



Beekeeping Unlimited In Sunapee – A Source For All Beekeeping Needs



An everything beekeeping supplies store opened in Sunapee recently: Beekeeping Unlimited at 498A Route 103.

Owned by Mike Plunkett, a local beekeeper in Newbury, the store offers honeybee packages and nucleus colonies, bee hives, bee fences, beekeeping clothing, and beekeeping tools and equipment. This locally owned and operated store offers several services to support the beekeeper, including varroa mite treatment, honey extraction, and bear fence installation.

Plunkett loves chatting about bees, whether it be educating new and hopeful beekeepers, or comparing over-wintering tips with seasoned beekeepers. All are welcome to stop in for coffee and conversation Saturdays from 9 a.m. to 5 p.m., Sundays from 10 a.m. to 2 p.m., or by appointment.

For more details, call 603-429-0808 or visit www.beekeepingunlimited.com.

Beekeeper Mike Plunkett of Beekeeping Unlimited in Sunapee

Self Storage Of Jaffrey And Self Storage Of Peterborough An Affordable Way To Simplify Transitions And Maintain Organization



The Self Storage of Jaffrey & Peterborough team, Office Manager Amy Marro (L) with owners Cyndy and Don Burgess, are on hand to help people find the right size storage unit for their needs.

By Lori Catozzi Cook

Self storage is an affordable and convenient solution for various needs, like moving, downsizing, or providing extra space for seasonal items or business inventory. It's also a safe and flexible solution for managing, protecting, and

accessing items without the pressure of having to discard them promptly.

Self Storage of Jaffrey and Self Storage of Peterborough are in the business to help people simplify transitions and maintain organization in their lives.

STORAGE, page 9

An Afternoon Of Painting & Pastries Hosted By The Keene Pops Choir This Saturday

The Keene Pops Choir will host An Afternoon Of Painting & Pastries on Saturday, May 9th from 2 to 4 p.m. at The First Baptist Church at 105 Maple Avenue in Keene.

Artist Wendy Pelletier will guide participants through creating a painting of spring flowers on canvas. To assist in keeping the creative energy flowing,

there will be an assortment of locally-made pastries, including some gluten free options. Beverages will also be provided.

All materials, refreshments, and a chance to win an American flag painting donated by Wendy Pelletier is included in the \$30 fee. Registration is required; space is limited. Email Keenepops@gmail.com.

Art Exhibit Opens In Dublin, Reception Friday



Tim Schloemer, Spring's Arrival



By Julie Gargan

On Friday, May 8th from 5 to 7 p.m., the public is invited to attend a reception at the DubHub/Dublin Community Center at 1123 Main Street, for an exhibition featuring paintings by Tim Schloemer and Julie Gargan, both of whom are inspired by the

natural world. The exhibition runs Wednesday, May 6th through Tuesday, June 2nd, and is available for viewing and purchase during open hours and by appointment.

ART, page 17

Stay Ahead Of Business Fraud Is Discussion At Savings Bank Of Walpole

A Fraud Prevention Roundtable for local businesses will be held at Savings Bank of Walpole at 84 Marlboro Street in Keene on Thursday, May 14th from 9 to 10:30 a.m., with sign-in at 8:30 a.m.

Fraud is evolving quickly, and local businesses are a primary target. This practical discussion is with guest speakers sharing local insights on today's most common business scams and how to avoid them.

Discussions will include mail theft and check fraud, bank imposter scams, business email compromise, regional fraud trends, and tools to reduce risk: secure email, Positive Pay, and ACH solutions.

Registration needs to be made by Monday, May 11th by calling Crystal Lewis at 603-355-1607 or emailing clewis@walpolebank.com.

COLONIAL, page 15

Big Lazy Plays Showroom In Keene Friday

On Friday, May 8th at 7:30 p.m., New York City's gritty instrumental trio, Big Lazy, will perform at Showroom, a Colonial Performing Art's Center venue at 20 Commercial Street in Keene.

Big Lazy's music conjures images from big sky country to seedy back

rooms with deftness and a cinematic clarity. With sparse instrumentation – Stephen Ulrich on guitar, Yuval Lion on drums, and Andrew Hall on bass – the trio forges a new American music from archetypes in rock, jazz and the avant garde.

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PET OF THE WEEK
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Rosie



Rosie is a sweet girl, weighing about 40 pounds who is ready to find a calm, loving home to spend her golden years. She's a mellow, easygoing companion who's happiest with a cozy place to rest and a relaxed daily routine, with just the occasional walk to keep her moving. Rosie is great with people, does well with kids, and has a good history with cats. While she doesn't have much experience with other dogs, she's been sweet and wiggly when seeing them in her current care. She is a bit overweight right now, so she'll benefit from a family committed to helping her slim down at a healthy pace. Overall, Rosie is a gentle, affectionate dog who will make a wonderful, low-key addition to a home looking for a laid-back companion.

Rosie is an 11-year-old, SF, medium sized mix breed dog. The Adoption Center is located at 101 West Swanzey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumane.org.

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Saturday May 9th 8-2

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Please drop off your gently used items at the Adoption Center **Friday, May 8th**, between 12 and 5 pm. Please no clothing, decorations or electronics.

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Cars, Fun, And Food At The Cheshire Fairgrounds

Monadnock Area Cars & Culture (MACC), a community-driven automotive event celebrating car culture, craftsmanship, and connection in the Monadnock Region, will take place at the Cheshire Fairgrounds in Swanzey on Sunday, May 17th. Sponsored by Powerless Over Cars and Alternative Detailing Solutions, the inaugural event is shaping up to be a standout celebration with over 500 vehicles, live music, food vendors, raffles, and People's Choice voting, and family-friendly activities.

"Vehicle registrations are coming in steadily, our food vendor lineup is locked, and having fan-favorite mascot Ribby joining us to greet families and pose for photos will bring extra energy to the show throughout the day," says Lee Johndrow, event organizer for Monadnock Area Cars & Culture.

The culinary lineup features a diverse group of local food trucks and vendors offering everything from comfort foods to sweet treats, ensuring great options for all ages. "Our mission is to celebrate automotive culture, preserve automotive heritage, and

create meaningful connections within the car community while providing an exceptional experience for participants and spectators alike," says Johndrow. Each registered vehicle will receive a commemorative dash plaque, while custom awards, presented in a variety of categories, including fan favorites and judged selections, giving participants multiple opportunities to be recognized. "These are more than trophies," says Johndrow, "they're keepsakes that celebrate the passion, craftsmanship, and pride our participants bring to the show."

A portion of all sales benefits PN4UINC, a 501(c)(3) that promotes positive events and collaborates with Grandpa Owl to provide Positivity and Resilience education and training for children and adults. "Whether you're a seasoned collector, a weekend cruiser, or someone who simply appreciates great automotive design, this year's event promises to deliver an unforgettable experience." The event runs from 9 a.m. to 3 p.m., rain or shine. For more details, visit www.monadnockareacarsculture.com.

Vendors Wanted For Local Flea Market Event

Love Thy Neighbor, on Cobble Hill Road in Swanzey, is a local food pantry serving residents of Swanzey, Winchester, and Keene. The organization will host a spring outdoor flea market at the Village Church at 121 Cobble Hill Road on Saturday, May 30th from 7 a.m. to 3 p.m. to help raise funds for essential services to those experiencing food insecurity.

The event will feature a variety of vendors selling vintage items, handmade goods, clothing, books, household items, and refreshments with proceeds directly supporting the food pantry.

This flea market is an opportunity for neighbors to come together and support one another. Every purchase and every vendor helps the pantry reach more families in need.

For more details or to register, text Becky Wilson at 802-579-9237 or visit: <https://sites.google.com/view/lovetheighborministries>.

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MYSTERY PHOTO

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

(Prepared by the Historical Society of Cheshire County)

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This photo shows what local structure, during its construction in 1909?

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The winner of last week's Mystery Photo was Russell Mills of Spofford. The photo of a sled drawn by both horses and an ox was taken in West Swanzey.



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Free Seminar Offered To Learn About Fatty Liver Disease

Monadnock Community Hospital will host a free community health seminar, Protecting Your Liver: Understanding Fatty Liver and Steps Toward Wellness, on Thursday, May 21st, at 5:30 p.m.

Fatty liver disease, a condition in which fat accumulates in the liver, now affects an estimated one in four adults in the United States and has grown steadily over the past three decades. It often develops without noticeable symptoms and, if left unaddressed, can progress to more serious conditions including cirrhosis. The seminar will provide community members with clear, practical information about the condition and what steps they can take to support their liver health.

Dr. Michael J. Gilbert, MD, MHCDS, a board-certified gastroenterologist with Monadnock Gastroenterology Associates, will lead the presentation. Gilbert has served as medical director of the MCH Endoscopy Unit since 2013 and is recognized as a New Hampshire Magazine Top Doctor and a Castle Connolly Top Doctor. Dr. Robert Catania and Dr. Brett Baker from the Southern New Hampshire (SNH) Weight Management program also will present, covering medical and surgical weight management options available for those seeking additional support.

Attendees will learn about how fatty liver develops, the difference between alcoholic and non-alcoholic fatty liver disease, how the condition can progress, and what lifestyle changes can make a meaningful difference. The seminar will also address when to seek care and what to discuss with a healthcare provider.

The event is free and open to all community members. Space is limited and registration is encouraged. To reserve a space, visit Liver-Wellness-2026.EventBrite.com. The event will be held in the Bond Wellness Center Conference Room at Monadnock Community Hospital at 452 Old Street Road in Peterborough.

Randy Miller Live At The Co-op Saturday

The Monadnock Food Co-op Cafe will feature live fiddle music from Randy Miller on Saturday, May 9th, from 11 a.m. to 1 p.m.

For more details, contact Jane Clerkin at outreach@monadnockfood.coop.

