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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / June 10-16, 2026

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Matt Beam Plumbing And Heating LLC: Where Customers Are Treated Like Neighbors



Josh Goodell has worked for Matt Beam Plumbing and Heating for 10 years. Here Josh is shown working on a second floor bathroom renovation.

By Mary Gamache

What started as a one-man operation back in 2009 has steadily grown into one of the more trusted small businesses serving southwestern New Hampshire and parts of southern Vermont. Founded by local owner Matt

Beam, the company has expanded over the years into a 14-employee team, all while staying rooted in the same core principles it was built on: quality work, fair pricing, and treating customers like neighbors.

BEAM, page 9

The Bellows Falls Area Pride Month

In Memory Of Community Leader Susan MacNeil

Throughout June, Bellows Falls will once more become a destination for the LGBTQ+ community in New England and beyond.

Pride Month remembers the days of the historic Andrews Inn, which was in business from 1973 to 1984 and located in the downtown Windham Hotel building. The gay community sought out Bellows Falls as a place of safety and security.

In memory and honor of community leader Susan MacNeil, the Bellows Falls Pride Movie Festival will be featuring LGBTQ+ themed

films at the Bellows Falls Opera House. Tickets are \$6; join BF Pride Wednesday, June 24th for *Victor/Victoria*.

The Pride Whistle-stop Tour will be held Sunday, June 14th, with a celebration at the BF train station at 12:30 p.m. “From St. Albans to Brattleboro, LGBTQ+ organizations, individuals, and allies will appear at each of the 10 Amtrak Vermonter stations to show support and love for the LGBTQ+ communities in our state,” wrote organizers in a news release.

PRIDE, page 14



Susan MacNeil

Branch River Theatre Presents Clue: On Stage

Branch River Theatre invites audiences to an evening of mystery, murder, and comedy with *Clue: On Stage*, based on the screenplay by Jonathan Lynn, written by Sandy Rustin with additional material by Hunter Foster and Eric Price, and directed by Lynda Buck. Performances will be held at the Marlborough Community House at 160 Main Street in Marlborough.

CLUE, page 8

SuperHero SpotLight Recognizes Volunteers

Celebrating The Team At Linda’s Closet

Stark Level Solutions and *The Monadnock Shopper News* congratulate the SuperHero this month – the team at Linda’s Closet at 43 Cypress Street in Keene.

This non-profit is a free clothing resource for women in the region that was created by Linda Oliver’s friends and family in her memory. Linda was a human services professional, and when she became sick with cancer, she asked that after her death her clothing be used to create a resource for women. Linda’s Closet serves 20 to 30 women a day who come from all walks of life – including homeless, women in recovery, immigrants, single parents, as well as women who enjoy shopping. Everyone who presents as female is welcome, and no financial qualifications are required.

Linda’s Closet is open for shopping Wednesdays from 6 to 8 p.m., Thursdays from 11 a.m. to 1 p.m., and Saturdays from 10 a.m. to noon. Visit www.lindascloset.org for donation appointments.

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

Art Reception At The Dubhub Is A Celebration Of Flowers



Art by Summer Langille

The DubHub/Dublin Community Center invites the public to attend a reception for “The Flower Show” on Friday, June 12th from 5 to 7 p.m.

“The Flower Show,” is a group exhibit of floral themed art by Summer Langille, Judith Prager, Dawn V. Randall, and Roberta Woolfson. Using an array of mediums – from cut paper collage to paint to pastels – each artist expresses a love for the beauty of the natural world, and especially the vibrant colors and shapes of the flora and fauna within it.

The exhibit runs Wednesday, June 10th through Tuesday, June 30th, and is available for viewing and purchase during open hours and by appointment.

The DubHub is located at 1123 Main Street in Dublin. For more details about each of these artists, visit <https://www.dubhub-nh.org/calendar> or come meet them at the reception.

City Of Keene To Celebrate Juneteenth With Free Events

Keene will host a series of free community events in celebration of Juneteenth from Friday, June 12th through Monday, June 22nd.

The celebration begins with the opening of the Freedom Journey Trail at the Keene Family YMCA on Friday, June 12th. The self-guided interpretive trail invites visitors to explore the history and experiences of Black Americans through an approximately quarter-mile outdoor walking experience.

The trail will remain open through Monday, June 22nd and is free and open to the public. No registration is required.

On Thursday, June 18th at 6 p.m., the Keene Public Library will host a free screening of the documentary *Billy Preston: That’s the Way God Planned It* in Huntress Auditorium.

JUNETEENTH, page 14



Photos from the 2025 Juneteenth Celebration at Central Square in Keene. Shown are (L-R) Dottie Morris, Mayor Jay Kahn, and Sofia Cunha-Vasconcellos.

(Photo by Lipofskyphoto.com)

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Mary Beth Given, LMT Offers Hospice And Geriatric Massage



Mary Beth Given

Mary Beth Given, LMT and owner of massageGiven, has been in practice for 20 years, specializing in hospice and geriatric massage for the past 12. Given, who lives in Keene and has a private practice in Peterborough, is well known in the community and at all local

nursing and assisted living facilities in the area. She has worked on thousands of hospice and elderly clients over the years, having contracted with local hospice agencies and skilled nursing homes, and thus is very knowledgeable with respect to the conditions that many elders and hospice patients experience. Her goal is to gain the client's trust and provide a relaxing therapeutic massage.

In addition to working with individuals, she has been an adjunct professor teaching hospice and elderly massage for eight years at River Valley Community College.

Given is now adding new clients to do in-home and in the facilities for massage where no table is needed and massage is done in a recliner, wheelchair, hospital bed, etc. Sessions are for either 30 or 60 minutes. Coverage is wide in the Cheshire and Hillsborough Counties area.

She is known for her kindness, empathy, understanding, and com-

passionate nature. She is flexible and adaptable to her clients' needs. Her reputation has been built on these qualities as well as her commitment to being dependable, trustworthy, and dedicated.

