relatively small area compared to other bigger farms. Our vegetable farmer friends might be planting onions for days. My fellow and I spend four hours. (That doesn't count the half a day loading the spreader by hand with compost or the discing, harrowing, and bed-making with the horses, which are different tasks than actually planting, of course.)

Visiting our farmer friends leads to my second farming phrase: "Wow, it sure is nice to talk to somebody who really gets it!" As in, a white-footed mouse dug up and ate four flats of spinach seeds in the

greenhouse in one night, or the voles just ate a quarter of the kale transplants. As in, there's too much rain or not enough rain. As in, potting soil and irrigation parts and everything else get more and more expensive, and it's hard to stay in the small farm business.

We are the only vegetables growers in our farmer group that work with horses, so sometimes we also have farmers-with-livestock problems, such as making hay. Luckily we know some small thrifty farmers with cows or horses too.

In fact, our farrier was here recently. He trims and shoes horses and makes hay to feed his own horses and to sell. My fellow was telling the farrier about unloading the expensive potting soil from our truck and realizing that the gas tank was hanging six inches above the ground.

"I put a strap on it to hold it up," my fellow said. "The garage won't touch it."

"I've done that," said our farrier. "It works great!" It sure is nice to talk to somebody who gets it. I sure am glad I don't have to strap up gas tanks all day long.

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

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Ishna: Slí Amach – From There To Here At Nelson Town Hall

The Monadnock Folklore Society will present Ishna in a performance of Slí Amach: From There to Here on Friday, May 29th, at 7:30 p.m. at Nelson Town Hall.

The show is described as a joyous exploration of the music and stories of Ireland.

Admission is \$30 at the door, or \$25 in advance. Children under 16 are admitted free with a paying adult.

For more details and advance tickets, visit monadnockfolk.org.


Hinsdale Art In The Park Set For Sunday, June 7th

Art in the Park will be held on Sunday, June 7th from 9 a.m. to 1 p.m. on Main Street in Hinsdale.

The event will feature local artisans presenting and selling their creations, along with music, food, and children's activities. Organizers say the community event is designed to showcase local creativity while offering a family-friendly atmosphere in the downtown area.

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Spring 2026 Household Hazardous Waste Collection Schedule

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Chesterfield	Nelson	Chesterfield	Nelson
Dublin	Peterborough	Dublin	Peterborough
Gilsum	Richmond	Gilsum	Richmond
Greenfield	Stoddard	Greenfield	Stoddard
Hancock	Sullivan	Hancock	Sullivan
Harrisville	Surry	Harrisville	Surry
Jaffrey	Swanzey	Jaffrey	Swanzey
Keene	Walpole	Keene	Walpole
Marlborough	Westmoreland	Marlborough	Westmoreland

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.)

18th Century Historical Activities And Locations

A day of 18th century historical activities and visiting locations will be held in celebration of 250 years of independence in Westmoreland on Saturday, May 30th from 10 a.m. to 6 p.m. at 9 South Village Common.

This event includes a color guard, reading of *The Declaration of Independence*, a food wagon, life in 1776, self-guided tours (from the road only) of historical homes, an open house at the fire house, a cemetery scavenger hunt for Revolutionary War veterans headstones, an ice cream social, and entertainment by the Westmoreland Town Band.

Book Crush: Romance Reader Group

The Keene Public Library will host its monthly Book Crush romance reader group on Wednesday, June 3rd, from 6 to 7 p.m. at 60 Winter Street.

Each month centers on a different theme, with participants choosing their own book. June's theme is Grumpy/Sunshine. For more details, contact Parker Goodreau at pgoodreau@keenenh.gov or 603-352-0157.

Family-Friendly Events At Chase's Mill In June

Chase's Mill will host two events this June that highlight the creative talents of the Miller family. On Saturday, June 13th, from 1 to 4 p.m., East Alstead native and professional game designer Will Miller will offer an afternoon of card and tabletop board games. Inspired by his father, Randy Miller, who created games for his children, Will aims to foster community through play.

"Sitting down to a tabletop game with family, friends, or strangers is an invitation to connect with other humans in an ancient, engaging, and low-tech format," says Will. "Doing so has been a lifelong joy for me, and one that has inspired me to try my hand at

designing new games. I'm always on the lookout for fun themes and interesting game mechanics that inspire a joyful balance between competition and cooperation. I hope to bring that sense of creative play to the community any chance I get."

Randy Miller, renowned on the fiddle, accordion and piano, will host a concert on Sunday, June 21st, from 7 to 8 p.m. "Ethereal Beauties of Celtic Music" will take place in the Mill's upper floor. Randy notes, "Hearing these beauties in the splendid great room at Chase's Mill offers you an opportunity to unwind and relax, to find inspiration, and be transported."

Chase's Mill is open for the season through October 11th. There are drop-in water power tours every Saturday and Sunday from 10 a.m. to noon. The Mill provides a look at how previous generations harnessed water power to meet the needs of daily life, from grinding and threshing grain to sawing wood, preparing wool, and engaging in small-scale manufacturing. The mill hosts classes in woodworking, arts and handicrafts, plus lectures and family and social events.

For more details regarding the June events with Will and Randy Miller, or to register for upcoming programs, visit chasesmill.org.



Owen Miller (left) and his father Will Miller (right) playing a game designed by Will Miller.

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Tech Talk: Fair Witness At Keene Library

The Keene Public Library will host its monthly Tech Talk workshop on Thursday, June 11th, from 6 to 7 p.m. in the Masiello Classroom at 60 Winter Street. The free program is open to all skill levels.

June's session focuses on applying a critical eye to social media content. Participants will learn skills to help distinguish between AI-generated and authentic posts, and to recognize how real posts may have been edited to

influence readers.

The session will open with a 20-minute presentation followed by time for hands-on practice and questions. Attendees are encouraged to bring their own devices, though a limited number of devices will be available for those who need them.

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

Collaborative Aspiration For NextGen Transit Moves To Next Phase

Southwest Region Planning Commission (SWRPC) and the Monadnock Regional Coordinating Council for Community Transportation (MRCC) announce an upcoming Request for Qualifications (RfQ) as they move to the next implementation phase of the Next Generation (NextGen) Transit Project.