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	001190		SHRIMP, Frozen, Wild-Caught, Peeled, Deveined, Woods Fisheries (100) 1-2 lb bag	27%	\$35.98	\$25.99	\$25.99
	009706		BACON, Fruitwood Fresh, Unsalted, Nitrate Free, North Country Smokehouse (12) 12oz Local!	18%	\$8.99	\$7.39	\$41.74
	009709		CHICKEN BREAST, Fresh, Boneless, Skinless, Smart Chicken 5 lb bag avg	31%	\$6.99	\$4.79	\$23.95
	009702		CHICKEN THIGHS, Fresh, Boneless, Skinless, Smart Chicken 5 lb bag avg	20%	\$5.99	\$4.79	\$23.95
	009704		GROUND BEEF, Frozen, Ground, 80/20, Manning Hill Farm 5 x 16 oz Local!	27%	\$10.99	\$7.99	\$39.95
	009701		BRIST PORK SAUSAGE, Humanely Raised, Fresh, All Natural, Niman Ranch 6 x 8 oz	41%	\$5.99	\$3.49	\$20.94
009700		PORK SAUSAGE, VT MAPLE, Humanely Raised, Fresh, All Natural, Niman Ranch 6 x 8 oz	41%	\$5.99	\$3.49	\$20.94	
001197		ORGANIC BEEF HOT DOG, Fresh, All Natural, Applegate Farms 6 x 10 oz	25%	\$7.99	\$5.99	\$35.94	
009703		ORGANIC GROUND BEEF, Fresh, Ground, 80/20, Thousand Hills 6 x 16 oz	25%	\$9.99	\$7.49	\$44.94	
PERISHABLES	001107		SYNERGY KOMBUCHA, Trilogy, GT's Living Food 12 x 16 oz	45%	\$3.99	\$2.19	\$26.28
	001100		SYNERGY KOMBUCHA, Gingerade, GT's Living Food 12 x 16 oz	45%	\$3.99	\$2.19	\$26.28
	001143		YOGURT, VT MAPLE, Whole Milk Cream on Top, Brown Cow 12 x 5.3 oz	33%	\$1.19	\$0.79	\$9.48
	001145		YOGURT, CHERRY VANILLA, Whole Milk Cream on Top, Brown Cow 12 x 5.3oz	33%	\$1.19	\$0.79	\$9.48
001173		SAUERKRAUT, Bubbies 6 x 25 oz	33%	\$9.49	\$6.29	\$37.74	
001181		CHEDDAR CHEESE, SERIOUSLY SHARP BLOCKS, Cabot 12 x 8 oz	25%	\$3.99	\$2.99	\$35.00	
001182		4 CHEESE (Jack, Cheddar, Asiago, Queso) MEXICAN SHREDS, Cabot 12 x 8 oz	25%	\$3.99	\$2.99	\$35.00	
001142		ORGANIC TORN EXTRA FIRM, Nissley Foods 6 x 14 oz	26%	\$2.99	\$2.19	\$13.14	
FREEZER	001170		ORGANIC ICE CREAM, VANILLA BEAN, Aiden's Organics 3 x 1.5 qt	24%	\$10.99	\$8.29	\$24.87
	001185		BEANS & RICE BURRITO, Gluten Free, Amy's 12 x 5.5 oz	21%	\$3.79	\$2.99	\$35.88
	001180		ORGANIC RASPBERRIES, Cascadian Farm 12 x 8 oz	44%	\$6.69	\$3.69	\$44.28
	001187		ORGANIC BLUEBERRIES, Cascadian Farm 12 x 8 oz	41%	\$6.29	\$3.69	\$44.28
	001189		ORGANIC STRAWBERRIES, Cascadian Farm 12 x 10 oz	41%	\$6.29	\$3.69	\$44.28
	001136		VEGGIE BURGERS, BLACK BEAN QUINOA, Dr. Praeger's 6 x 10 oz	36%	\$5.99	\$3.79	\$22.74
001138		WHITE FLOUR TORTILLAS 8", Maria & Ricardo's 6 x 8 oz Local!	34%	\$4.29	\$2.79	\$16.74	
001117		ORGANIC BROCCOLI FLORETS, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.00	
001115		ORGANIC CORN, SUPER SWEET, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.00	
001114		ORGANIC PEAS, PETITE GREEN, Woodstock 12 x 10 oz	32%	\$3.69	\$2.49	\$29.00	
BULK	001155		ORGANIC FRENCH ROAST COFFEE, Whole Bean, Equal Exchange 5 lb BAG	24%	\$6.99	\$5.29	\$52.99
	001152		ORGANIC LOVE BUZZ COFFEE, Whole Bean, Equal Exchange 5 lb BAG	24%	\$6.99	\$5.29	\$52.99
	001112		ORGANIC THOMPSON SEEDLESS RAISINS 5 lb BAG	37%	\$4.49/lb	\$2.79/lb	\$13.95
	001159		ORGANIC ROLLED OATS 25 lb BAG	34%	\$2.29/lb	\$1.49/lb	\$37.25
WELLNESS	001113		MINERAL SUNSCREEN, SPORT SPF 40, Bodger 3 x 2.9 oz Local!	40%	\$15.99	\$9.49	\$18.98
	001106		ANTI-BUG SPRAY, Bodger 2 x 4 oz Local!	41%	\$1.99	\$1.19	\$12.10
	001105		DENTAL FLOSS, Natural, Cardamom Flavor, Dr. Tang's 6 x 30 yd	39%	\$5.29	\$3.19	\$19.14
	001116		ELECTROLYTE POWDER MIX, RASPBERRY, Ultima Replenisher 20 x 11 oz	54%	\$1.29	\$0.59	\$11.80
001119		ELECTROLYTE POWDER MIX, LEMONADE, Ultima Replenisher 20 x 13 oz	54%	\$1.29	\$0.59	\$11.80	

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Tiny House Workshop In Keene Offers More Than Crafting A Small Living Space

Tiny House Workshops will be held at Mill Hollow Works Heritage Craft School at 149 Hurricane Road in Keene one weekend per month for the next six months. The first will be held on Saturday and Sunday, May 16th and 17th.

More and more people look for ways to live with less, build more intentionally, and gain greater



Carpenter Aaron Ward of Fiddlehead Carpentry will lead a Tiny House Workshop one weekend a month beginning in May in Keene.

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independence. These classes will be led by veteran carpenter Aaron Ward of Fiddlehead Carpentry and are designed to teach the process of building a tiny house on wheels. But at its heart, the class is also about sustainability, self-reliance, and giving local people practical experience that can open the door to carpentry, construction, and the building trades.

"As a builder, and as someone who values sustainability and striving to preserve the environment, a tiny house meets all my requirements," Ward says. "Tiny houses allow us to understand that we can live a full life while having less 'stuff.' In this class, you will learn all aspects of not only building a tiny house on wheels, but the how-tos of building in general," he continues. "The skills you learn can be used for other projects as well: building an accessory building, remodeling and renovations, additions, or general projects around your home. Maybe it will inspire you to join a trade."

This Tiny House Course meets every third weekend from 10 a.m. to 4 p.m. For more details or to sign up, visit www.millhollowworks.org.

TRUCKLOAD SALE!

MAY 2026
FRIDAY, 15th
9AM – 6PM
SATURDAY, 16th
9AM – 1PM
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1. Fill out this form indicating the number of cases you wish to buy in the gray boxes for same day orders.

or pre-order online by May 9th

PRE-ORDERS MUST BE PICKED UP ON THURSDAY, MAY 14th

monadnock.storebyweb.com



2. Submit your order form to a staff member at the tent in front of our FACILITY (across the parking lot), on the day of the sale. Follow the signs!

3. Pay inside the store while we assemble your order at our facility.

4. Confirmation We will check your order to the receipt to insure nothing is forgotten and we can help you to your car.

PLEASE NOTE:

- Quantities are limited.
- All items available by designated quantity only.
- While supplies last.
- Pre-orders are not guaranteed.
- No additional discounts.
- No refunds or returns.
- All sales are final.
- No substitutions.
- No rain checks.