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Lovebug

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Lovebug is a nine-year-old female, domestic shorthair. The Adoption Center is located at 101 West Swanzeey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumanesociety.org.

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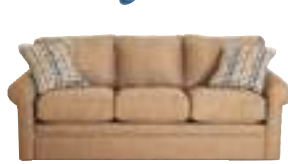
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Painted Pots Are Among Crafts At Upcoming Show

After retiring from teaching at Keene High, Jennifer White decided to paint a few terra cotta pots for her patio. What was a whim turned into a serious hobby and business. The designs vary from flowers to ladybugs to berries to holiday themes and more; and she offers three sizes.

She sprays them before and after painting them with Krylon glaze so they are weatherproofed. They will dress up an entryway or patio, and make great gifts.

"Jen's Pretty Painted Pots" will be available at her booth at the Keene Craftfest & Classic Car Exhibition on June 13th (rain date June 14th) from 9 a.m. to 3 p.m. at the Keene Middle School.



Jennifer White with "Jen's Pretty Painted Pots"

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Summer Tent Sale At Teds Shoe & Sport

On Saturday, June 13th, from 10 a.m. to 6 p.m., Ted's Shoe & Sport will hold its tent sale event, featuring New Balance sneakers (normally priced between \$120 and \$150) marked down to \$49.99, while supplies last. As an added bonus, customers can speak with a New Balance rep and take advantage of in-store specials.

"We'll have hundreds of styles under the tent, in many different widths and sizes for men and women, all priced at \$49.99!" says Ted McGreer, owner of Ted's Shoe & Sport. In what has become the retail event of the summer, stock sells out quickly. For that reason, McGreer strongly suggests shoppers to arrive early for best selection. "New Balance has become one of the most iconic sneaker brands in the world," he says, "and if it's under the tent, it's \$49.99."

Ted's Shoe & Sport is located at 115 Main Street in Keene. For more details, call 603-357-8337.

Alpha & Omega Excursion To NYC

The Alpha & Omega bus tour schedule continues with a trip to New York City on Saturday, June 27th. The bus leaves Keene at 5 a.m. from the old liquor store parking lot near Michael's craft store.

There is no strict itinerary during the day and people are free to shop, see a show, visit a museum, or simply take in the splendor of the city with its many unique stores and restaurants. There will also be a stop at the Bronx Zoo (admission not included in the price of the bus seat).

The bus leaves the city at 7:15 p.m. The cost is \$60 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 email aotransportation.biz@gmail.com. Visit Alpha & Omega Transportation online at www.aotransportation.biz.

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Creating A Border Garden

When I think of a border garden, I tend to think of two types: one that lines a pathway or sits up against a wall, and one that is like an island in a lawn. The first is infinitely easier to plan for because there's no concern about seeing the back side. The other requires much more forethought about height, repeating patterns, and when each plant is at their showiest. Both types of border gardens, however, create lasting beauty and deep satisfaction for the gardener.

one border garden in which the back layer is a climbing rose, Inkberry (Ilex glabra), grape vines, then Inkberry, more grapevines, and more roses. Then comes another Inkberry shrub at the end. This isn't a tidy combination, but it suits me. Because the vines are well-established and tall, they stand out above the smaller plantings in front. I prefer to use a combination of bulbs, perennials, and annuals so that there is a variety of textures and colors throughout the season. When I talk about texture, I mean the feel of the leaves, stems, and flowers. Are the plants soft, like Lamb's Ear (Stachys), or pokey like Sea Holly (Eryngium)? Do the leaves feel glossy or rough? I think variety is great and provides lots of interest, and, over the years, I've found it important to not put in so much variety that I can't find a pattern in it. You can create continuity in the border by repeating colors and textures – both Lamb's Ear and Artemisia are soft and gray green, Chocolate Shogun Astilbe, and Labrador Violets are an almost identical shade of deep maroon-purple, Autumn Joy Sedum and Pink Lightning Ajuga both bloom a vibrant, yet pale pink. It's about finding combinations you like and planting enough of each plant for them to make an impact. One or two plants of any variety – unless

they are huge specimens – really won't stand out. This speaks to the last aspect of creating a border garden, the pattern. Once you decide how many different plants you want, then you can do a little bit of math based on how long the border is and how big a group of at least three of them will get. I don't like to repeat patterns exactly, but I do recommend having any type of plant in a long border more than once.

If you are working on an island border garden, you can apply the basic principles of height, color, texture, and pattern; but you just have to think about being able to see the garden from all sides all the time. Definitely put the tallest plants in the middle and whatever colors they are, have some that match in the shortest layer. My best recommendation is to experiment. I am blessed with many gardens, and it turns out my favorite ones are usually the simplest. Right now, the border garden that brings me the most joy to look at has a base layer with one big Dwarf Alberta Spruce, a glorious Sarah Bernhard Peony, two Lilac bushes pruned low, and, across the front, a swath of flowering Columbines and Catmints. I hope you'll have an opportunity to find or create a border garden that brings you joy this summer. Best wishes!

Yedida Landis has been teaching organic gardening to children for over 20 years and is lead gardener at MacDowell.



In order to create a border garden that is only viewed from one side, the principles are simple and they have to do with height, texture, color, and pattern. Generally speaking, the tallest plants will be in the back and are often used to create a foundation for the garden. For northern New England, bushes that do well in this role include deciduous ones, such as our native Lilacs, Black Chokeberry, or Red Osier Dogwood, or evergreen ones, like Inkberry or American Holly. If you want a hedge, just plant one species in a long row; otherwise, intersperse a variety of shrubs in clumps. For instance, I have

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Veteran's Hall	9-11 am
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Summer Routines – Structure With Flexibility

Summertime means lazy, carefree days that seem endless to children. But the loss of routine, as they have when school is in session, can cause the kids to feel anxious and irritable, and to feel adrift with no direction. There could be unhealthy choices made, or they could immerse themselves in excessive screen time.



Managing your kids' downtime and setting up some structure for their day this summer will help teach them independence and accountability. Involve them in developing a summer routine. Ask each to set a goal of something they want to work on, like riding a bike without training wheels, learning how to swim, or exploring a new hobby. Then find out how they want to go about making their goals happen. Be supportive and encouraging and let them know that you can help if they need it.