The NextGen Transit Project emerged from a five-year process of stakeholder engagement, data collection, and feasibility analysis. This planning initiative, facilitated by SWRPC on behalf of MRCC, is designed to address persistent gaps in regional transit over time. The first phase of the proposed service would involve changes to the current services offered in Keene. Proposed changes include expanded hours, an expanded service area that includes the most popu-

lated areas of Swanzey and Marlborough, the use of smaller vehicles, smart phone technology, and a call center to manage on-demand ride requests. In addition to changes in the Keene area, it also proposes a new regionwide backup system to support volunteer driver programs when NextGen services are unable to meet demand for certain critical non-emergency medical trips.

SWRPC and MRCC released a Request for Qualifications on May 1st to seek vendors capable of delivering the envisioned NextGen Transit model for the Greater Keene area with a separate RfQ to be released for the backup medical ride program at a later date. This is an integral next step in determining the feasibility of the project.

Cheshire Medical Center Raises Over \$41 Million For Capital Campaign

"Our Community, Our Future" Insert In This Week's Issue

CAMPAIGN, Continued from page 1

Cheshire, a member of Dartmouth Health, is committed to caring for every patient who seeks care regardless of their ability to pay.

More than 5000 patients come to Cheshire Medical Center for care on a weekly basis. Cheshire must take the opportunity to modernize its patient care environment, update its equipment, and begin the process of expanding service areas to ensure exceptional care remains accessible to the community for generations to come.

To do so, Cheshire Medical Center needs the generous participation of the community in the capital campaign to help it expand and modernize. This can help the Medical Center to grow in three critical patient care areas: cancer care, surgical services, and advanced outpa-

tient medicine.

- Construction is continuing on the \$12 million expansion of the Dartmouth Cancer Center at Cheshire Medical Center. The exterior walls and roof of the new structure are complete; the walls are constructed of mega blocks and finished with bricking to match the exterior of the hospital. Construction crews are currently working on the inside of the addition, which will house a second linear accelerator for radiation oncology. Cancer cases are rising, and radiation therapy is a cornerstone of treatment. Cheshire's existing linear accelerator is the most heavily utilized in the state, often running beyond capacity to meet patient care needs. Adding the second unit means more patients will be able to receive cancer care close to home without having to travel farther than necessary for their daily radiation appointments. The second linear accelerator will also help to eliminate interruptions to treatments when planned maintenance or potential repairs are required.

- The need for surgical services in the community continues to increase as the population ages. Cheshire Medical Center's operating rooms were state-of-the-art in 1973, but now must be expanded in number and modernized to meet patient care needs, as well as to better accommodate surgical technology and equipment, like robotics or in-room imaging. This expansion will also enable the Center to flex in emergent, life-threatening situations. The renovation and expansion of surgical services will transform Cheshire Medical Center's ability to deliver the most advanced treatments and interventions to patients, while allowing them to remain close to their homes and support systems. Cheshire Medical Center is facing rising pressure surrounding project construction costs due to the age of the original building, the need for updated systems and technologies, and other external market factors.

- Cheshire Medical Center is actively reworking and reimagining space at its Court Street and Maple Avenue campuses to create greater access to Advanced Outpatient Medicine, beginning with Gastroenterology and additional cancer treatment spaces. Cheshire is currently renovating space that formerly housed administrative offices and which will significantly expand Gastroenterology. These renovations will also free up space in the Cancer Center, returning it to much-needed treatment rooms for oncologists and cancer patients. Additionally, now that the Fam-



The staff from Dartmouth Cancer Center at Cheshire Medical Center helped celebrate a significant construction milestone at the hospital last week by signing the beam that will support the vault doors leading to the new linear accelerator. They are pictured here with the beam, which weighs 14,000 pounds and will hold two doors that weigh 12,000 pounds apiece.

Staff pictured include: (Front, L to R) Madeline (Mad) Cudmore, Liz Charlebois, Clarissa McHodgkins, Marla Evens, Emily Therrein, Deb Scribner, Jenn Michelson, Erli Chen, Lani North, and Riselly Deoleo, and (Back, L to R) Nicole Keir, Nick Murphy, Ashley Candello, Shana Freda, Jenn Willyard, Dr. Janelle Park, and Dr. Steven Levene.

ily Medicine Residency Program's practice space is complete, Cheshire Medical Center is beginning the planning needed to utilize the remaining space at its Maple Avenue Campus.

The community has a long and storied history of ensuring access to healthcare, beginning with the founding of Elliot City Hospital in 1892, its expansion as the community grew, and then the establishment of Cheshire Hospital in 1973. Cheshire Hospital's construction was made possible by a community-led campaign that raised the equivalent of \$16 million in today's dollars, establishing what was then a state-of-the-art hospital in the Greater Monadnock Region. In the ensuing 53-plus years, Cheshire Hospital continued to grow to meet patient care needs, evolving into what is known today as Cheshire Medical Center.

With the help of the community, Cheshire anticipates that it will soon meet its \$42 million capital campaign goal, but hopes to exceed that amount to be better able to bring its capital projects to fruition. Cheshire Medical Center invites the community to join them by making a gift to the capital campaign; every dollar given will stay right here in the community, benefiting all who call the Monadnock Region home and who receive care at the not-for-profit hospital.

"We truly need the support of our entire community to help Cheshire Medical Center meet these patient care needs," says Sandra Phipps, Cheshire Medical Center's Vice President of Philanthropy and Community Relations. "The campaign represents a unique opportunity to build on the foundation of generosity laid by previous generations, while enabling the Medical Center to address the current and future care needs of its patients. Every gift makes a difference, and every gift matters."

The community's participation in the capital campaign is vital in helping Cheshire to meet and then exceed its fundraising goal; gifts of all amounts are welcomed and needed. To make a capital campaign gift, or for more details about the strategic funding priorities, call the Philanthropy office at 603-354-6800 or visit cheshiremed.org/cheshire-health-foundation.

Cheshire Health Foundation is a non-profit organization established to financially support Cheshire Medical Center by engaging the community in activities that advance the Medical Center's health and wellness mission. Charitable giving to Cheshire Health Foundation provides the resources needed to help the local Medical Center meet the breadth of healthcare demands in this thriving community.

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The Champs Are Back! Keene SwampBats Heading Into 29th Season Thursday, June 4th

SWAMPBATS, Continued from page 1



In classic baseball tradition, a bucket of water was thrown – getting players and coaches wet – when the SwampBats won the NECBL championship last year.