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PLU	CASE QTY	CASE DESCRIPTION	% save!	RETAIL UNIT	SALE UNIT	SALE CASE
001147		SODA, Wild Berries & Lime Probiotic, Culture Pop, 12 x 12 fl. oz.	41%	\$2.19	\$1.29	\$15.48
001146		SODA, Strawberry Rhubarb Probiotic, Culture Pop, 12 x 12 fl. oz.	41%	\$2.19	\$1.29	\$15.48
001170		ORGANIC COCONUT WATER, Coco Goods, 12 x 16.9 fl. oz.	37%	\$3.69	\$2.29	\$27.48
001164		ORGANIC PEACH OOLONG TEA, Just Ice Tea, 12 x 16 fl. oz.	43%	\$2.99	\$1.69	\$20.28
001168		ORGANIC HALF TEA + HALF LEMONADE, Just Ice Tea, 12 x 16 fl. oz.	43%	\$2.99	\$1.69	\$20.28
001120		SPARKLING WATER, Natural Mineral, San Pellegrino, 12 x 750ml Glass Bottles	33%	\$3.29	\$2.19	\$26.28
001160		ORGANIC OAT MILK, Barista Quality (shelf stable), Minor Figures, 6 x 32 fl. oz.	39%	\$5.29	\$3.19	\$19.14
001174		ORGANIC LEMONADE, Santa Cruz, 12 x 32 fl. oz.	50%	\$3.99	\$1.99	\$23.88
001124		SPARKLING WATER, Blood Orange Tangerine, Spindrift (3) 8 x 12 fl. oz. Local!	29%	\$7.49	\$5.29	\$15.87
001126		SPARKLING WATER, Lemon Squeezed, Spindrift (3) 8 x 12 fl. oz. Local!	29%	\$7.49	\$5.29	\$15.87
001128		ORGANIC FUSILLI PASTA, 100% Durum Semolina, Bionaturae, 12 x 16 oz.	37%	\$3.99	\$2.49	\$29.88
001129		ORGANIC FUSILLI PASTA, Gluten Free Rice & Lentil, Bionaturae, 12 x 12 oz.	36%	\$5.49	\$3.49	\$41.88
001109		ORGANIC SPAGHETTI PASTA, 100% Durum Semolina, Bionaturae, 12 x 16 oz.	37%	\$3.99	\$2.49	\$29.88
001131		ORGANIC TOMATO PASTE, No Salt Added, Bionaturae, 12 x 7 oz.	50%	\$3.79	\$1.89	\$22.68
001110		CAT FOOD, Tuna Tuesday, Canned Wet, Birdie & Louie, 12 x 3 oz.	33%	\$1.49	\$0.99	\$11.88
001134		DOG FOOD, Chicken & Brown Rice, Premium Dry, Birdie & Louie, 4 x 3.5 lb.	49%	\$12.59	\$7.79	\$31.16
001169		ORGANIC STRAWBERRY SPREAD, Crefter's, 6 x 16.5 oz.	31%	\$6.99	\$4.79	\$28.74
001165		ORGANIC RASPBERRY SPREAD, Crefter's, 6 x 16.5 oz.	31%	\$6.99	\$4.79	\$28.74
001122		ORGANIC COCONUT MILK, Coco Goods, 12 x 12.5 fl. oz.	43%	\$3.99	\$1.69	\$20.28
001199		ORGANIC BLACK BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
001151		ORGANIC GARRANZO BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
001171		ORGANIC CANNELLINI BEANS, Field Day, 12 x 15 oz.	14%	\$1.39	\$1.19	\$14.28
001166		WILD CAUGHT SKIPJACK TUNA, Salted, Field Day, 12 x 5 oz.	28%	\$2.49	\$1.99	\$23.88
001167		WILD CAUGHT SKIPJACK TUNA, No Salt, Field Day, 12 x 5 oz.	28%	\$2.49	\$1.99	\$23.88
001160		BANANA PEPPERS, Mild & Sweet, Jiff's Garden, 6 x 12 oz.	37%	\$3.49	\$2.19	\$13.14
001118		CHICKEN BONE BROTH, Classic, Kettle & Fire, 6 x 16.9 fl. oz.	46%	\$7.99	\$4.29	\$25.74
001157		ASIAN VEGETABLE RAMEN, Koyo, 12 x 2.1 oz.	41%	\$1.69	\$0.99	\$11.88
001162		LEMONGRASS GINGER RAMEN, Koyo, 12 x 2.1 oz.	41%	\$1.69	\$0.99	\$11.88
001127		ORGANIC MARINARA PASTA SAUCE, Muir Glee, 12 x 23.5 oz.	43%	\$5.79	\$3.29	\$39.48
001133		ORGANIC HERITAGE FLAKES CEREAL, Nature's Path, 6 x 32 oz.	38%	\$10.49	\$6.49	\$38.94
001172		RICE PILAF, Original Mix, Near East, 12 x 6.09 oz.	33%	\$3.99	\$1.99	\$23.88
001156		ORGANIC EXTRA VIRGIN OLIVE OIL, Primal Kitchen, 6 x 16.9 fl. oz.	34%	\$12.99	\$8.49	\$50.94
001196		TAMARI SOY SAUCE, Gluten-Free, Reduced Sodium, San-J, 6 x 10 fl. oz.	36%	\$5.49	\$3.49	\$20.94
001135		BATH TISSUE, 2-PLY 100% RECYCLED, Seventh Generation, 4 x 12 ct.	39%	\$13.99	\$8.49	\$33.96
001176		LIQUID LAUNDRY DETERGENT, Free & Clear, Seventh Generation, 4 x 90 fl. oz.	25%	\$15.99	\$11.99	\$47.96
001122		LIQUID DISH DETERGENT, Free & Clear, Seventh Generation, 6 x 19 fl. oz.	36%	\$4.99	\$3.19	\$19.14
001175		TACO SEASONING, M&M, Siete, 12 x 1.31 oz.	46%	\$2.99	\$1.59	\$19.08
001161		SALSA ROJA, Casero M&M, Siete, 6 x 10.5 oz.	45%	\$5.99	\$3.29	\$19.74
001177		ORGANIC DILL PICKLES, Sliced Kosher, Woodstock, 6 x 24 fl. oz.	42%	\$6.99	\$3.99	\$23.94
001179		ORGANIC SWEET PICKLES, Stued Bread & Butter, Woodstock, 6 x 24 fl. oz.	42%	\$6.99	\$3.99	\$23.94
001149		POTATO CHIPS, Thin & Crispy, Classic Sea Salt, Boulder Canyon, 12 x 8 oz.	44%	\$4.49	\$2.49	\$29.88
001158		DARK CHOCOLATE BAR, Almonds & Sea Salt, Chocolate, 12 x 3.2 oz.	37%	\$4.79	\$2.99	\$35.88
001148		DARK CHOCOLATE BAR, Salted Caramel, Chocolate, 10 x 3.2 oz.	37%	\$4.79	\$2.99	\$29.90
001150		WAGYU BEEF STEAK STRIPS, Epic, 20 x 8 oz.	39%	\$2.29	\$1.39	\$27.80
001153		BISON UNCURED BACON CRANBERRY BAR, Epic, 20 x 1.3 oz.	39%	\$3.29	\$1.99	\$23.88
001163		ORGANIC SEAWEED SNACKS, Sea Salt, Gimme, 12 x 3.5 oz.	40%	\$2.69	\$1.59	\$19.08
001183		ORGANIC PEANUT BUTTER CUPS, MILK CHOCOLATE, Justin's, 12 x 1.4 oz.	46%	\$2.79	\$1.49	\$17.88
001184		ORGANIC PEANUT BUTTER CUPS, DARK CHOCOLATE, Justin's, 12 x 1.4 oz.	46%	\$2.79	\$1.49	\$17.88
001127		DARK CHOCOLATE BAR, Nuts & Sea Salt, Kind, 12 x 1.4 oz.	40%	\$1.99	\$1.19	\$14.28
001111		DARK CHOCOLATE BAR, Cherry Cashew, Kind, 12 x 1.4 oz.	40%	\$1.99	\$1.19	\$14.28
001180		ORGANIC WHITE CORN TORTILLA CHIPS, Mi Nina, 9 x 12 oz.	38%	\$5.99	\$3.69	\$33.21
001130		CRACKERS with SEA SALT, Gluten Free, Almond Flour, Simple Mills, 6 x 4.25 oz.	45%	\$5.49	\$2.99	\$17.94
001139		ORGANIC FRUIT JERKY, Mango Blueberry, Soley, 12 x 8 oz.	40%	\$1.99	\$1.19	\$14.28
001154		TAMALES, Bean Salsa Verde, Fito Working Tamales, 7 x 4 oz.	46%	\$2.99	\$1.59	\$11.13

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Peterborough Folk Music Society Presents The Mammals



Pictured L to R: Tim Morrison, Ruth Ungar Merenda, Scott Milici, Mike Merenda, Brandon Morrison.

On Friday, May 15th, Peterborough Folk Music Society (PFMS) brings The Mammals to the Peterborough UU Church. Doors open at 6:15 p.m. and the show begins at 7 p.m. PFMS's 30th anniversary video starts at 6:45 p.m. Online tickets are \$30, purchased the

day of the show, they are \$35 (cash or check only).

Formed by Mike Merenda and Ruth Ungar, The Mammals emerged from the fertile soil of folk tradition, but not as preservationists. They listened closely to the past but their instinct was always restorative rather than nostalgic. They carried forward the lineage of protest music, family harmony, and grassroots resilience, weaving them into something alive, awake, and stunningly contemporary. PFMS will welcome The Mammals back in the region as the organization celebrates its 30th anniversary year.

Purchase tickets online at: <https://pfmsconcerts.org/concert/mammals-051526> or by calling 603-318-9296. For upcoming shows, visit pfmsconcerts.org.

Dance Features "Nashville Blue" Saturday

Monadnock Tri-State Dance Club will hold a dance on Saturday, May 9th from 7 to 10:30 p.m. at the VFW in Winchester.

The dance will feature live music

by Nashville Blue. There will be free refreshments, a 50/50 raffle, and all are welcome. Admission is \$12.

For more details, call Barbara at 603-392-0447.

UpGray'd Quartet Invited To Perform The National Anthem In Concord



UpGray'd Quartet members – Mark Brosseau (baritone), Craig Fisher (bass), Steve Salamin (lead), John Devlin (tenor) – from the Club Alive performance last December.

UpGray'd Quartet, the region's dynamic a cappella ensemble known for its rich barbershop harmonies and spirited performances, was extended a special honor: an invitation to perform the National Anthem at the New Hampshire State House opening session in Concord. All four are members of the Keene Cheshiremen Chorus.

UpGray'd Quartet has built a reputation across the region for its vibrant sound, heartfelt musicality, and com-

mitment to preserving and celebrating the barbershop style. Their tag line, "Everyone's lookin' up... to UpGray'd, that is!", reflects the group's upbeat energy and their mission to bring joy, connection, and harmony to every audience they meet.

This invitation from the State House recognizes not only the quartet's musical excellence but also their ongoing contributions to community events, local celebrations, and public gatherings throughout New Hampshire. From lively performances at local venues to appearances at civic and cultural events, UpGray'd Quartet has become a beloved musical presence across the Granite State.

The performance took place during the official opening of the legislative session, a moment steeped in tradition and civic significance. Attendees enjoyed a stirring rendition of the National Anthem delivered in UpGray'd Quartet's signature four-part harmony.

UpGray'd Quartet continues to expand its performance calendar, bringing classic and popular barbershop sound to audiences of all ages. More details about the group, including upcoming events and booking details, can be found at www.UpGrayedQuartet.com.