Getting into a daily rhythm during summer vacation should balance structure and flexibility. Structure, as they can predict what needs to be done, but flexibility to know that their routine can be altered.

During the school year, children are expected to be up and off to school really early. Keeping a morning schedule is still important throughout the summer, but considering the children might be staying up later with summer happenings, might warrant a later rising time. Perhaps set a time that you expect them to be up, dressed, and have breakfast by – say 10 a.m.

Create when/then rules: when your chores are done, then you can go outside to play. An idea for the morning block before lunch could be for them to have age-appropriate chores done, like making beds, putting dirty clothes in the laundry room, taking the dog for a walk, putting the dishwasher dishes away, collecting vegetables from the garden, taking out the trash, etc. This gives them plenty of time to get their chores done, plus have some outside play time to ride their bikes, kick around a soccer ball, play some hoops, or whatever else they'd like to do with the rest of their morning. A visual checklist – like a whiteboard of chores – can be used for the kids to check off their chores as they finish them.

The longer block of time – between lunch and dinner – you'll want to make sure they balance their day

with brain work, outside play, and some downtime. The brain work could include reading for 30 minutes, doing workbooks, practicing an instrument, or playing some educational games or apps. The outside play might include having friends over to play, going on a bike ride, or taking a hike. You could also plan some time away, like a library or outdoor event, visit a local park, or grab an ice cream at a local spot.

You could also give the kids something to look forward to every week, like swimming at a public pool or lake every Tuesday, visiting the library on Thursdays, and/or hiking on Fridays. Ask them what they would like to do.

During the afternoon, kids, like adults, need some quiet time or rest, which could be a nap or chill time by themselves. The day should also include some creativity time – like arts and crafts, baking, building something, or whatever they enjoy.

Let's not forget screen time. When it comes to screen time, set clear limits, like screen time only after 3 p.m. and/or one hour per day. Setting limits prevents excessive use. Your evening block of time could focus on the family and what everybody would like to do together. Take in a movie or a SwampBats game, go on a bike ride or hike, or plan a get-together with friends or family.

As far as bedtime, there will be nights when the kids will be staying up late throughout the summer, so be flexible. But, when able, try to have a consistent bedtime routine so it's not a total shock when back-to-school time rolls around again.

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

Walpole Trail Committee Hosts Gear Grab At Town Hall

The Walpole Trail Committee, together with the First Congregational Church, will host its annual Gear Grab on Saturday, June 13th, from 9 a.m. to 1 p.m. at Walpole Town Hall.

The event invites outdoor enthusiasts to buy, sell, and trade used camping and hiking gear. Participants are asked to bring clean items in excellent condition, tagged with reasonable prices. Items may include rain gear, hats, gloves, backpacks, tents, empty camp stoves, shoes, boots, jackets, shirts, shorts, and long trousers. Additional items will be available at the First Congregational Church.

For more details, contact walpoletrailhelpers@icloud.com.

Branch River Theatre Presents Clue: On Stage

CLUE, Continued from page 1



Top row, L-R Peter Eisenstadter, Catherine Verow, Joshua Goldstein, Kenzie Wood; bottom row L-R Paige Johnson, Charlotte Traas, Alicia Zilske, Joshua Tewell. Missing from photo are Lori Goldring and Makayla Evans.

Evening performances at 7:30 p.m. will be held on June 12th, 13th, 18th, 19th, and 20th. Matinee performances at 2 p.m. will be held on June 14th and 21st. Doors open 30 minutes before showtime.

Audiences are invited to Boddy Mansion on a dark and stormy night, where six mysterious guests arrive under assumed names for a dinner party unlike any other. Before anyone can settle in, murder strikes and the evening descends into chaos. As accusations fly and alliances shift, everyone becomes a suspect in this rapid-fire comedy packed with surprises and outrageous twists.

The cast includes Joshua Tewell as Wadsworth, Alicia Zilske as Yvette, Paige Johnson as Miss Scarlett, Catherine Verow as Mrs. Peacock, Charlotte Traas as Mrs. White, Peter Eisenstadter as Colonel Mustard, Joshua Goldstein as Professor Plum, Kenzie Wood as Mr. Green, Lori Goldring as Mr. Boddy, Cop, and Chief of Police, and Makayla Evans as Cook, Motorist, and Singing Telegram Girl.

For tickets and more details, visit branchrivertheatre.org or find Branch River Theatre on Facebook.

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Three-In-One Event Returns, Includes Popular Pierogi Sale



Our Lady of Czestochowa Church in Turners Falls, MA is again celebrating Father's Day by hosting three different events together on Saturday, June 20th – a tag sale, a bake sale, and a pierogi sale.

The tag sale will include items such as furniture, housewares, appliances, exercise equipment, and jewelry at rock-bottom prices. The bake sale will feature a wide variety of fresh baked items by the master chefs of Czestochowa. The pierogi sale will offer St. Hyacinth Pierogi Maker's frozen packages with a half-dozen of potato-and-cheese pierogi for \$12 a package. Each package contains large overstuffed pierogi. In addition, the Knights of Columbus Council #737 will be selling grilled hotdog and soda combos on site for \$5.

The three-in-one sale event will take place from 9 a.m. to 1 p.m. Our Lady of Czestochowa is located at 84 K Street in Turners Falls, MA., 40 minutes from Keene.

At left, Louis Krol, avid supporter of St. Hyacinth Pierogi Makers, says celebrate Father's Day by picking up Dad homemade potato-and-cheese pierogi.

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An Evening Of Chamber Music At Congregation Ahavas Achim

On Sunday, June 14th at 7 p.m., The Laura Broad Memorial Arts and Culture Series will present An Evening of Exquisite Chamber Music at Congregation Ahavas Achim in Keene. The concert is free and open to the public.