The Team

Returning for a sixth season as head coach is Shaun McKenna. Associate Head Coach Casey O'Brien and Pitching Coach Stephen Bangs will also return. Watterson and the rest of the crew are excited to welcome back nine players from the 2025 team: Mike O'Brien, TJ Shyuler, Andrew Lepine, John Malone, and other stalwarts.

"I could not pass up the opportunity to play again for what I consider to be the greatest coaching staff of my career," says Malone.

"There is a strong contingent from last year's team who remember the nightly heroics of 2025," says Evan Chaffee, a pitcher from St. John's University who is one of many players returning to the Alumni Field this year. "We are committed to bringing back that excitement to our loyal fans one more time."

The SwampBats also welcome to the Alumni Field this season, former Keene High School standout Zak Whitney, who just finished up a stellar freshman season at Southern New Hampshire University, where he has received multiple Pitcher of the Week awards. "Growing up in Keene and playing countless games on Alumni Field, I have always dreamed of returning to pitch for the SwampBats," he says.

Entertainment

It wouldn't be a SwampBats game without the lively entertainment that families have grown to love. Bounce Above the Rest Inflatables, Milla's Magic Treasures, and Doug the Devil Stick Man will be at the games this season.

Promotional nights include Mascot Night, Kids Demar Night, Camper Night, First Responders and Military Appreciation Night, Broken Bat Night, and lots more. Celebrating another record-breaking year (2376 students from 38 local schools), Reading With Ribby Nights will be held on Tuesday and Wednesday, June 9th and 10th.

The stand-out highlight of the season for entertainment is the spectacular fireworks that are held each year on Independence Eve; this year they will be held on Friday, July 3rd and will include the City of Keene's fireworks display that begins after the game.

New theme nights this year include Happy Tails – sharing happy adoption stories of pets in the region and promoting pets still available for adoption at the Monadnock Humane Society. There will also be the first-ever Brattleboro Night on Wednesday, July 1st, that will be sponsored by Monadnock Ford. On Saturday, July 18th, Savings Bank of Walpole will host its second annual Community Day with free admission for everyone.

Food and More

Always consistently delicious are the concessions at SwampBats games. Fans will get their appetites satisfied with cheeseburgers, veggie burgers, hot dogs, pizza, ice cream and ice cream floats, popcorn, cotton candy, and lots more!

Tito's Taco Truck will return this year, and new to the Alumni Field will be All Things Maple Fried Dough food truck.

The SwampBats promote a variety of activities that involve the community, including Reading with Ribby, youth baseball camps, an internship program, volunteer opportunities, Hire a SwampBat Program, and Baseball Buddies – youth and/or softball teams who would like to help at home games.

New this year is the Granite State Showdown. This will be the first time two New Hampshire Summer Collegiate teams – the Nashua Silver Knights and the Keene SwampBats – go head-to-head. The Silver Knights will host the SwampBats on Monday, July 13th, and the SwampBats will host the Silver Knights at the Alumni Field on Tuesday, July 28th. The winning team will be crowned the Granite State Champion.

Tickets to a SwampBats game are \$8 for general admission; seniors and students \$6; and kids 10 and under, military, and first responders can all get in for free.

"Be part of the festivities. You will not be sorry," Watterson concludes.

For more details or to see the game schedule, visit www.swampbats.com, or watch for the weekly ad in *The Monadnock Shopper News*.

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Seven Flag-Waving Ways To Teach Your Children Patriotism

Our country is revving up for one of its biggest milestones that you and I will probably ever witness: America's 250 Years of Independence. You can feel the excitement in the air as towns and cities around the US hold public events, parades, exhibits, and historical commemorations throughout this year to mark America's Semiquincentennial.

These celebrations bring people together, which helps build a stronger nation. This patriotic spirit is an admirable quality. I can't think of a better year to show and teach our children what it means to be true patriots of our country. Here are seven flag-waving ways to teach them a love for America:

1. Share a walk-through history. *Liberty's Kids* (streamed on Prime) is an animated show that introduces the family to various historical periods in 24-minute segments. The Boston Tea Party, Paul Revere's Midnight Ride, the Revolutionary War, the New Frontier, and many other parts of history are all covered in this miniseries. Each segment shows the trials and heroism that make up American history.

2. If your family has ties to relatives who were in the military over the decades, make a family tree of those who served, the branch they served in, what years they served, and what, if any, wars or conflicts they were up against.

3. Dive into history with the family by visiting historical places in the area, like Wyman Tavern, Historical Society of Cheshire County (HSCC), and Horatio Colony House Museum in Keene. Don't forget to check out your town's historical society to see their plans for celebrating this special year. If you haven't taken a Walldog Mural Walking Tour around Keene, you can go through HSCC or explore on your own as a family. The kids will have a blast following the map (<https://keenenh.gov/city-of-keene/walldog-mural-downtown->

map) of this local history tour. And you can break up the tour by going out to lunch while in downtown Keene.

4. Growing up, we learned the Pledge of Allegiance and various patriotic songs in school. If your children don't already know how to say our nation's pledge, now is the time to teach them. This is also the perfect time to introduce your children to patriotic songs. You can take learning patriotic songs one step further. For example, as you teach your kids the song, *You're a Grand Old Flag*, why not research the history of the Betsy Ross flag? *America the Beautiful* and *God Bless America* can be taught and then sung while watching photographs of America – it's mountains, oceans, lakes, and prairies.



with Lori Catozzi Cook

5. Bring the family to one of the many 250th celebratory independence parades that will be taking place this year. Purchase small hand-held American flags for each member of the family to proudly wave at the event. After the festivities, head out on a picnic, hike, and/or bike ride, and finish the day with some cool summer goodness... ice cream!

6. Attend a fireworks show or pick up fireworks for your own family display. When purchasing fireworks, look for a kid's fun pack assortment or ask an employee for kid-friendly fireworks. Usually, that includes party poppers, smoke bombs, and snap pops. Keep in mind that no matter how "safe" fireworks are advertised, there needs

to be strict adult supervision when used.

7. Incorporate patriotic crafts into the mix. These crafts can be displayed or brought to a party or event to show your patriotism. To make a ribbon wave wand to wave around, you'll need a 12-inch wooden dowel and red, white, and blue ribbons (three of each color) cut into 24-inch strips. Gather the ribbons together and fold in half – tie a knot at this half-way point. Put a generous amount of hot glue and attach the knot to the end of the wooden dowel. Wave away!