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 This event is focused on understanding fatty liver disease and its growing impact both nationally and within our region. Our clinical experts will discuss how fatty liver develops, how it can progress to more serious conditions such as cirrhosis, and what steps individuals can take to support liver health. The program will also include a discussion from the SNH Weight Management team on medical and surgical weight management options available for those seeking additional support. This informative session is designed to provide practical guidance, resources, and compassionate care options to help individuals make informed decisions about their health.

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HEALTH AND WELLNESS SEMINAR
 Join us for a **FREE seminar!**
 This event is focused on understanding fatty liver disease and its growing impact both nationally and within our region. Our clinical experts will discuss how fatty liver develops, how it can progress to more serious conditions such as cirrhosis, and what steps individuals can take to support liver health. The program will also include a discussion from the SNH Weight Management team on medical and surgical weight management options available for those seeking additional support. This informative session is designed to provide practical guidance, resources, and compassionate care options to help individuals make informed decisions about their health.

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Protecting Your Liver: Understanding Fatty Liver and Steps Toward Wellness
 Thursday, May 21
 5:30 – 6:30 PM
 Presenters:
 Dr. Michael Gilbert of Monadnock Gastroenterology Associates, Dr. Robert Catania and Dr. Brett Baker from Southern NH Health's Bariatric Weight Management Program
 Location: Bond Wellness Center Conference Room

STOCK WATCH

Listings At Close of Market May 1, 2026 • Courtesy of RBC Wealth Management
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	212.50	(0.67)	Danaher Corp. (Kollmorgen)	175.15	(2.10)
Becton Dickinson (C.R. Bard)	149.31	(2.83)	Merck (Hubbard Farms)	112.16	0.26
Toronto Dominion Bank (TD Bank)	107.31	2.28	Deluxe (NEBS)	31.90	1.57
PC Connection	64.30	(0.08)	Teleflex (Jaffrey)	121.77	(14.79)
Bank Of America (Fleet)	53.24	1.19	Timken (MPB Corp.)	109.00	1.80
Corning Inc.	158.28	(17.61)	M&T Bank Corp. (People's United)	216.44	1.52
Ametek, Inc. (Precitech)	230.48	(2.47)	Dover Corp. (Markem)	225.79	1.01

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	75.86	(0.55)	Wheat (cents per bushel)	635.50	20.25
Gold (\$ per ounce)	4,620.80	(86.50)	Corn (cents per bushel)	479.50	16.00
Platinum (\$ per ounce)	1,987.91	(26.33)	Soybeans (cents per bushel)	1,201.75	24.75
			Cattle (cents per pound)	253.00	8.12
			Crude (\$ per barrel)	102.15	7.01

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Seven Takeaways From Warsh Confirmation Hearing

Kevin Warsh's bid to become the next chair of the Federal Open Market Committee (FOMC) unfolded amid sharp political tension, legal uncertainty, and pointed questions about his independence from President Trump. During a combative Senate confirmation hearing, Warsh sought to reassure lawmakers that he would not allow political pressure to dictate monetary policy, even as unresolved Justice Department investigation into current Chair Jerome Powell threatens to delay his confirmation and underscores broader concerns about the politicization of the central bank.

Here are 7 Key Takeaways

1. Warsh Emphasizes Fed Independence
Warsh repeatedly stated that he would not cut interest rates at President Trump's behest, insisting that Trump never asked him to pre-commit to any specific policy actions and pledging to remain "strictly independent" if confirmed.

2. Political Pressure on the Fed Is Intensifying
Lawmakers highlighted that Trump's actions have gone beyond rhetoric, including an effort to remove Fed Governor Lisa Cook and a Department of Justice (DOJ) investigation into Powell, both of which have raised alarms about threats to institutional independence.

3. DOJ Investigation Could Delay Confirmation
A criminal investigation into Powell's handling of the Fed's headquarters renovation has become a procedural roadblock, as Senator Thom Tillis has vowed to block Warsh's confirmation until the probe is resolved.

4. Powell Could Remain Chair Temporarily
If Warsh is not confirmed by May 15, Powell has said he would continue serving as chair on an interim basis, adding uncertainty to the Fed's leadership at a sensitive time for monetary policy.

5. Scrutiny of Warsh's Shift on Inflation and Rates
Democrats pressed Warsh on his evolution from an inflation hawk during his previous tenure at the Fed to a recent advocate for rate cuts, a shift he justified by pointing to balance sheet reduction and potential productivity gains from artificial intelligence.

6. Criticism of Fed Policy Framework and Communication
Warsh argued that persistent inflation overshoots reflect Fed policy errors during 2021-2022 and called for "regime change," including a new inflation framework and less forward guidance such as scaling back the Fed's "dot plot."

7. Personal Wealth and Financial Conflicts Raised Concerns
Senators, particularly Elizabeth Warren, questioned Warsh about his substantial personal wealth and opaque investment holdings. Warsh pledged to divest all financial assets and move to "plain vanilla" investments if confirmed.

Bottom Line
Warsh's confirmation hearing underscored how deeply debates over Fed independence, inflation credibility, and political influence have become entangled. Even as he sought to project autonomy and a reform-oriented vision for monetary policy, unresolved legal investigations and partisan tensions threaten to delay his path to confirmation. The outcome may not only determine Warsh's future, but also shape how markets and the public perceive the Fed's ability to operate independently in an increasingly politicized environment. As it relates to interest rate expectations, the hearing strengthens the view that Warsh may tighten conditions via balance sheet normalization while simultaneously loosening conditions by lowering interest rates. These actions may not occur until much later this year as conditions warrant.

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Joshua I. Houle, CFP is Founder and Wealth Manager of Houle Wealth Management at 143 West Street in Keene. He can be reached at 603-352-0222/ josh.houle@lpl.com.



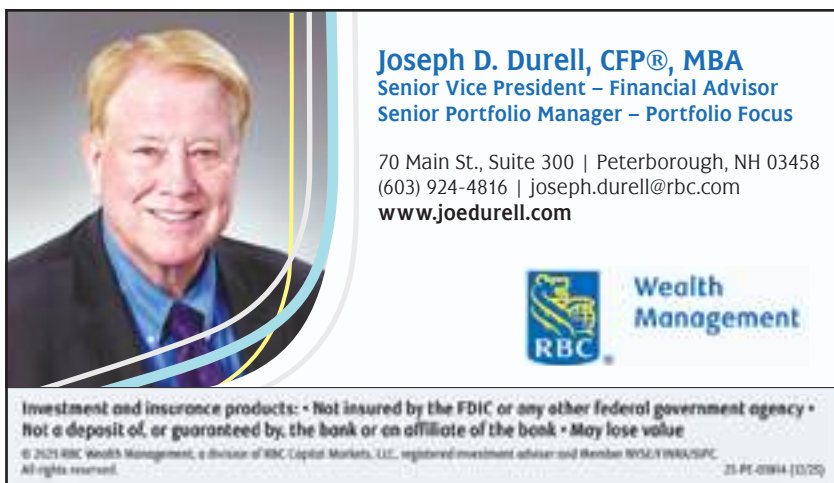
Economy and You
with Josh Houle

Kevin Warsh's confirmation hearing comes at a moment when US monetary policy is already notably restrictive relative to most other advanced economies, sharpening the political and market sensitivity around the Federal Reserve's (Fed) next steps.

As of April 21, 2026, the Fed's target range for the federal funds rate stands at 3.50% to 3.75%, well above policy rates at many peer central banks, including the European Central Bank's 2.15% policy rate, the Bank of England's 3.75% Bank Rate, the Bank of Canada's 2.25% overnight rate, and the Bank of Japan's 0.75% policy rate. That gap has become central to the political debate surrounding Warsh's nomination, with President Trump arguing that US rates should be "the lowest in the world," even as global counterparts face different inflation dynamics, energy shocks tied to Middle East tensions, and divergent growth outlooks. Against this backdrop, lawmakers used the hearing to test whether Warsh would prioritize narrowing the international rate divergence through faster US easing – or adhere to the Fed's traditionally data-driven approach despite mounting external and political pressure.



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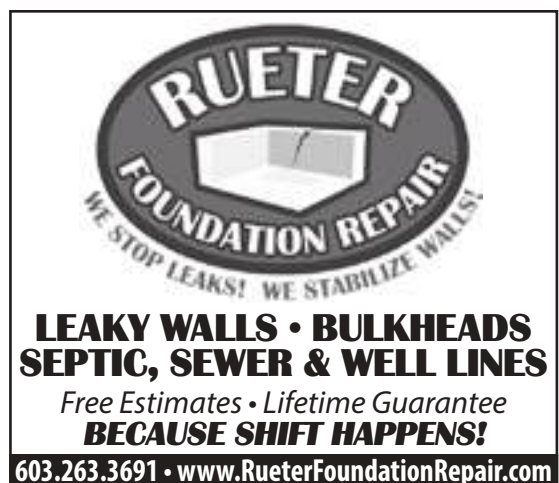
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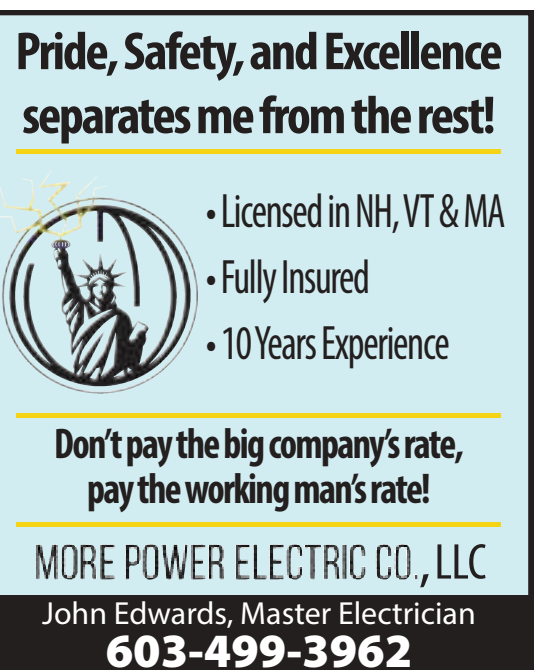
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An Affordable Way To Simplify Transitions And Maintain Organization

STORAGE, Continued from page 1



For 30 years, Don and Cyndy Burgess (R) have provided storage units to help people with an affordable and convenient solution for whatever their needs may be. A major part of the team is Office Manager Amy Marro (L), who has been with the Burgesses for 17 years and is knowledgeable in the industry.