An ensemble of professional musicians – Virginia Eskin, Craig Sylvern, Isaac Sylvern, Rebecca Hartka, Marcia Lehninger, Rebecca Sayles and Hannah Holmberg – will play masterworks by W. A. Mozart, Franz Schubert, and Antonin Dvorak. This concert offers an opportunity to experience the beauty, power, and

intimacy of chamber music performed by some of the region's finest musicians.

Laura Broad, who passed away in November of 2024, was a talented musician and supporter of the arts. She sang at Congregation Ahavas Achim during the High Holy Days. The Laura Broad Memorial Arts and Culture Series fund was created in her memory.

Congregation Ahavas Achim is located at 84 Hastings Avenue.

For more details, call 603-352-6747 or visit www.keenesynagogue.org.

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Matt Beam Plumbing And Heating LLC: Where Customers Are Treated Like Neighbors

BEAM, Continued from page 1

Based out of the Alstead area, the company services homes and businesses within roughly an hour radius, reaching across state lines into southern Vermont as well. Despite that growth, the goal has never been to become the biggest operation around – just one that people can rely on when they need dependable, honest work. "We've grown at a steady pace," Beam says. "It's never been about getting big fast. It's about doing good work, building trust, and letting that speak for itself."

On any given day, the company has about 12 trucks out on the road, handling everything from small service calls to large new construction projects. Their work covers a wide range of trades, including plumbing, heating systems, gas piping, oil tank replacements, sheet metal fabrication, central air systems, and mini split installations. They also provide service and cleaning for mini split systems, helping customers maintain efficiency and extend the life of their equipment. The company is a Mitsubishi Diamond Contractor, a designation that reflects specialized training and experience with those systems.

Even with a growing team and increased demand, Beam has made it a priority to keep pricing competitive. In an industry where costs can climb quickly, especially with rising material prices, maintaining affordability without sacrificing quality is something he takes seriously. "We understand people are working within budgets," he explains. "Our goal is to give them the best quality work we can, at a price that's still fair."

While the company has grown significantly since its early days, Beam is quick to point out that the success hasn't been his alone. He credits his employees as a major part of what has made the business what it is today. From the technicians out in the field to the people keeping things organized behind the scenes, every member of the team plays a role in delivering the level of service customers have come to expect.

"I wouldn't be where I am without the guys I have working for me," Beam says. "They're the ones out there every day doing the work, representing the company, and taking pride in what they do. That's what really builds a reputation."

That emphasis on teamwork and pride in the job has helped the company build a strong reputation in the community. Much of their work comes

from repeat customers and word-of-mouth referrals – something Beam sees as the biggest compliment. "When someone calls us back for another job or recommends us to a friend, that means everything," he says. "It tells us we're doing things the right way."

At its core, the business is still very much a family-owned and operated company. That shows not just in how it's run, but in how employees and customers are treated. Beam emphasizes creating a work environment where his team takes pride in what they do, knowing their work directly impacts the comfort and safety of local families. Many of the jobs they complete are in the same towns where their employees live, adding another level of accountability and pride in their work. "We're not a big corporation," he says. "We're part of this community. The people we're working for are the same people we see at the store, at school events, or around town."

That sense of connection carries through to every job. Whether installing a new heating system in the middle of winter, replacing an oil tank, running gas piping for a new appliance, or helping a homeowner upgrade or maintain efficient cooling, the focus remains the same: do the job right, stand behind the work, and leave the customer confident in their investment.

Looking ahead, Beam says the plan is simple – continue growing at a manageable pace while holding onto the values that got the company where it is today. "We're proud of how far we've come," he says. "But we're just as focused on maintaining the quality and service people expect from us. That's what matters most."

From its beginnings in 2009 to a fleet of trucks serving the region today, the company's story is one of steady growth, hard work, and a commitment to doing right by its customers – and a team behind it that makes it all possible. In a small community, that kind of reputation goes a long way – and it's something Beam and his team work to earn every single day.

For more details or to schedule a job, reach Matt Beam Plumbing and Heating at 603-313-9985.

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(Prepared by the Historical Society of Cheshire County)



What Keene business is shown in this mid-20th century photo?

The winner of last week's Mystery Photo Contest was Phyllis Tarr of Harrisville. The photo of a store was taken in Harrisville.



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Listings At Close of Market June 5, 2026 • Courtesy of RBC Wealth Management
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	213.97	(23.89)	Danaher Corp. (Kollmorgen)	184.30	1.63
Becton Dickinson (C.R. Bard)	151.16	4.04	Merck (Hubbard Farms)	120.79	2.07
Toronto Dominion Bank (TD Bank)	113.16	(0.42)	Deluxe (NEBS)	23.16	(1.13)
PC Connection	72.15	2.56	Teleflex (Jaffrey)	129.84	1.20
Bank Of America (Fleet)	53.83	2.23	Timken (MPB Corp.)	131.83	3.85
Corning Inc.	177.58	(3.58)	M&T Bank Corp. (People's United)	222.44	6.33
Ametek, Inc. (Precitech)	226.55	0.70	Dover Corp. (Markem)	214.76	3.40

PRECIOUS METALS	Close	Week's Change	COMMODITIES	Close	Week's Change
Silver (\$ per ounce)	67.75	(8.10)	Wheat (cents per bushel)	580.25	(30.00)
Gold (\$ per ounce)	4,337.90	(238.00)	Corn (cents per bushel)	418.00	(29.00)
Platinum (\$ per ounce)	1,775.68	(151.67)	Soybeans (cents per bushel)	1,122.25	(64.25)
			Cattle (cents per pound)	241.63	2.41
			Crude (\$ per barrel)	90.38	2.49

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Cheshire ICU Nurse Honored With DAISY Award

Jake Huckins, RN, a nurse in the Intensive Care Unit (ICU) at Dartmouth Health's Cheshire Medical Center, has received the DAISY Award for Extraordinary Nurses.

The DAISY Award recognizes exceptional nurses for their compassionate and extraordinary care, based on nominations from patients, families, and colleagues.

The patient who nominated Huckins said they were anxious about staying at the hospital overnight, due to past traumatic experiences, but Huckins immediately put the patient at ease.