For a star suncatcher, you'll need a black or dark blue piece of construction paper, clear contact paper, and red, white, and blue tissue paper. Trace a large star shape onto your construction paper and cut it out. Then cut a center "window" in the middle of the star, leaving about an inch border to serve as a frame. Cut two identical squares of contact paper slightly larger than the frame. Peel the backing off the first sheet and lay it flat on a surface, sticky side up. Press the paper star frame down onto the sticky contact paper. Tear pieces of the red, white, and blue tissue paper and stick them onto the sticky contact paper to fill the space. Peel the backing off the second contact paper and place the sticky side down over the tissue paper design. Firmly press together and trim off any excess contact paper around the outside of the star frame. You can punch a hole in the top of the star and hang your creation up with ribbon or just tape it onto a sunny window to display your patriotism.

Teaching children a love for our country is teaching them patriotism – something our country desperately needs.

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

Keene ArtWalk Marches Onward For 35 Years

ARTWALK, Continued from page 1

ArtWalk Director Molly Fletcher says, "I'm so happy to be working with Madame Sherri's owners Patrick Brown, Adam Topfer, and Paulee Mekdeci to create an exciting, extended ArtWalk kickoff party. ArtWalk is all about celebrating artistic expression and community, so this feels like such a great fit."

Fletcher, who is also the Visual Arts Teacher at Granite Valley Preparatory Chartered Public School in Keene, has been at the helm of the ArtWalk volunteer committee for four years and is always looking for ways to keep the event fresh. Also dedicated to the event, with more than 70 years of combined ArtWalk experience, this year's committee includes Anne Ward, Phyllis Custer, John Frye, Caitlen Brown, Shawn Durham, and Lorie Rogers.

This event could not have had 35 continuous years of success without the support of so many, including the Downtown Keene merchants who have so graciously opened their businesses and welcomed the exhibiting artists. ArtWalk is also a proud constituent of the Keene Downtown Group, a 501c.3 organization whose mission is to insure the vibrancy and vitality of Downtown Keene.

This year's eclectic group of nearly 85 artists includes students, locally recognized artists, as well as 15 artists who are participating in the ArtWalk for the first time.

Folks can enjoy the art up and down Main Street, on the side streets, and remember to visit the Monadnock Area Artists Association Art Gallery at Syd's Carpet and Snooze Room, another new ArtWalk collaboration.

ArtWalk is a free 10-day event, this year running from Friday, June 5th through Sunday, June 14th.

For more details about ArtWalk 2026 and to share a personal story, visit www.facebook.com/KeeneArtWalk/.

To be involved with the ArtWalk 2027 committee, send an email to KeeneArtWalk@gmail.com.

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Ann Henderson Interiors	Medora Hibert	Keene on Cookins	Gary Cozier
Art for Life	Luke Richards/Marshall Feldman	La Pêche Lingerie	Lola Duennas/Candace Hardy
ArtCade	Chris McAtee/Marri Gagne	Life is Sweet	Spencer Fisher/Sue Weller
Bat Mama Bear	Tammi Lannon	Local Burger	Tristan Bridges/ Monadnock Middle School/ Keene High School
Beech Trees	Fiona Fitzpatrick	Magnolia on Main	Liz Dinowitz/Kari Breneman/Roxy Rubell
Birdies	Alton Rodriguez/Tooya Coleman-Donabedian/ Emily Bussman/Jak Thomas	Mivandas on Main	Erika Radick/Shannon Bender/Gemma Rainey
Black Cloud Brewing	Liz Gallacher/Kali Zoffran	Moe	Mary Iurlan/Anne Ward
Brewer's Cafe	Alex Roberts	Mon Amie	Forrest Bencivenga
City Barber	Neven Seliman	Monadnock Shelter and Shade	Pete Jahn/Curtis McGill
City Hall	Dana Carley	Ortos	Judy Rock/Amanda Hall
Clark Mortenson Insurance	Tammy Randeau	Prime Roast	Marcy Schepker
Colonial Theatre	Gathering Waters Charter School	Puggys	Alex Parsons
Comic Boom	Sunny Village Charter School	Quench and Gild	Kathleen O'Donnell
Eat More Cake	Amy Huxsey/Stacia Castonguay	Rymes Propane & Oil, Inc.	Michael Miller
Edward Jones (Central Square)	Bob England/Malcolm Alter	Shadow & Soul Emporium	Kari Post/Laura Montano/Jasmine Carroll
Edward Jones (Lower Main)	Nancy Howard	Springs	Ruth Sterling
Everglow Wellness	Jennifer Robert Ward	Teds Shoe and Sport	Jason Arnow
Financial Solutions	Eileen Doll	The Post House	Molly Fletches/Grante Valley Prep/Katie Carbonata
Good Fortune	Bethany Rattiff	The Stage Restaurant	Katie Melancon
Green Energy Solutions	Covenant Living	Toadstool	Saint Joseph Regional School/Keene Middle School
Greenwild Realty	Deborah Lloyd Kaufman	Urban Exchange	Paula Darmofal
Honey Hair Extension Studio	Anne Decosta/Suzanne Krautmann	Wicked Glats	Shannon DiGennaro
Indian King Framery	Tyler Rogers/Alicia Drakiotes	Wicked Hair	Alicia Bertness
Introspect Wellness	Sylvia Ryder/Erin Lynch	Ye Goodie Shoppe	Mariah Brines/Tia Messer
Keene Ace House	Brittany Willett/David Meyer/Merilee Frable		