"We opened in Jaffrey in 1996 to address an unmet need in the area," says Don Burgess, owner, along with his wife, Cyndy, of the locally owned and operated facilities. "We started with three buildings and approximately 90 units off Route 202 in Jaffrey, and then expanded rapidly as the units filled to capacity. We purchased the north Peterborough location on Route 202 in 2001 and continued to expand. More recently, we added six new buildings and paved the area surrounding them."

He continues by saying that they needed to add units as demand warranted. "Our latest expansion was just a couple of years ago, which included the addition of climate control units, with more climate control units to come this summer."

Great care is taken to make sure the facilities are kept at tip-top shape and secure, including a security gate entrance, convenient 24/7 access, and kept clean from debris and shoveled in the winter.

There are climate control units that take care of both cooling and heating needs. This helps keep stored items from mold, mildew, and extreme temperatures – all essential for protecting electronics, clothes, furniture, and keepsakes.

Pest control is also a service offered at these facilities. Items left undisturbed for a long period of time are prime targets for infestations. Rodents and insects can be a nuisance, destroying cardboard, paper, fabrics, and furniture, while rodents can chew through wiring.

"I've been renting a 10-foot by 10-foot storage unit at the Peterborough location for a few years now," says Marilyn Weir. "I've been impressed at how dry the space remains with no sign of dampness or pests. The few times I've had to contact Amy (the office manager), she has been very responsive and helpful."

Cyndy says that customers frequently praise their personable staff. "We actually have a live, in-house person to talk to who is very knowledgeable and has been working for us for 17 years."

Storage unit sizes run from 5'x5' for storing clothing and small personal items to 10'x20', which will store the entire contents of a 24' moving truck, a large 10'x30', and everything in between! Visit www.self-storageofjaffrey.com for all unit sizes.

These units are not only great for temporary needs, but can serve as a garage to store seasonal items, use in place of a basement, or for those who live in condos and need the extra storage space.

Besides monthly discounted rates, the Burgesses are running a special for new renters: the second and third months free(!). These self-storage facilities have no administration fees, and insurance is not required. They accept cash, checks, credit cards, and ACH debits.

"After almost 25 years in business, we've had the opportunity to serve the greater Jaffrey and Peterborough area by providing the most secure, affordable, and convenient storage in the area," Don remarks.

"And we take pride in our consistent customer satisfaction. Many of our customers come back to us, year after year, whether it's for vehicle storage or a move, they know they can trust us," Cyndy adds.

Self Storage of Jaffrey is located at 55 Hadley Road in Jaffrey, and Self Storage of Peterborough is located at 451 Hancock Road (Route 202 North) in Peterborough. The office is located at the Jaffrey facility and is open Mondays through Fridays from 8:30 a.m. to 4 p.m. and can be reached at 603-532-7760.

Yard Scaping For Pollinators

The Old Homestead Garden Club will host a presentation on Wednesday, May 13th, at 6 p.m. in Friendship Hall at the First Congregational Church of Swanzey.

Andrew Powers of Cheshire Floral Farm in Marlborough will present on yard scaping for pollinators.

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

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A Vibrant Awakening In Woods And Gardens

May is a wonderful month to explore nature with the combination of warm sunny days followed by gentle rains that fuel the growth of vegetation and accelerates the activities of amphibians, mammals, and birds. Migratory birds return and ducks hatch their young while tadpoles and caterpillars begin to appear. The woods are in the midst of a vibrant spring awakening teeming with life characterized by fresh green foliage and active wildlife. The first day of summer is a month away, but the scene is being set for its arrival. The woodland floors are characterized by moist soil as early species of mushrooms and fungi often found near ash, apple, or pine trees are abundant in the woods.

Wildflowers
Some of the many wildflowers you will see are trillium, both white (*Trillium grandiflorum*) and red (*Trillium erectum*) that carpet woodland floors, while painted trillium (*Trillium undulatum*) can be found in more acidic areas. Trout Lily (*Erythronium americanum*) is recognizable by its mottled, trout-like leaf foliage and yellow nodding flowers. Bloodroot (*Sanguinaria canadensis*) is one of the first to bloom, appearing with a white flower wrapped in a single leaf. Dutchman's Breeches (*Dicentra cucullaria*) known for its distinct white pantaloons-shaped flowers and wild ginger (*Asarum canadense*) with brown, meat-like flowers at the base of the plant. The tiny, cheerful light blue to white flowered bluets (*Houstonia caerulea*) often grow in large patches. Wood Anemone (*Anemone quinquefolia*) have small white flowers often found in moist woodlands. Of course, the beloved pink lady's slipper (*Cypripedium acaule*), New Hampshire's state flower, begins to appear in late May in acidic, pine-dominated woods.

Blooming Trees and Shrubs
Shadbush/Serviceberry (*Amelanchier canadensis*) is a critical early white-flowering shrub/tree often seen along woodland edges. Hobblebush (*Viburnum lantanoides*) is a beautiful native shrub with flat-topped flower clusters. Leatherleaf (*Chamaedaphne calyculata*) is found in boggy areas, recognized by its leathery leaves and white flowers.



Other Finds in the Woods
Fiddleheads (Ostrich Fern) young, edible unfurled ferns are found along stream banks and in wet, rich woods. Violets, both blue and white, are abundant with edible flowers and leaves. Ramps (*Allium tricoccum*) are commonly found, though foraging ethics are often discussed due to their popularity. Wild Strawberry (*Fragaria virginiana*) are early foliage and flowers that appear before setting fruit in June. May can still bring chilly nights, which slows growth, while rain events can create muddy conditions favorable for skunk cabbage in low-lying, wet forested areas. Checking weather conditions before traipsing into the woods in spring would be wise to prepare you to dress in layers and wear boots. But, as you will see, spring can

be a perfect time to enjoy a walk in the vibrant woods.

Gardening
May is also a perfect month to plant summer bulbs in the garden like dahlias, gladiolus, tuberous begonias, and calla lilies. Also, you can plant tender annuals and herbs like heat-loving basil, dill, and rosemary; and annual flowers of cosmos, nasturtiums, and calendula. Enjoy setting up hanging

baskets with flowers or herbs and water daily, use regular liquid fertilizer as needed. Hand weed around young plants and shallow-rooted crops like garlic and raspberries early to prevent summer takeovers. Apply compost and mulch to flower beds to conserve moisture and suppress weeds. Be sure to install stakes, cages, or trellises in vegetable gardens for tomatoes and pole beans before they get too large. It may be a good idea to keep row covers handy to protect young transplants from lingering, cold nights.

Harvest early plantings of leafy greens, lettuce, peas, and radishes to encourage further production. For best results, tailor planting times to your local frost date (typically late May for many northern regions).

May is a delightful month of planting, weeding, and enjoying the beauty of the woods in spring.

Rose Kowaliw has enjoyed gardening for over 40 years and also has a variety of houseplants.

Local Veteran Receives Critical Heating Assistance Through Community Effort

In a heartwarming example of community support, local veteran Jason Lapinsky recently received a much-needed boost to help keep his home warm during a difficult period in his life.

Lapinsky, who was unexpectedly terminated from his job just prior to Thanksgiving, found himself facing mounting financial pressure as colder weather set in. Seeking assistance, he reached out through the Veterans of Foreign Wars (Auxiliary President, Gloria Ruff), which connected him with Ruck-up, an organization known for helping veterans access essential resources.

After reviewing his situation, Ruck-up facilitated the request and coordinated support on his behalf.

Soon after, Cota & Cota Oil Company stepped in with a generous response, delivering 100 gallons of heating oil and after inspecting the age and condition of the old tank, Kevin Connors of Cota and Cota went above and beyond by replacing The Lapinsky's existing oil tank with a new unit.

The assistance arrived at a critical time, as rising heating costs and aging equipment can pose serious challenges, especially during New Hampshire's unpredictable seasons. The combined effort not only provided immediate relief but also ensured long-term safety and reliability for Lapinsky's home heating system.

"This came when I truly needed it most," Lapinsky said. "Losing my job right before Thanksgiving was tough, but the support from the VFW, Ruck-Up, and Cota & Cota has been incredible. I'm beyond grateful, absolutely speechless."

The powerful impact of collaboration between veteran organizations and local businesses, demonstrating how communities can come together to support those who have served and those who serve us.

As temperatures continue to fluctuate, acts of generosity like these serve as a reminder that help is available and that even in challenging times, no one has to face hardship alone.

Tales From The Spice Rack At Chesterfield Public Library

The Chesterfield Public Library will host a New Hampshire Humanities presentation, *Tales From the Spice Rack*, on Monday, May 11th, at 6 p.m.

Professor Laura Tilghman will explore the history and global significance of cloves and vanilla, two spices largely grown in Madagascar by small-scale farmers using traditional methods.

The presentation traces the spices from ancient trade routes to modern kitchens, examining the challenges they face today including climate change, market volatility, and competition from artificial flavors.

For more details, contact the Chesterfield Public Library at frontdesk@chesterfieldlibrary.org or 603-363-4621.