"As someone with a deeply traumatic past, I couldn't believe when I was asked if I needed to have my door knocked on before nursing staff entered," the patient wrote in the nomination. "He knocked on my door, entered only after I acknowledged him, and checked my lines while he spoke to me softly and kindly."

The patient also said Huckins consistently respected requests for privacy and autonomy while providing exceptional clinical care throughout their stay.

"If I can say nothing else, I would say that Jake's medical competence is second to none. But his ability to assess patients and see us as human beings with unique needs who deserve dignity and respect is what sets him apart and makes him an exceptional candidate for the DAISY Award," the nominator wrote.



Jake Huckins, RN, a nurse in the Intensive Care Unit (ICU) at Dartmouth Health's Cheshire Medical Center, has been recognized with a DAISY Award for Extraordinary Nurses.

The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease Idiopathic Thrombocytopenia Purpura (ITP) in 1999. DAISY is an acronym for Diseases Attacking the Immune System. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way.

Graduation Should Be a Beginning, Not an Ending

By Deb Paul

In the coming weeks, our seniors will walk across stages, shake hands, and step into the next chapter of their lives. Families will gather for photos, backyards will fill with laughter, and the whole town will feel that familiar mix of pride and nostalgia. Graduation is supposed to be a season of hope.

But every year, somewhere in a community just like ours, that hope is shattered. A phone rings in the middle of the night. A police cruiser pulls into a driveway. A celebration becomes a tragedy because of one choice, drinking and driving or texting behind the wheel.

We don't talk about this to scare anyone. We talk about it because it is real, and because it is preventable.

The weeks between prom and graduation are among the most dangerous of the year for teen drivers. National safety data shows that alcohol-related crashes spike during this period, and distracted driving, especially texting, remains one of the leading causes of fatal accidents among young people. These aren't numbers. They're children. They're classmates. They're the kids we watched grow up on soccer fields, in school plays, and at kitchen tables. The truth is painfully simple: one text, one drink, one moment, one decision – that's all it takes.

Parents, this is the time to have the hard conversations. Not once, but over and over. Tell your kids they can call you anytime, from anywhere, with no judgment and no punishment. Tell them you would rather pick them up at midnight than lose them forever. Tell them their life matters more than any mistake they could make. They need to hear it from you.

Friends, you have power too. Real friends don't let each other drive drunk. Real friends speak up when someone reaches for their phone behind the wheel. Real friends take the keys, make the call, or say the uncomfortable thing that might save a life. Peer courage is one of the strongest forces we have.

And to our graduates, you are standing at the edge of everything. College, careers, military service, trades, travel, independence, your future is wide open. But none of it happens if you don't make it home. No text is worth reading while driving. No party is worth risking your life or someone else's. You are smart, capable, and stronger than you know. Choose the future that's waiting for you.

This season should be filled with joy, not sirens, pride, not grief, memories, not memorials.

Let's protect our kids. Let's protect each other. Let's make sure every graduate in this town gets the chance to step into the life they've worked so hard to build. Because graduation should be a beginning, never an ending.

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Black Gold: Virtually Free Excellent Elixir For Plants

Back in the early 1950s, the government was looking for additional ways to use nuclear energy. At that time, Dr. H. B. Tomey and Dr. S. H. Whittwer from Michigan State did an experiment utilizing plants. They took radioactive phosphorus and potassium and sprayed them directly on the leaves. Using a Geiger counter, they saw that these nutrients were being absorbed by the plants using small openings called stomata. What they discovered was that these nutrients were being taken into the plants at a rate of about 95 percent. Food given to plants through the soil are generally absorbed at a rate of 10 percent. Tomey declared that foliar feeding was the way to go!



If you look at an ancient forest, everything looks so healthy and happy. Yet nobody plows, feeds, waters, or weeds these forests. They operate on the Rule of Return. All of the nutrients that the trees absorb from the soil go into the leaves which fall to the ground and decompose returning these same nutrients to the soil.

Black gold is a fermented solution that can be built up with common ingredients from the yard and kitchen. Bananas contain a great deal of potassium and most of it resides in the peels. Potassium controls the opening and closing of the stomata and also gives plants structural toughness, which helps them deal with rough wind and weather. Banana peels also contain a fair amount of magnesium. This nutrient sits at the center of every chloroform molecule.

Freshly cut grass contains a great deal of nitrogen. Garden weeds do as well. The fresher, the greener, the better. Many weeds have deep roots, which garden veggies do not. That allows them to dig down and bring up lots of minerals.

John Kempf, a leader in regenerative agriculture,

says that most garden plants are operating at only 15 to 20 percent of their photosynthetic capacity. This is not because they lack water or sunshine, but because they lack trace minerals, particularly manganese and iron.

So the recipe: Get a five gallon plastic bucket. Fill it half full with grass clippings and garden weeds – dandelions, lamb's quarters, clover, or plantain. If you have access to stinging nettle or comfrey, even better. Add three or four banana peels. Chop everything into small pieces (one to two inches is ideal). Fill with rainwater or water that does not contain chlorine, leaving a two to three inch space at the top. Add ¼ cup of unsulfured blackstrap molasses. Also, add ¼ cup of whey (the liquid part of yogurt) or ¼ cup of milk. Place lid on loosely; do not seal. Place in a warm, shady spot. Every two or three days give it a stir. After 10 days, strain through cheesecloth or an old pillowcase. To use, put one part concentrate to 20 parts water. It should then look like very weak tea. Put into a sprayer. In the early morning (before eight) or at dusk, spray your plants – the tops and bottoms of the leaves. I do this once a week.

The solution should smell almost sweet. If it has a bad smell, something has gone wrong and it should be dumped into the compost and started over. This solution should last many months.

I have been using this black gold for the past month. I made it in the house as it was still cold outside. I think that my plants love it. I started some tomatoes last February and their stems are now about an inch in diameter. I have never had tomato plants with that thick a diameter before. They are full of flowers and seem really happy and healthy. Fermentation is the key. The lactic acid bacteria are able to kill most of the nasty bacteria. Give it a try!