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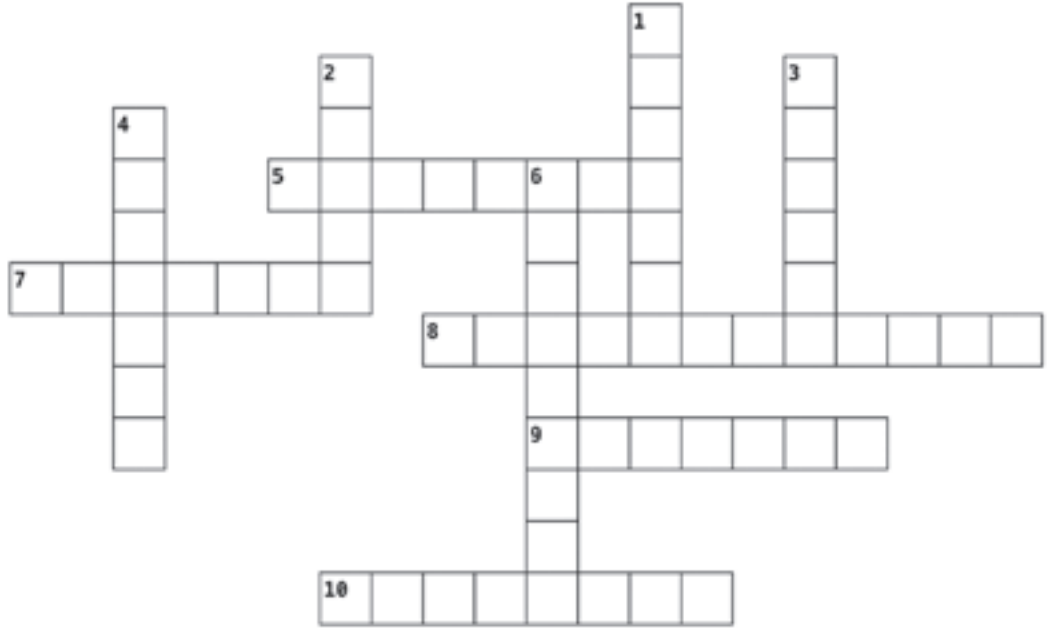
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Mail your completed puzzle to The Monadnock Shopper News, PO Box 487, Keene, NH 03431, snap a photo of it and e-mail it to shopper@shoppernews.com, or fax it to 603-357-9351. One entry per person per month, please.

Don't forget to choose one of the businesses on the Celebrate Local pages as your preferred \$50 gift certificate!

Deadline is Friday, June 12th.

Last month's winner was Debbie Griswold, who chose a \$50 gift certificate to Mia Capelli.



- Across**
- 5. Memorial Day sale item at Frazier & Son
 - 7. Local economist Shuman
 - 8. June 21 is World ____ Day
 - 9. Dana's variety of ____ dumpsters
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CELEBRATE LOCAL

Localization And Solarization

LOCAL, Continued from page 1

But the truth is that electricity rates are rising dramatically everywhere in the country, in part because of AI data centers, but more importantly, because of the need for expensive repairs and replacement of obsolete transmission and distribution lines. As electricity prices skyrocket and solar prices come down, it's just a matter of time before your community will be able to follow in Irvine's footsteps."

So, I'm shifting from my job at *The Main Street Journal* to my new role as interim program manager for the Monadnock Sustainability Hub (The Hub). The Hub recently launched its Electrify Monadnock Fund, a home-grown rebate program that empowers low- to moderate-income households in the Monadnock Region to make their homes healthier, more energy-efficient, and more resilient by supporting the transition away from fossil fuels. Through financial assistance of up to \$7000 in rebates per household, the Electrify Monadnock Fund helps make home electrification accessible to everyone, ensuring that our region leads the way in local climate solutions.

Qualified households can receive rebates for clean energy projects, including installing solar panels, heat pumps, and replacing gas-burning appliances with electric models, as well as weatherization, electrical panel upgrades, and electric vehicles.

What if, instead of donations fueling

the Hub's fund (with over \$400,000 in donations received so far), community members could invest in the fund and receive a return on their investment, as Michael proposed for Irvine? Read more about Michael's report at mainstreetjournal.substack.com/p/how-to-solarize-your-city-with-local.

Learn more about the Hub's program at monadnocksustainabilityhub.org/electrifymonadnockfund and join us for our Electrify Monadnock Launch

Celebrate Local

with Jennifer Risley



event on May 30, 10 a.m. to noon at the Keene Public Library's Cohen Hall: monadnocksustainabilityhub.org/event/launch.

Shifting to the global level and celebrating World Localization Day on June 21. Helena Norberg-Hodge, author, filmmaker, and director of *Local Futures*, founded World Localization Day. Last year, Michael Shuman reintroduced me to Helena's work, "Whenever I get sucked too far down the political rabbit hole of the moment, I try to schedule a chat with my dear friend Helena Norberg-Hodge. No one has done more to build a global movement for localization."

Participation in World Localization Day is easy. Host a potluck dinner or a film screening of one of *Local Futures'*

LOCAL, page 17

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CELEBRATE LOCAL

When Worlds Align

LOCAL, Continued from page 16

films: localfutures.org/films. Enjoy the early-season harvest. Plant a fruit tree in your backyard. Learn more about World Localization Day at worldlocalizationday.org. Throughout and beyond June, celebrate the global movement to go local every day. Get inspired at actionguide.localfutures.org.

“Localization is a ‘movement of movements’ from farmers markets, local business alliances, community gardens, eco-villages, transition towns, farm to table initiatives, seed libraries, repair cafes, revival of indigenous and local knowledge systems, decentralized renewable energy projects, and more, is growing stronger,” said Helena. “World Localization Day offers us a wonderful opportunity to amplify the solutions and bring the economy home.”

Finally, the American Independent Business Alliance invites you to our next virtual event, A Report Card on the US Local Economy Movement, on Thursday, June 11 at 1 p.m. Michael Shuman will review his recent report on our movement. Let’s gather to share our feedback with Michael,

discuss how we can better measure our movement’s progress, and uncover ways we can work more collectively and impactfully. Register at amiba.net/events.

Let us know how you celebrate the localization movement in your community, nationally, and globally. Email us at jen@thelocalcrowd.com.

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



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Rhubarb And Asparagus Stalk The Kitchen

Rhubarb, botanically considered a vegetable, is often thought of and used as a fruit. It originated in Asia over 2,000 years ago and was initially cultivated for medicinal uses. In the late 1800s, rhubarb was brought to Alaska by the Russians and used to prevent scurvy. By the mid 1900s, its popularity was firmly entrenched in the New England states. Rhubarb stalks are used in a variety of ways, from pies and cakes to salads and main dishes. Remember to use only the stalks in cooking as the leaves are considered toxic.

Asparagus is an early spring vegetable known to most of us that can be prepared in a number of ways. Serve it as a side dish, steamed and drizzled with butter or olive oil, seasoned with salt and lemon juice. Or use asparagus in soups, gratins, salads, pasta dishes, and casseroles. If rhubarb and asparagus are haunting your kitchen, sample some of this week's recipes for using these seasonal vegetables in various ways.

Italian Asparagus Salad

Compose four salads of this simple asparagus plate for an appetizer. Or serve as an easy lunch with some good hearty bread and beverage of your choice.