Cereal Fest At St. James Episcopal Church Set For Saturday, May 9th

St. James Episcopal Church will host its Fourth Annual Cereal Fest on Saturday, May 9th, from 10 a.m. to noon on the church's front lawn at 44 West Street, Keene. The event will proceed rain or shine.

The drive benefits Feeding Tiny Tummies, a Keene organization that provides cereal to local schools for breakfasts, snacks, and take-home bags for weekends and school vacations. Cereals of all kinds and box sizes are welcome.

Families are encouraged to attend and enjoy cereal-themed snacks and games while dropping off donations. Those unable to attend on May 9th may drop off cereal donations at the St. James office – accessible via the rear office door off the municipal parking lot – during office hours, Tuesday through Friday from 10 a.m. to 2 p.m., through May 10th.

For more details, contact Kathy Frick at 603-357-3307 or visit stjameskeene.com.

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Enjoying Springtime In New Hampshire

There is a time every spring in New Hampshire when the winter weather finally gives up and spring fully arrives. It happens over time, and you notice it in spurts. The grass seems greener, early spring blooms start to emerge, and trees break into floral masterpieces. You notice a V-formation of geese returning or hear a bird call you haven't heard in months. You're no longer rushing from the car to the door to get out of the cold, but taking a little extra time to enjoy the spring-"ness" in the air. It begins in earnest in May when you aren't likely to experience a sudden snowfall or temperatures dipping below freezing any longer. And the best part is you don't have to go far to enjoy it.

sidewalk chalk and let everyone make their mark on the pavement or sidewalk in front of your home. When a warm spring rain comes down, slip on the rubber boots and splash around in the puddles.

Now is the time to enjoy the unmistakable sound of spring peepers. These tiny frogs with huge voices create a beautiful chorus when the sun goes down. Take your brood on a nighttime hunt to find the source of the noise, using flashlights to explore the area for the little frogs.

Spring in New Hampshire does come with its own level of messiness to contend with. You may find mud, worms, and all manner of creepy crawlies if you take to the woods and explore, but these adventures are often worth the effort when you see how excited kids become during these explorations.

Even ordinary bird feeders can be a great focal point when the chickadees, finches, and cardinals arrive to feast. Paying attention to the patterns as the birds form routines. Different ones may be observed at different times of day. Some may boldly chase others off. Some birds are cautious while others show up bravely. The key is to be observant and see what they do.

Now is the time to start gardening. Turn a small patch of your yard into an area to grow flowers, herbs, and vegetables. Let kids take over some of the planning, selecting what plants to try and taking some pride in seeing their plants grow and develop.

You can also take some time to explore some garden options beyond your backyard. Visit a local farm for inspiration and

enjoyment. Area farms such as Stonewall Farm have much to offer families looking to explore.

Backyard nature can be especially powerful because it's so easily accessible. For families who don't have the time or resources for bigger day trips or weekend getaways, there is still so much to explore and do even when you can't leave your own yard. Most people have at least a small patch of outdoor space to explore. It could be a porch with some pots of herbs or patio tomato plants, or a patch of woods near your home with some easy hiking paths. A walk down a paved bike path can even provide some interesting outdoor exploration.

A great goal for the season may not be to do a lot more, but to become more aware of the outdoor areas around you. Linger outside a bit longer and become more aware of the miracles that surround you. Don't get too worried about a bit of mud or grass stains. It may bring a bit more laundry, but the joy of exploration is worth it.

Spring is fleeting and soon the spring peepers will give way to flashing fireflies and summer will be upon us. Right now, early May offers a world of exploration when it's not too hot and change is happening very quickly. Take advantage of the uniqueness that early May offers.

Sheri Lapointe is a licensed Clinical Mental Health Counselor with a Master's Degree from Antioch New England University. She works as a behavioral health clinician for the Granite State Children's Alliance. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.



The Granite State has so much to offer in the spring including lakes, mountains, and hiking trails. Some are very close by like Pisgah State Park. Others might be a little drive, such as the White Mountains. We also have a bit of coastline that is starting to seem more appealing as the air warms and we long to let toes touch the waves.

Enjoying backyard nature is more about the small rituals rather than the big outings. Drag bicycles out of the garage for an impromptu ride around the neighborhood on a warm afternoon. Get out the bucket of

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Spring Tea To Honor Mothers In Dublin

The DubHub/Dublin Community Center will host a Spring Tea to honor mothers on Saturday, May 9th, from 11:30 a.m. to 12:30 p.m. at 1123 Main Street in Dublin. The free event is open to all.

Guests are invited to sip herbal teas and enjoy tea party refreshments. Those who wish may come dressed for the occasion. Attendees are also welcome to bring scarves, hats, and costume jewelry for an accessory swap – items not claimed will be donated. A photo booth will be available during the event.

Author and artist Melody Russell will be on hand to discuss her book *Noni and Me*, written in honor of her mother following three years of caregiving as her mother lived with Alzheimer's disease. The gathering will offer an opportunity to share memories of mothers and reflect on end-of-life caregiving experiences. For more details, visit dubhub-nh.org.

"The Sound Shelter Of A Thousand Songs" Is Anniversary Spring Concert

Brattleboro Harmonia (formerly the Brattleboro Women's Chorus) will present its 30th Anniversary spring concert, "The Sound Shelter of a Thousand Songs," on Mother's Day, May 10th, at 4 p.m. at the Latchis Theatre. This afternoon of music marks a milestone: the conclusion of Becky Graber's 30-year tenure as the director of the choral group she founded in 1996. Graber will co-direct this performance alongside the chorus' future director, Anna Patton, joined by nearly 100 singers and a distinguished instrumental ensemble featuring Stefan Amidon on percussion, Cathy Martin on piano, and Lisa McCormick on guitar.

The singers will reprise *Adiemus* and share contemporary favorites like MaMuse's *Home in the Holy*, Coco Love Alcorn's *The River*, and Katie Gavin's *The Baton*.

Highlighting the event are two world premieres: Graber's own ten-movement setting of Matty Weingast's translations of poems by early Buddhist Nuns, and a new composition by Patton titled *Sound Shelter*, written specifically to honor Graber's legacy.

Tickets are available online at BrattleboroHarmonia.org on a sliding scale of \$15 to \$40.

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May 9, 2026
Keeva Durgin, daughter of Jade & Travis Durgin, Bennington, 3
Ezra Strong, son of Jacob & Lee Strong, Bellows Falls VT, 2

May 10, 2026
Blake Alice Mason, daughter of Derek & Morgan Mason, Keene, 4
George Elliott, son of Brandon & Mia Elliott, Marlborough, 4

Submit your Birthday Kids' entry online at:
www.ShopperNews.com/Community

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Keeva Durgin, Bennington, 3
Ezra Strong, Bellows Falls VT, 2



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Another Oil Shock But Risks And Alternatives Have Increased

We take energy for granted until oil supply gets disrupted and prices rise. I remember the 1970's oil shock, we had to get in gas station lines based on the odd or even last number on our license plates. The lines formed earlier once stations occasionally ran out.



Here we are again, another Middle East-centered oil shock. This time it's not just the immediate price pressure; the evidence of health, economic, and environmental costs are mounting, even if many try to ignore that. Ironically, in the early 1900s, the oil industry was seen as the solution to a major health and environmental problem for cities – horse dung. Picture New York city, home to 100,000 horses, faced with streams of muck when it rained and rancid piles when the sun came out. Now after over a century of fossil fuel burning, the planet is getting dangerously hotter as their greenhouse gasses clog the upper atmosphere. The differences today are that the planet

Trinity Christian School Earns Best Christian Workplace Certification

Trinity Christian School has announced that it has once again been recognized as a Best Christian Workplace, marking the second consecutive year the school has received this distinction.

This certification reflects Trinity Christian School's continued commitment to fostering a Christ-centered environment where faculty and staff feel supported, valued, and inspired in their work. The recognition is based on employee feedback and highlights the strength of the school's culture, leadership, and mission-driven focus.

"We are incredibly grateful for this recognition, but even more thankful for our dedicated team who make Trinity such a special place," said Marcia Scadova, school board chairperson. "This honor is a reflection of the way our staff lives out their faith each day – serving one another, supporting our students, and advancing our mission together."

The Best Christian Workplace certification is awarded to organizations that demonstrate a high level of employee engagement and workplace health, grounded in Christian values. Receiving this honor

for a second year underscores Trinity Christian School's consistency in building a positive, faith-based work environment.

"Our goal has always been to create a culture where people feel encouraged, respected, and connected to a greater purpose," added Jill Grant, principal. "We view this recognition not as a finish line, but as motivation to continue growing and strengthening our community."

For more details about Trinity Christian School, or to apply online, visit <https://www.tcskeene.com/about/employment.cfm>.

Big Lazy Plays Showroom In Keene Friday

COLONIAL, Continued from page 1

Ulrich is the composer for the HBO series *Bored to Death*. In 2023 Barbès Records released his solo album *Music from This American Life*, a collection of music he composed for the iconic radio program.

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

is warming but the worst risks are still in the future, and the oil industry is very powerful but the alternatives have improved.

Here in New England, we import all of our fossil fuels, while the US and other petroleum producing states are getting richer as we pay the higher market prices. The fossil fuel industry, generating billions in profits, is able to buy influence and spread disinformation through many levels of media and governments. When energy can be generated locally, why would we let them stop us?

We are harvesting wind energy in several states. But the US is way behind China, England, and several smaller European countries in offshore wind.

Offshore wind could take New England from being very dependent on volatile, imported energy to significant self-sufficiency while improving the reliability of our electric grid.

South Fork Wind, the US's first commercial-scale offshore wind farm came on line in early 2024 and was fully operational in July 2025. It created over 1000 jobs and in the first half of 2025 the winds, southeast of Block Island, NY, produced electricity over 92 percent of the time.