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

Granite State Market Match Season For SNAP And EBT Customers

The Granite State Market Match program allows SNAP/EBT users to double the value of their benefits when shopping at participating farmers markets, community supported agriculture programs (CSAs), and farm stands in New Hampshire.

Participants can receive 50 percent off at participating farm stands and CSAs and a dollar-for-dollar match at participating farmers' markets. Some of the farms and CSAs participating include: Pete's Stand

on Route 12 in Walpole, Green Wagon Farm Stand on Court Street in Keene, Picadilly Farm Pop-Up Markets on Parrish Road in Winchester, Whittaker's Homestead on Forest Road in Alstead, Farmers' Market of Keene on Gilbo Avenue in Keene, and Hillside Springs Farm Community Supported Agriculture Program on Comerford Road in Westmoreland.

For more details, call 603-904-3011 or email info@cheshireconservation.org.

Book Talk: America Is Wild! With Brad Timm At The Harris Center

The Harris Center and the Hancock Town Library will co-host a book talk on Thursday, June 18th, at 7 p.m.

Wildlife ecologist and author Brad Timm will present his new book, *America Is Wild!*, an illustrated encyclopedia celebrating the diversity of life across the United States. The book highlights four animals and four plants from each state, covering nearly 400 species. Timm's presentation will take attendees on a virtual journey across the country and is designed for nature lovers of all ages.

Space is limited and registration is required. To register and for more details, including accessibility questions, visit harriscenter.org.



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Sponsored by The City of Keene

Limit: 10 gal. per household per collection.

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

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

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

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

DO NOT MIX PRODUCTS

Spring 2026 Household Hazardous Waste Collection Schedule

Saturday, June 13, 2026

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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.)

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Heart Brain

Some people call it mindfulness, but I prefer to recognize that my heart is truly running the show. I acknowledge that the heart chakra is the great transformer, the connection between the physical body and energy that rises from all physical things. It informs the spiritual realms. The heart transforms the denser physical energy into frequencies that the spiritual chakras can use to achieve amazing things.

It all happens in the heart and it starts with desire and connection. This sounds a little like love, but it is more than that. Your heart has the ability to connect you to others in profound ways. Your heart has a consciousness that guides and envelops you in wisdom beyond, or despite, your physical limitations. Your heart remembers you are a divine being and constantly guides you to embrace and embody that.

Let's talk about special abilities and the expansion of consciousness. Do you have loved ones that live at a distance? Perhaps even in foreign countries? Can you track their well-being and stay connected and loving with them despite the distance? Do you know when there is disruption in their life before you get the phone call? This is your heart consciousness in connection with theirs.

If you can stay out of fear, you will live longer in the heart. Fear is a dense, physical energy. It is meant to keep you safe from danger, part of your survival mechanism. It is greatly over-rated and over-used by the intellectual part of you. Dynasties have been built with fear as the guiding force. Fear limits your heart function because it prevents you from rising

out of survival issues. If you are always grappling with survival, you have little bandwidth for the soul. Which, in itself, is a contradiction.

Healing Perspectives
 with Rosie Carey 

Fortunately, if we stay connected to each other, our evolving consciousness will keep us all steady. Practice opening your heart to feel your intimate connection with the divine. Practice opening your heart to connect with others. Bring others into your heart and together connect to the divine. Know each other through the energy and beauty of the heart. Practice transcending your physical limitations by exploring a reality where there is recognition of each other through the quality of their heart.

If you practice exploring your heart you will soon become aware of the special attributes and abilities that are there for your expansion. Your heart will teach you more than the mind can express.

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

"Exiting Your Business" Workshop In Peterborough

The Peterborough Town Library at 2 Concord Street in Peterborough will host a workshop, "Exiting Your Business: Strategies for Owners, Families, and Successors," led by financial planner Bryce Schuler, CFP on Thursday, June 18th at 5:30 pm.

This workshop will cover practical steps for those

looking to thoughtfully sell, transfer, or gradually phase out of their businesses. Attendees will gain a clear framework to define their vision and put it into action.

For more details, call 603-924-8040 or visit www.PeterboroughTownLibrary.org.

Juneteenth At Hancock Town Library June 17th

The Hancock Town Library will host a Juneteenth program on Wednesday, June 17th, at 7 p.m. Refreshments will be served.

The evening will explore the history of Juneteenth — the events of June 19, 1865, and the significance of the date as a federal holiday. Attendees are also invited to share books centering on Black history that have taught, inspired, or moved them. Brief presentations of up to five minutes are welcome.

The library has a selection of relevant titles available at the front desk for those looking for something new to read. All are welcome.

Those who plan to share a book are encouraged to email Amy at hancocklibrary@comcast.net with "Juneteenth" in the subject line.

For more details, contact Amy Markus at hancocklibrary@comcast.net or 525-4411.

The Bellows Falls Area Pride Month

In Memory Of Community Leader Susan MacNeil

PRIDE, Continued from page 1

"As the Vermonter heads south, each station will cheer, wave Pride flags, and display our pride in ourselves, our community, and our welcoming state."

After the train stop, there will be an opportu-

nity to dance the afternoon away with the LGBTQ+ community, join old friends, and meet new ones at Fallsland's monthly Sunday T-Dance at Ciao Popolo on the Bellows Falls square.

Keep up to date on specifics at www.bellowsfallspride.com, or on Instagram at www.instagram.com/bellowsfallspride.

City Of Keene To Celebrate Juneteenth With Free Events

JUNETEENTH, Continued from page 1

The film explores the life and legacy of legendary musician Billy Preston through archival footage, studio recordings, and interviews highlighting his influence on artists including The Beatles, The Rolling Stones, Ray Charles, Sly Stone, and Aretha Franklin.

The main celebration event will take place Friday, June 19 at 5 p.m. at Fuller Park, located at the Keene Recreation Center on Washington Street. The evening will feature spoken word performances by Jazzlyn Mota and Samir Evans, followed by a live musical performance from JohnLu & the Band. Originally from Zambia, JohnLu and his band blend genres including reggae, Afrobeats, jazz, R&B, and rock.