Ingredients:

2 lbs. asparagus, trimmed and steamed until just tender

1/2 cup warmed olive oil
a few drops lemon juice

1/2 cup freshly grated Parmesan cheese

4-8 slices prosciutto
freshly ground black pepper

Place six spears of prepared asparagus on each plate. Combine oil and lemon juice; pour over asparagus tips as desired and sprinkle with cheese. Cover stalks with one to two slices prosciutto. Season with pepper and serve at room temperature. Pass extra dressing if any is leftover.

Grilled Shrimp & Asparagus, with Lime Dipping Sauce

Enjoy this combination. It serves four as an appetizer, or two as an entree, served with rice.

Ingredients:

8 asparagus spears, trimmed of tough bottom stalks
16 medium shrimp, peeled, deveined (about 1 lb.)

1 tablespoon vegetable oil
salt and freshly ground white or black pepper

Sauce:

1/3 cup soy sauce
1 tablespoon sugar
1/4 cup fresh lime juice
1 teaspoon red pepper flakes

1 tablespoon freshly ground white or black pepper

Cook asparagus in boiling, salted water for two minutes until crisp-tender. Drain and cool immediately in cold water; drain again and cut each spear into thirds. Prepare sauce by combining all ingredients in small bowl; whisk and set aside. Thread asparagus and shrimp alternately onto skewers, rub lightly with oil and season with salt and pepper. Grill over medium-hot fire for three to four minutes per side. (Check shrimp for doneness by cutting into one to be sure it is opaque all the way through.) Remove from grill and serve with dipping sauce.

Cooking Corner

with Nancy Adams



Rhubarb Relish

A tasty condiment to use on grilled chicken, salmon, tuna, or swordfish. The relish also makes a nice salsa to serve over homemade fish tacos – just add some chopped red or green pepper and a tomato to the relish, if desired.

Ingredients:

3 cups diced rhubarb
1/3 cup sugar
1 tablespoon grated orange zest
1 cup fresh orange juice
1 or 2 jalapeño peppers, seeded and chopped
2 shallots, minced

Place all relish ingredients in a medium saucepan. Bring relish to a boil; reduce heat and simmer, stirring occasionally, for about 10 minutes or until mixture thickens. Cool and refrigerate up to 10 days.

Rhubarb-Marmalade Cake

Rhubarb and orange marmalade complement one another in this special cake. A hint of rosemary acts to bring together the citrus and marmalade flavors. Recipe adapted from "How to Eat a Peach" by Diana Henry.

Ingredients:

2 sticks butter, softened
1 1/2 cups superfine sugar (blitz granulated sugar in food processor or blender to make it finer)
8 rosemary sprigs, divided
1 1/4 cups ground almonds
3 large eggs, room temperature
2/3 cup orange marmalade, plus 2 tablespoons extra for glaze
finely grated zest of 1 orange
1/4 cup all-purpose flour
1/4 cup polenta or coarse-ground cornmeal
1 teaspoon baking powder
sea salt flakes
10 1/2 ozs. rhubarb, trimmed and cut into 1 1/4" long pieces

Preheat oven to 325 degrees; butter an eight-inch springform cake pan and line the bottom with parchment paper. Put sugar and two of the rosemary sprigs into a large bowl. Mash them with a pestle or heavy object to infuse sugar with the rosemary; shake off sugar and discard rosemary.

With hand or stand mixer, beat the rosemary-infused sugar and butter until pale and fluffy. Add ground almonds, then beat eggs in one at a time, mixing well after each addition. Fold in two-thirds cup marmalade, orange zest, flour, polenta, baking powder, and a pinch of salt. Lay three rosemary sprigs in bottom of pan. Spoon in the batter and lay rest of rosemary on top. Toss rhubarb with granulated sugar, then spread this on top. Bake for one hour and 20 minutes, until skewer comes out clean. (Cover cake with foil in the last 20 minutes if it starts to get too dark). Heat the extra two tablespoons of marmalade in a saucepan until it is syrupy; let it sit a bit to make it easily spreadable; use a pastry brush to thickly glaze top of cake while it is still warm. Let cake cool, then run a knife between cake and pan; carefully remove cake from pan and the parchment.

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Mindfulness Alone Isn't Enough

I have been meditating regularly for almost 50 years and have found it to be a wonderful practice, helping me to lead a very productive life despite a very challenging childhood. My father, a World War II veteran with undiagnosed PTSD from many horrible experiences in the war, was physically and emotionally abusive. We also moved a lot. I went to five high schools and three colleges, which was quite traumatic to a shy, skinny teenager. I was bullied, and worse, simply ignored at some of the schools. My family also has a history of anxiety and depression. At some point, all six of us have been on antidepressants and/or anxiety medication.

the painful memories. Over the years, I have struggled with excessive snacking and eating more than I needed. While mindfulness has been helpful when I tried to lose weight, I always regained it. Recently, I read about the dangers of visceral fat, which caught my attention. So I decided to lose the excess weight in my abdominal region.

I was most drawn to a program called Bright Line Eating, developed by Susan Pierce Thompson, a professor of brain and cognitive sciences. Her program not only addresses the need for a healthy food plan, but also the need to change one's habits and to literally rewire the brain, a process known as neuroplasticity, both of which are congruent with mindfulness practice. Thich Nhat Hanh, another Buddhist teacher, coined the term habit energy to denote long time habits that have become intractable, and that can be changed. Susan also talks about the importance of community to maintain one's practice in the program, and this connects to the importance stressed in Buddhism on community.

As with previous attempts to lose weight, the first few weeks were tough. Four months later, I have successfully dropped the excess weight and am feeling more confident about maintaining that loss than before. I've been surprised at how much those relatively constant cravings have dissipated but not disappeared. I am using mindfulness regularly to catch those moments when the cravings arise: I take a few breaths and feel that wanting in my body. Thich Nhat Hanh also recommends bringing compassion to those parts of us that are struggling.

A mindfulness meditation practice has been and continues to be my foundation. Like Kornfield, I believe that no one path can fulfil all our needs because we human beings are complex and multifaceted. Therefore, a part of anyone's spiritual and psychological development involves being open to exploring various well-established complementary paths and practices.

Tom Bassarear has been practicing mindfulness meditation for almost 40 years and has taught mindfulness and meditation at Keene State College, at Cheshire Medical Center, at the county jail, in local schools, and at the Monadnock Mindfulness Practice Center, which he helped to found in 2002.