According to ISO NE, the grid operator, offshore wind improves reliability, particularly in the winter. That's when our dependence on methane gas for both electric power and heating puts pressure on supply raising prices. Electricity wholesale market prices fluctuate based on demand. A cold snap or heat wave can trigger wholesale electricity price increases. The low operating costs for offshore wind make it the more attractive option during times of high electricity demand. When the wind is blowing the fuel is free, which beats the higher cost gas.

A lot of disinformation swirls around offshore wind. Consider some facts about South Fork Wind. The turbines are spaced over a mile apart creating good straight transit lines. The area is open to fishing and underwater surveys show marine life is flourishing, as the foundations serve as artificial reefs. Those who care about the world we leave for the next generation, realize the real value is reducing the carbon footprint of methane gas, which is 40 times worse than wind, according to federal estimates.

The nation's aging electricity grid is one of the most consequential and extraordinary inventions in history. It needs updates to handle more of the new generation of clean energy resources (batteries, solar, and wind) which reduce our dependence on dirty fuels that have to be sourced far away.

John Kondos has been harvesting free fuel from the sun for five decades and enjoys the freedom, performance, savings and ease of ownership of an EV.

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Collection takes approximately 10 minutes from the time of arrival.

QUESTIONS: Please call (603) 352-5739

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Limit: 10 gal. per household per collection.

WHAT TO BRING: Products marked toxic, poison, corrosive, irritant, hazardous, flammable (Smoke Detectors, Vapes & E-Cigarettes), danger. If you think it's hazardous, bring it up.

WHAT NOT TO BRING: Empty Containers (can be recycled), Latex Paint, Ammunition, Fireworks, Radioactive Materials, Make-Up, Toiletries & Medications.

OTHER INFORMATION: Containers must be labeled as to their contents. No containers larger than 10 gallons will be accepted.

ALSO: Check out our new reuse center for items such as good quality paint or various cleaning products. Perfect for a small job and, best of all, it's FREE!

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Spring 2026 Household Hazardous Waste Collection Schedule

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

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

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

- Sat. 6/13/26**
Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Jaffrey
Keene
Marlborough
Marlow
Nelson
Peterborough
Richmond
Stoddard
Sullivan
Surry
Swanzey
Walpole
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.)

Celebrated Ecuadorian Cellist Joins Ashuelot Concerts For Mothers' Day Performances May 8th In Keene, May 10th In Bellows Falls



Ecuadorian Cellist Francisco Vila with British musicians Nicholas Burns and Louisa Stonehill will be performing in Keene and Bellows Falls this weekend.

Ashuelot Concerts is presenting two concerts for Mothers' Day this weekend featuring Ecuadorian Cellist Francisco Vila and British musicians Nicholas Burns (piano) and Louisa Stonehill (violin) in Keene and Bellows Falls. The program features a beautiful

selection of Haydn, Dvorak and Mendelssohn Piano Trios.

On Friday, May 8th at 7:30 p.m., the performance will be held at Stonewall Farm on Chesterfield Road in Keene. On Sunday, May 10th at 3 p.m., the performance will be held at Bellows Falls Opera House on Village Square in Bellows Falls, VT.

Vila has appeared as a soloist with the Sinfónica Simón Bolívar de Venezuela, Houston Symphony, South Dakota Symphony, Aalborg Symfoniorkester, Liege Royal Philharmonic, Royal Chamber Orchestra of Wallonia, Santander Festival Orchestra, Indiana

University Philharmonic, and all principal orchestras of his native Ecuador. He has toured extensively throughout Europe, North and South America, and performs on a historic cello made by Vincenzo Panormo in 1790.

"We are thrilled to be performing with Francisco Vila again this weekend," says Nicholas Burns. "He brings an enormous amount of charisma and charm to the stage, and is incredibly passionate about his music making."

Tickets for both concerts are available at www.ashuelotconcerts.org; early booking is recommended as recent concerts have sold out.

Art Exhibit Opens In Dublin, Reception Set For Friday

ART, Continued from page 1

Schloemer has been a landscape painter for over 30 years, but most of his career has been spent behind the scenes handling some of the world's greatest masterpieces as an art handler or preparator. He has staged exhibits for the MIT Museum, a large private art collection in Boston, and the New York State Museum. He came to New York to work on his Master's Degree, and he found inspiration in the rolling hills and mountains of the Adirondacks, the Green Mountains of Vermont and the Monadnock Region. Schloemer and his wife, Denise, maintain a farm and studio in Greenfield, a few miles from Mount Monadnock.

Based in Harrisville, Gargan's work is inspired by the natural beauty of the Monadnock Region. She participates in the Monadnock Art Tour, and has exhibited at the Jaffrey Civic Center, the Monadnock Center for History and Culture, and other local venues. Primarily self-taught, she continually explores new techniques and approaches to her work. She holds a bachelor's degree in Large Animal Science, which informs her keen attention to anatomy and lends authenticity to her depictions of wildlife. The landscapes surrounding her home, along with her travels in Africa and her husband's Zimbabwean heritage, influence her subject matter.

For more details about these artists and upcoming events, visit www.dubhub-nh.org.

MISCELLANEOUS

Red Cross Blood Drive 9am-2pm. Monadnock Covenant Church, 90 Base Hill Road, Keene. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

Cereal Fest: Benefit for Feeding Tiny Tummies 10am-12pm. St. James Episcopal Church, 44 West Street. Cereal is one of the most needed and popular items at Feeding Tiny Tummies of Keene so St. James is inviting the community to fill a truck with cereal to replenish their shelves. Cereals of all kinds and boxes of all sizes are welcome. Kathy Frick: **603-357-3307**. www.stjameskeene.com/.

A Talk on Christian Science: Be Set Free 10am. Historical Society of Cheshire County, 246 Main St., Keene. Sponsored by Christian Science Society.

Sunday, May 10

ARTS, MUSIC & THEATER

Drinking Habits 2-Caught in the Act 2pm. Small Pond Productions at the Community House, 160 Main St., Marlborough. \$20, \$15 Seniors/Students. **603-242-2314**. www.smallpondpresents.org.

Ashuelot Concerts: Piano Trios by Dvořák, Haydn, & Mendelssohn 3-5pm. Bellows Falls Opera House, VT. \$35-\$50. Book tickets at www.ashuelotconcerts.org/events/.

Brattleboro Harmonia Spring Concert: "The Sound Shelter of a Thousand Songs," 4pm. Latchis Theatre, 50 Main St., Brattleboro VT. This afternoon of music marks a profound milestone: the conclusion of Becky Graber's thirty-year tenure as the director of the choral group she founded in 1996. \$15-\$40. Tickets available on line at www.brattleboroharmonia.org/.

MISCELLANEOUS

Stone Carving Demonstration: Houmann Oshidari 11am-4pm. Blue Seal Farm & Home, 80 Martell Court, Keene. **603-357-5720**.

Monday, May 11

MISCELLANEOUS

New Hampshire Humanities: Tales From the Spice Rack 6pm. Chesterfield Public Library, 524 Rte 63, Chesterfield. From ancient trade routes to modern kitchens, spices connect the past and present. This presentation by Professor Laura Tilghman from New Hampshire Humanities, explores cloves and vanilla- two spices largely grown in Madagascar. **603-363-4621**. frontdesk@chesterfieldlibrary.org.

Red Cross Blood Drive 12-4:30pm. Ellen L. Murphy Memorial Community Center, 21 Durkee St., Winchester. To make an appointment call or visit **800-733-2767**. www.RedCrossBlood.org.

Tuesday, May 12

ARTS, MUSIC & THEATER

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

FAIRS & SALES

Volunteers Needed: Non-Profit Volunteer Recruitment Fair 2-5pm. The Keene Public Library, Cohen Hall, 60 Winter St., Keene.

LECTURES & WORKSHOPS

Cheshire County Conservation District: Making Your Turtle Sightings Count 5:30-6:30pm. Zoom Meeting. It's always exciting to encounter a turtle in the wild — but did you know that it's also an opportunity to contribute to turtle conservation? Join NH Fish and Game turtle biologist Josh Megysey and Harris Center ecologist Nate Marchessault to learn how you can turn your turtle photos into data that can be used for research and conservation. For further information or to register, contact **603-904-3011**. info@cheshireconservation.org.

MISCELLANEOUS

Red Cross Blood Drive 12-5pm. Keene Family YMCA, 200 Summit Road, Keene. Donors are asked to call or visit to schedule appointment at **800-733-2767**. www.RedCrossBlood.org.

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PIE SALE

Sat. May 9th 9am-12pm
Third Congregational Church
14 River St. Alstead, NH

Special Events at the DubHub:

Art Reception
Friday, May 8 • 5-7pm
Featuring paintings by Tim Schloemer and Julie Gargan

Spring Tea to Honor Mothers
Saturday, May 9 • 11:30am - 12:30pm
Free and open to all

Coffee House & Open Mic
Saturday, May 16 • 6-9pm
Feature: Party of the Sun

Conversations with Music Creators
Thursday, May 21 • 7pm
With Steve Schuch, Garrett Cameron, & Ben Cosgrove
Host: Volkert Volkersz

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Music for Mother's Day

Haydn, Dvořák & Mendelssohn



Louisa Stonehill (violin)
Francisco Vila (Cello)
Nicholas Burns (piano)

Friday, May 8 7:30pm
Stonewall Farm, Keene

Sunday, May 10 3:00pm
Bellows Falls Opera House VT

Book Tickets online:
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Remembering Mothers And Cooking

People across the country will celebrate Mother's Day on Sunday, May 10th, with cards, gifts, phone calls, and the sharing of food. Whether you plan to take mother out to dinner or cook at home, do it in the spirit of appreciation and love. And if your mother is no longer with you, this is a good time to reflect on your memories. Cooking Corner this week offers some brunch suggestions that are easily prepared. Happy Mother's Day!

and coat one side with **cooking spray**. Press bread into 8 cups of a muffin pan, sprayed-side down. Divide half of the spinach among cups. Crack a **large egg** into each of the bread cups and season with **salt and pepper**. Top with remaining spinach and **2 oz. crumbled goat cheese**. Bake at 350 degrees until whites are set, about 15 minutes. Garnish each with **finely chopped chives**.