The series concludes on Saturday, June 20th at 11 a.m. with a free screening of the animated film *Arco* at Huntress Auditorium in the Keene Public Library. The film follows a boy from the future who unexpectedly travels to the year 2075, where he forms a friendship with a girl named Iris.

All events are free and open to the public. Juneteenth commemorates the end of slavery in the United States and serves as an opportunity to honor Black history, culture, and contributions while reflecting on the ongoing pursuit of freedom and equality.

For more details and a full schedule of events, visit keeneymca.org/juneteenth. Pre-registration is encouraged for the film screenings.

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Remembering An Oh-So-Sweet Spot

June is National Dairy Month, started in 1937 as a way to promote using protein-rich milk and recognize the importance of contributions of dairy farmers to the American diet. The promotional event also puts me in mind of a vacation one summer back in the 1970s when we spent some time camping with our three pre-teen sons near Wiscasset, ME. One rainy day we went into town and discovered a slightly out-of-the-way ice cream shop called The Milk Shed – a delightfully popular place where you could make your own sundaes from a choice of 19 flavors of ice cream and a toppings bar that included caramel, hot fudge, chocolate, butterscotch, marshmallow, nuts, pineapple, strawberries, cherries, nuts, and jimmies.

The Milk Shed was so popular with our boys that when we returned to Hancock, we set up our own ice cream bar in the pantry, complete with special ice cream dishes and a toppings bar. It goes without saying that our home was one of the most go-to spots in town for a lot of kids that summer. The Milk Shed closed in the early 1980s but remains forever magically open in my memories. And remember as well that there are other foods made with milk, including some of the recipes in this week's column.

jar in refrigerator. (May be thinned with some sour cream if desired). Makes about one and a half pints.

Shrimp Orzo Salad

A five-star salad that's light and flavorful, perfect for a summer lunch or dinner. You can change-up the recipe by using radishes or asparagus instead of cucumber and ricotta salata or cotija instead of feta cheese.

Ingredients:

- 1 lb. orzo
- 2 cups baby arugula
- 1 lb. raw shrimp, peeled and deveined
- salt and black pepper
- 2 tablespoons olive oil
- juice of 1 large lemon, for squeezing over shrimp
- 1 cup diced cucumber
- 3/4 cup crumbled feta cheese
- 1/4 cup finely chopped parsley
- 2 tablespoons finely chopped dill
- Dressing: 2/3 cup olive oil, 1/3 cup lemon juice, 2 tablespoons red wine vinegar, 2 teaspoons honey, 2 cloves minced garlic, salt and black pepper as desired.

Cook orzo to al dente, according to package instructions; drain, rinse with cold water, shake dry and drizzle on a little olive oil, tossing so it doesn't stick together; set orzo aside. Place arugula in a large serving bowl; set aside. Pat shrimp dry with paper towels; season with salt and pepper as desired. Heat olive oil in a large skillet over medium heat. Arrange shrimp in skillet, in a single layer with no overlaps (do in two batches, if necessary). Cook shrimp two to three minutes, flip and cook one more minute; squeeze fresh lemon juice over the shrimp. In a bowl, combine orzo with shrimp, cucumber, feta, parsley and dill. In small bowl, whisk together dressing ingredients. Pour dressing over orzo-shrimp mixture and toss well. Season as desired with salt and pepper and add salad to large bowl, piling on top of arugula. Makes six to eight servings.

Nancy Adams 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.

Cooking Corner

with Nancy Adams



Tips for Do-it-Yourself Sundae Bar

A festive occasion dessert or anytime-is-a-good-time for everyone to get involved choosing their ice cream toppings, then building and eating their own sundaes. To prepare: choose one or two kinds of ice cream and put them out on a serving area in bowls surrounded with ice or cooler packs. Set out ice cream scoops, bowls, spoons, and napkins. Select a variety of toppings such as hot fudge and caramel sauces, fruits, nuts, jimmies, M&M's, whipped cream, and cherries, etc. Jelly jars with lids make great containers for sauces and toppings that can go back in the fridge later. Help yourselves, everyone!

Cream of Gingered Carrot Soup

This soup combines half-and-half, carrots and fresh ginger to build a nicely flavored soup, topped with a dollop of sour cream. It's a lovely soup served with warm, raisin scones, if desired. Makes four to six servings.

Ingredients:

- 5 tablespoons butter
- 1 lb. carrots, sliced
- 1 small onion, chopped
- 1 tablespoon fresh ginger, finely chopped
- 3 cups chicken stock
- 1/2 teaspoon marjoram
- 3 tablespoons butter
- 2 tablespoons flour
- 2 cups half-and-half
- salt and pepper
- sour cream (garnish)

In a two-quart pot, melt butter and sauté carrots, onion, and ginger until carrots are tender. Add chicken stock and marjoram; heat through. In a separate saucepan, melt butter and add flour, stirring constantly with a whisk. Slowly add half-and-half to make a creamy consistency; season as desired with salt and pepper. Add sauce to pan with carrot mixture and heat on low until ready to serve; don't boil. Serve each bowlful with a dollop of sour cream, if desired.

Blue Cheese Dressing

A Hancock reader shared this recipe with me over 40 years ago. It's still a reliable favorite for blue cheese lovers, and keeps well refrigerated.