Summer Special For Newcomers At Aloha

Aloha, located on Court Street in Keene, will have a three-month Summer Special for newcomers. June, July, and August are half price. Ten classes are \$80, or 20 classes are \$150.

For more details, call 603-762-3129 or stop by when they are open.

Richmond Reminisces At Richmond Public Library

The Richmond Public Library will host its monthly Richmond Reminisces program on Wednesday, June 3rd, at 11 a.m.

Attendees are invited to share their memories and stories of Richmond, which will be recorded for future generations.

For more details, contact the Richmond Public Library at 603-239-6164.



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Healing Perspectives

with Tom Bassarear

Jack Kornfield is a well-known American Buddhist teacher who also has a PhD in psychology. He once wrote that "many practitioners have found that meditation alone does not address deep-seated issues like... unresolved childhood wounds. Integrating meditation with psychotherapy can provide a more holistic approach to healing and personal development, addressing both the spiritual and psychological aspects of suffering..."

My meditation practice has been extremely useful in helping with anxiety and my tendency to get irritated when things don't go as I want. It has also been moderately helpful in addressing my anger and parts of myself that have felt that I'm not good enough and that I don't belong. I have been in therapy several times, but with only limited success. About 10 years ago, I began working with a therapist trained in Internal Family Systems, which turns out to be very compatible with Buddhist practice. The therapy was very helpful in addressing these issues.

I was diagnosed many years ago with dysthymia - mild depression. Under a doctor's care, I tried different antidepressants, but didn't find them very helpful. Recently, after two friends reported that a small dose of an antidepressant took the edge off their depression, I started taking a small dose and have found it helpful.

Many people who have struggled with childhood traumas became caught in various addictions. Many turn to food for comfort or even to numb out



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ENTERTAINMENT
 and DINING

Drop-In Knitting In Richmond

The Richmond Public Library hosts a weekly drop-in knitting circle every Saturday from 10 a.m. to noon.

The group welcomes hand-crafters of all abilities.

For more details, contact the Richmond Public Library at 603-239-6164.

Wednesday, May 27

ARTS, MUSIC & THEATER

Oil Painting Class "Vibrant Still Life": Kris Stewart
 1-4pm. Jaffrey Civic Center, 40 Main St., Jaffrey. 4 Sessions May 27, June 3, June 10 and June 17. \$125. jccedassistent@gmail.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 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.

Writers Group 6pm. Conant Public Library, 111 Main St., Winchester. Looking to keep your writing sharp? The CPL Writing Group is a prompt driven group, aimed at helping writers of all levels improve writing skills and develop community. All you need to do is bring a pen, notebook, and your imagination! **603-239-4331**. www.conantlibrary.org/.

Red Cross Blood Drive 10am-4pm. Savings Bank of Walpole, 84 Marlboro St., Keene. **800-733-2767**. www.RedCrossBlood.org.

Thursday, May 28

FAMILY FUN

Kids STEAM: DIY Calming Glitter Jar 3:30-4:30pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. May is Mental Health Awareness Month. Create a glitter jar to help practice regulation, breathing and self-calming techniques. Registration is required. Ages 5 - 12 and their caregivers. Amy Kraemer: **603-352-0157**. akraemer@keeneh.gov.

MISCELLANEOUS

Rindge Conservation & NH Association of Conservation Commissions Presents Wildlife Corridors in Your Backyard 6:30pm. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Anyone who enjoys the outdoors or cares about preserving their rural community is encouraged to

attend to learn about helping wildlife and joining with others to do so. rindgeconcom@rindgenh.gov. www.

Friday, May 29

ARTS, MUSIC & THEATER

Closing Reception: Weeds to Blooms 5-6:30pm. Peterborough Town Library, 2 Concord St., Peterborough. ConVal High School Art Exhibit, Weeds to Blooms. **603-924-8040**. www.PeterboroughTownLibrary.org.

Ishna - 'Sli Amach': from There to Here 7:30pm. Nelson Town Hall, 7 Nelson Common Rd #5325, Nelson. The Monadnock Folklore Society presents a joyous exploration of the music & stories of Ireland. Admission \$30 (\$25 in advance, under 16 free w/paying adult). www.monadnock-folk.org/event/---ishna-sli-amach-from-there-to-here-nelson-town-hall-may-29-2026/.

The Roommate 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

MISCELLANEOUS

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

Saturday, May 30

ARTS, MUSIC & THEATER

Peterborough Folk Music Society: Deep River Ramblers 7pm. Deb's House, Harrisville. Tickets at **603-318-9196**. www.pfmsconcerts.org.

The Roommate 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

DINING PLEASURES

St. Patrick's BBQ Chicken: Grab-n-Go Dinner 3-5pm. St. Patrick's Church, 80 Main St., Northfield, MA. Pick up between 3-5. Tender chicken, creamy potato salad, zesty 3 bean salad, fresh rolls and homemade dessert. \$15. Reservations encouraged by calling by May 26th.

603-577-0198.

FAIRS & SALES

Fitzwilliam Garden Club Plant and Bake Sale 9am-12pm. 13 Templeton Turnpike, Fitzwilliam. Locally grown perennials, annuals and baked goods will be sold. Garden Club members will be available to help choose plants and provide planting and growing tips. fitzwilliamgardenclub@gmail.com.

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, and so much more. www.keenefarmersmarket.com/.

LECTURES & WORKSHOPS

Gemmo Forest Hosts: Learn and Practice Making Permanent Beds 10am-12pm. 180 Hurricane Road, Keene. Each session 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. Learn and practice polyculture and companion planting techniques, intercropping, and guilds. www.gemmoforest.com.

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FRIDAY 7/10 Labyrinth
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 June 13 • Bass Hall • 7pm

An Evening with Shawn Mullins
 July 11 • Bass Hall • 7pm

Paul Klempner & Band
 Aug 22 • Deb's House • 5:45pm (Rain: Aug 23)

The Kennedys
 Sept 5 • Deb's House • 7:00pm

TICKETS ONLINE at www.pfmsconcerts.org
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MARCO POLO GARDEN
MYSTERY PHOTO

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

(Prepared by the Historical Society of Cheshire County)



The winner of last week's Mystery Photo Contest was Pat Wright of Keene. The schoolhouse was located in the Cheshire County village of Westport.

What Cheshire County village is pictured in this late 1800s photo?