Brunch Board

A Brunch Board is an informal way to celebrate Mom's special day in a pick-your-favorites way. On a large platter or board, set out some **unfilled crepes, berry sauce or jam and whipped plain cream cheese**. Round out the board with some **sausages or bacon, nuts and fresh fruit**. Or instead, savory toppings for the crepes might include **sautéed mushrooms, grated cheese, grape tomatoes, thin ham slices and pesto spread**. Below are recipes for crepes and my mother's special bacon. You can change the brunch board as desired to please your mom.

Basic Crepes

Let guests spread these crepes with some cream cheese, then top with berry sauce, nuts and fruit; or instead choose pesto spread and savory toppings for your board.

Ingredients:

- 4 large eggs
- 1½ cups milk
- 1 cup all-purpose flour
- 1½ teaspoons sugar
- 1/8 teaspoon salt
- 8 teaspoons butter

In a small bowl, whisk eggs and milk. In another bowl, mix flour, sugar and salt; add to egg mixture and mix well. Refrigerate, covered, one hour. Melt 1 teaspoon butter in an eight-inch nonstick skillet over medium heat. Stir batter. Fill a one-fourth-cup measure halfway with batter; pour into center of pan. Quickly lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn crepe over and cook until bottom is cooked, 15 to 20 seconds longer. Remove to a wire rack. Repeat with remaining batter, adding butter to skillet as needed. When cool, stack crepes between pieces of waxed paper or parchment. Makes about 20 crepes. May be refrigerated up to three days.

Sugar-Glazed Pepper Bacon

Makes six to eight servings.

Ingredients:

- 16 slices lean bacon (about 1 lb.)
- 1½ teaspoons ground black pepper
- 1/3 cup light brown sugar, packed

Preheat oven to 350 degrees. Line two 10x15-inch rimmed baking sheets with parchment paper; place a wire rack on top of each sheet. Arrange bacon in single layer on the two racks. In small dish, combine brown sugar and pepper. Evenly sprinkle mixture over bacon. Bake until bacon is crisp and browned, rotating sheets halfway through, 25 to 35 minutes. Pat dry with paper towels.

Eggs in Baskets

Put all your eggs in one basket with these eight egg and spinach bread cups for an easily prepared brunch dish. Serve them with special bacon and/or a salad of mixed greens. Place **2 cups baby spinach** and **2 tablespoons water** in a microwave-safe bowl and microwave until wilted, about 2 minutes; squeeze and drain well. Remove crusts from **8 slices whole-wheat bread**. Roll the slices thin with a rolling pin

Cooking Corner
with Nancy Adams



Croissant Breakfast Sandwiches

This is a good brunch dish for when you want to go 'easy', but with a more elegant twist than a simple sandwich. Nice served with anything from coffee to mimosas or champagne. Serves six.

Ingredients:

- 12 slices lean bacon
- 12 large eggs
- 1/2 cup whole milk
- 1/2 teaspoon garlic powder
- salt and freshly ground black pepper to taste
- 2 tablespoons butter
- 6 croissants, split
- 6 (1 oz.) sharp cheddar cheese slices
- 3 cups baby arugula (3 oz.)
- hot sauce for serving, optional

Preheat oven to 400 degrees. Line a large rimmed baking sheet with foil. Arrange bacon in an even layer on foil; bake until browned and crisp, about 25 minutes. Transfer bacon to paper toweling to drain; discard foil and set tray aside. Meanwhile, whisk together eggs, milk, garlic, salt and pepper in a large bowl. Melt butter in a large non-stick skillet over medium heat. Add egg mixture to skillet and cook, stirring until fluffy and set, about five minutes; remove from heat. Arrange bottom halves of croissants on a non-stick baking sheet. Top each with one cheese slice, about one half cup scrambled eggs, and two bacon slices. Cover with top halves of croissants. Bake at 400 degrees until croissant tops are toasted and cheese is melted, about five minutes. Remove croissant tops and place about one half cup arugula on each sandwich. Replace tops; serve with hot sauce for optional use.

No-Cook Chicken and Waffles

If cooking isn't something that you do often but you want to share a brunch-style meal with Mom and maybe a couple of kids, here's a how-to using store ingredients or your own simple recipe(s). Make a batch or two of **waffles** or purchase them in the freezer case at a supermarket. Heat them according to package directions. Meanwhile, have at the ready as many **fried chicken tenders** as needed. Again, these can be made according to your own recipe or purchased in the deli section of most supermarkets. Warm the waffles and chicken in a 375 degree oven until they are crisp and heated through. On each plate, place two waffle sections and top them each with one or two chicken tenders. Drizzle over each some warm **maple syrup or honey**, with extra in a pitcher to pass. If desired, place a couple of Johnny Jump-up flowers on top that say - "you're special"! Serve immediately with a large bowl of **freshly-dressed salad greens**.

Brandy Velvet Parfait

A very simple dessert that adults will enjoy following brunch.

Ingredients for each serving:

- 1 ounce brandy
- 2 tablespoons strong cold coffee
- 2 tablespoons chocolate syrup
- 1 scoop coffee ice cream

Whirl ingredients in blender. Serve in tall glasses, topped with a drizzle of syrup and a few chopped pecans if desired. Repeat for each serving.

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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What To Do While A Loved One Is In Surgery?

I have, by happenstance, discovered a great way of taking care of myself along with praying for my loved ones while they are in surgery.

I think if someone had suggested for me to do this, I would have thought, "What? No way, this is not right." But after experiencing this self-care for myself, I now think, "Everyone should be doing this, hospitals should be offering this." Maybe hospitals do offer this, but not that I have experienced.

A few years back when my daughter needed surgery, a rather unusual surgery, a friend coincidentally asked if I wanted to go with her to a Restorative Yoga training for Restorative Yoga with Minimal Props. It happened to be on the same day as my daughter's operation. My friend and I had both recently finished a week-long restorative training with the woman who popularized the practice. She used maximum props. At the time I was traveling to teach in many places, none of which had any props.

The idea of this training with minimal props really appealed to me. I was not going to be with my daughter, as her husband would be with her in the

hospital. I had planned to simply have a quiet day and pray for her. The training kept coming back to my mind. Finally, I gave in and said yes, I will go. The workshop was very experiential, meaning we experienced a lot of restorative yoga through the day. I found it a great way to pray. My body was in various postures, supported and relaxed to the max. In that state, I would truly focus on my daughter and sending her well wishes. My mind was in a great place. It felt perfect.

Healing Perspectives

with Josephine Russell



I just experienced a second example of using my known techniques for relaxation. I had already booked a session of Reiki and tuning forks when my husband's hip replacement was scheduled. Our daughter, who is a nurse, offered to take him and be with him. My husband and I thought this was great. Not only is she a nurse, but she knew the questions to ask and she understands the meds, etc.

That left me free for the Reiki and tuning forks service. I was in the session during his surgery. I went really deep into an altered state and a high vibration where I could talk to the universe and put out wishes for a good surgery with no complications. This happened. Not to say that that was the reason all went well. But I feel it never hurts, and maybe it adds to the positive outcome. I do believe in the power of our thoughts. In the conversation with the practitioner after the session was finished, I told her of how deep I went and how I felt that I was experiencing a very high vibration, maybe due to the vibration of the tuning forks. She affirmed this idea.

After these two powerful experiences using self-care for myself and being able to focus on sending prayers to the operating room, I feel that everyone should be doing similar. It helped me. And to me, it felt that it helped in the OR to bring about positive outcomes. Pretty radical idea? Yes, that is yoga.

Josephine Russell has been traveling around this amazing earth since the 60s. It was during her early travels abroad that she took her first yoga class while on a slow boat to India. Josephine has been on the path of yoga since that time. She is owner of Aloha Keene, a Healthy Living Center, at 83 Court Street. You can contact her at josephine@alohakeene.com.

May Is Mental Health Awareness Month: Support, Connection, And Resources Matter At Every Age

As communities across New Hampshire recognize Mental Health Awareness Month in May, NH Care Collaborative is encouraging individuals, caregivers, older adults, and families to remember that mental health challenges are not something people have to navigate alone.

Mental health concerns can affect anyone, regardless of age or background. For older adults and people living with disabilities, feelings of isolation, stress, anxiety, depression, or caregiver burnout can sometimes go unnoticed and self-care takes a back seat. In reality, emotional well-being is just as important as physical health.

NH Care Collaborative helps connect New Hampshire residents with information, support, and community-based services that can improve quality of life and reduce the stress that can contribute to poor mental health.

No-cost services and support avail-

able through NH Care Collaborative may include: guidance for family caregivers experiencing stress or burnout; information about in-home supports and community services; connections to transportation, housing, and Medicaid programs; assistance navigating long-term services and supports; referrals to mental health and social support resources; and help for individuals wishing to remain independent in their homes and communities.

Mental health challenges often become more difficult when people feel isolated. During Mental Health Awareness Month, NH Care Collaborative encourages neighbors, families, and community members to check in with one another, listen without judgment, and remind people that support is available.

For more details about available programs and resources, contact NH Care Collaborative at 603-352-7707.

Women's Wellness Workshop With Dr. Linda Kingsbury At Monadnock Food Co-op Saturday, May 9th

The Monadnock Food Co-op will host a free Women's Wellness Workshop on Saturday, May 9th, from 10 to 11:30 a.m. in the Co-op conference room.

Local herbalist Linda Kingsbury, PhD, will lead the session, covering

herbs that support women's wellness. Kingsbury draws on decades of experience teaching herbal medicine-making classes, leading herb walks, and formulating herbal tinctures, teas, and salves.

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