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Saturday, May 30
LECTURES & WORKSHOPS

Special Workshop: "Hugelkultur" 10am. Chase's Mill, 801 Forest Road, Alstead. "Hugelkultur," an ancient European technique that mimics the decomposition of a forest floor to provide a highly productive, water-retaining garden. www.chasesmill.org.

MISCELLANEOUS

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

Memorial Day Service: Guest Speaker Kent Nelson AFB 10-11am. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Special dedication in memory of Korean & Vietnam veteran Don E. Nelson, US Army. 603-899-3300. www.cathedralofthepines.org.

250 Years of Independence 10am-6pm. 9 South Village Common, Westmoreland. A full day of 18th century historical activities and locations to enjoy. See Westmoreland Historical Society website for more information.

Textile Exhibit & Period Clothing Seamstress Demonstration 10am-1pm. The Stone House Tavern Museum, corner of Routes 9 & 63, Chesterfield. A demonstration by Emily Stringham, professional seamstress from "At The Sign Of the Golden Scissors: Accurate Goods for the 18th Century Living Historian". Come have a free guided tour of the treasure that is the Stone House Tavern Museum, complete with ballroom, cage room, third floor quarters for stagecoach drivers, and seasonal historical displays. chesfieldhistoricalsociety@gmail.com.

Sunday, May 31
ARTS, MUSIC & THEATER

The Roommate 2pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at 603-352-5657. www.edgeensemble.org.

Monday, June 1
MISCELLANEOUS

Beginner Line Dance Class 1-2pm. Keene Rec. Center, 312 Washington St. Beginner Line Dance Class meets Mondays, May 18th - June 29th. Basic line dance steps and beginner level dances will be taught to country and pop music. 603-357-9829.

Red Cross Blood Drive 10:30am-3:30pm. Best Western Plus, 401 Winchester Street, Keene. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Tuesday, June 2
ARTS, MUSIC & THEATER

Cheshiremen Chorus: Weekly Meeting & Singing 6:30pm. United Church of Christ-Keene, 23 Central Square. For almost 75 years, enriching lives through barbershop harmony experience! All men welcome. Use Vernon St. entrance. Meets every Tuesday. 877-312-7467. www.cheshiremen.org.

MISCELLANEOUS

MS Support Group 10am-12pm. Keene Senior Center, 312 Marlboro St., Keene. Support group for anyone living with MS- including their families, friends, and caregivers. Maria: 603-352-1530 or 508-277-0745.

Wednesday, Jun. 3
MISCELLANEOUS

5th Anniversary 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Event runs through Saturday, June 6th. Daily drawings & special surprises! 603-876-3415.

Thursday, Jun. 4
MISCELLANEOUS

5th Anniversary 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Event runs through Saturday, June 6th. Daily drawings & special surprises! 603-876-3415.

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KEENE JAZZ ORCHESTRA
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Sat. Jun 6 • 7:30pm
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The Colonial Theatre
May 30 @ 2PM & 7PM
May 31 @ 2PM
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THURSDAY, JUNE 4TH - OPENING NIGHT!
VS. DANBURY WESTERNERS
Milla's Magic Treasures, Doug the Devil Stick Man, Tito's Taco Truck, Bounce Above The Rest Inflatables, 50/50 raffle for a CHAMPIONSHIP RING, Fairy Hair by Jess.
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SATURDAY, JUNE 6TH
VS. NORTH ADAMS STEEPLECATS
Happy Tails Night
Sponsored by *C+S Wholesale Grocers and Monadnock Humane Society*
NHDI's Super Seniors Dance Troupe, Milla's Magic Treasures, All About Maple Fried Dough

TUESDAY, JUNE 9TH
VS. UPPER VALLEY NIGHTHAWKS
Reading With Ribby - SAU29 and Keene Area Schools
Mascot Night Sponsored by *M&T Bank*
Titos Taco Truck, All About Maple Fried Dough, Bounce Above The Rest Inflatables, Milla's Magic Treasures, Doug the Devil Stick Man

WEDNESDAY, JUNE 10TH
VS. NORTH SHORE NAVIGATORS
Reading With Ribby - Outside Keene Schools
Bounce Above The Rest Inflatables, Tito's Taco Truck, All About Maple Fried Dough, Doug the Devil Stick Man

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Musical Storytime With Kim Wallach At Keene Library

The Keene Public Library will host a special Musical Storytime with performer and educator Kim Wallach on Wednesday, June 3rd, from 10:30 to 11:15 a.m. in the Storyroom at 60 Winter Street.

The program is geared toward pre-kindergarteners ages three to five and will feature read-aloud stories, fingerplays, songs, and rhymes, and may also include poems, music, dramatic play, and crafts.

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

Kids STEAM: DIY Calming Glitter Jar At Keene Public Library

The Keene Public Library will host a Kids STEAM: DIY Calming Glitter Jar workshop on Thursday, May 28th, from 3:30 to 4:30 p.m. in the Kay Fox Room at 60 Winter Street.

In recognition of Mental Health Awareness Month, children ages five to 12 and their caregivers are invited to create their own glitter jar to use as a tool for practicing breathing, regulation, and self-calming techniques. Registration is required. For more details, contact Amy Kraemer at akraemer@keenenh.gov or 603-352-0157.

Rousseau's Music Summer Lessons Now In 20th Year

MUSIC, Continued from page 1

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To learn more, or to get on the summer schedule while there are still available time slots, Rousseau's Music can be reached at 603-532-4311 or by email at rousseausmusicmike@gmail.com. Visit them online at www.rousseauismusic.com

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

May 28, 2026

Chase Baird, son of Jeremy & Kaitlyn Baird, Jaffrey, 5
Ryder Grotton, son of Melissa & Michael Grotton, Keene, 6
Kaylee Carbone, daughter of Sarah Carbone & Nathan Carbone, Keene, 5

May 30, 2026

Fletcher Austin, son of Brent & Jessica Austin, Springfield VT, 9
Aiyana Goodnow, daughter of Adam Goodnow, Marlow, 5
Adam H Goodnow, son of Adam D Goodnow, Marlow, 5

May 31, 2026

Nova Violet Warner, daughter of Rachel Ross & Seth Warner, Keene, 7

June 1, 2026

Eleanor Hart, daughter of Katie & John Hart, Keene, 11
Sophie Brown, daughter of Devin & Chelsea Brown, Langdon, 3

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BIRTHDATE _____
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Kaylee Carbone, Keene, 5

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