Ingredients:

- 1 (6-ounce) can evaporated milk, ice cold (refrigerate overnight)
- 1 pint mayonnaise
- 1/2 teaspoon Tabasco sauce, more or less
- 1/2 teaspoon Worcestershire sauce
- 1/2 small onion, grated
- 1/2 teaspoon garlic salt
- 1/4 lb. blue cheese, crumbled

Beat cold milk until stiff. Mix other ingredients together in a bowl; add milk, blending and folding in until incorporated. Keeps indefinitely in covered

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ENTERTAINMENT

and DINING

Wednesday, Jun. 10

ARTS, MUSIC & THEATER

Reel Night Out: Movie Nights 6-8pm. Keene Public Library, Ruth Huntress Auditorium, 60 Winter St., Keene. Every Wednesday evening the library screens a film and whips up some popcorn. Film ratings vary from PG to R, so be sure to double check before bringing kids. June's Movies being screened will be mystery movies, including films featuring Sidney Poitier, Harrison Ford, Humphrey Bogart, and Harvey Keitel. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Meet the Artist: Deb Putnam 6pm. Conant Public Library, 111 Main Street, Winchester. Reception and conversation with landscape artist Putnam of Northfield, MA. She will be discussing her new show, "Expanding Horizons" which will be on display in the library until August. **603-239-4331**.

DINING PLEASURES

Putney Library and Scott Farm Partner for Crêpe Night Fundraiser 5:30-7:30pm. Scott Farm Orchard, 707 Kipling Rd, Dummerston, VT. Family-friendly. \$20 p/ticket which comes with a savory supper crêpe (galette), sweet dessert crêpe, and side salad. Drinks available for purchase. Limited tickets and advanced purchase required. www.scottfarmvermont.com/crepe-night.

Tastes of the Season: Rise for baby and family Fundraiser 6-8pm. Keene Country Club, 755 West Hill Rd., Keene. Evening of fine food and drink. Fun surprises and raffles. Tickets: \$50/person. Tickets available online, by phone or at the door. **603-357-1395**.

FAMILY FUN

Swamp Bats vs. North Shore Navigators 6:30pm. Alumni Field, Arch St., Keene. Snack Bar open with a healthy menu. 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. www.swampbats.com.

LECTURES & WORKSHOPS

AARP: Vigilance Against Cybercrime 1:30-2:30pm. Chesterfield Public Library, 524 Rte 63, Chesterfield. Designed to empower one with the knowledge and tools to navigate the digital world. Registration is requested. **603-363-4621**. frontdesk@chesterfieldlibrary.org.

MISCELLANEOUS

Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment HCS Charlestown, 33 Arborway. Confidential, free discussion of services. **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.

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.

Teen Sit & Scribble 5:30-6:30pm. Booras Room, Keene Public Library, 60 Winter St., Keene. Aged 12-19. Judgment free writing group. Share stories & ideas in a creative space. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

American Red Cross Blood Drive 12-5pm. Heberton Hall, Keene Public Library, 60 Winter St., Keene. Consider donating blood to help others in need. Schedule an appointment at **800-733-2767**. www.redcrossblood.org/.

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\$15 Seniors / Students

BranchRiverTheatre.org

Thursday, Jun. 11

ARTS, MUSIC & THEATER

Grammy award winning musician: Hubby Jenkins 7pm. Federated Church of Marlborough, 16 Pleasant St. African-American roots of blues & country music. Suggested donation: \$10 payable at door. Info & reservations at **603-876-3863**. office@federatedchurchmarlborough.org.

FAMILY FUN

Kids STEAM: Spa Day- Dino Egg Bath Bombs 3:30-4:30pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. Kick off the summer reading theme "Unearth a Story" by unearthing dinosaur eggs. Create bath bomb dino eggs and hatch dinosaurs at bathtime. Registration is required. Ages 5 - 12 and caregivers. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

LECTURES & WORKSHOPS

Christian Science Public Talk: The Science of God and It's Power to Heal Us 7pm. Monadnock Center for History and Culture, 19 Grove St., Peterborough. By Nikki O'Hagan, CS. **603-563-8067**.

MISCELLANEOUS

Tech Talk - Fair Witness 6-7pm. Masiello Classroom, Keene Public Library, 60 Winter St., Keene. A monthly discussion and hands on training aimed at improving tech skills and savvy. Free and open to all regardless of experience. The first 20 minutes will be a presentation by a librarian followed by time for practice and questions. Attendees are encouraged to bring their own devices. Limited tech tools are available for the workshop. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

Friday, Jun. 12

ARTS, MUSIC & THEATER

Art Reception: Paintings by Summer Langille, Judith Prager, Dawn V. Randall, and Roberta Woolfson 5-7pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. info@dublincommunitycenter.org.

Summer Concert Series: Firehouse Dixieland Band 6:30-8pm. Charlestown Senior Center, 223 Old Springfield Rd. Bring a lawn chair. Offering hamburgers and hotdogs as well as a few treats for a small cost, or bring food.

FAMILY FUN

Kids Comic Club 4:30-5:30pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. For comic fans ages 8-12. Create together, discuss great graphic novels, and watch interviews and tutorials from favorite artists. Registration is appreciated. Parker Goodreau: **603-352-0157**. pgoodreau@keenenh.gov.

Special Events at the DubHub:

Art Reception • "The Flower Show"
Friday, June 12 • 5-7pm
Featuring paintings by Summer Langille, Judith Prager, Dawn V. Randall, and Roberta Woolfson

Coffee House & Open Mic
Saturday, June 20 • 6-9pm
Feature: Hot Skillet Club, a unique blend of jazz and western string music

The DubHub Music & Artisan Festival
Saturday, June 27 • 10am - 5pm
A portion of proceeds to benefit End 68 Hours of Hunger



Dublin Community Center
1123 Main St., Dublin, NH
www.dubhub-nh.org

Kids STEAM: Dino Egg Bath Bombs

The Keene Public Library will host a Kids STEAM: Spa Day event on Thursday, June 11th, from 3:30 to 4:30 p.m. in the Kay Fox Room at 60 Winter Street. Children ages five to 12 and their caregivers are invited to create their

own bath bomb dinosaur eggs and hatch their dinosaurs at bath time.

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

MISCELLANEOUS

Freedom Journey Trail Keene Family YMCA, 200 Summit Road. Self-guided outdoor experience that takes visitors through key moments in Black American history. The approximately quarter-mile trail is for self-guided tours anytime while it is set up, and no registration is required.

Drive Kick off Event 10am-2pm. Kimball Hall, 4 Depot St., Troy. For info call Kim: 603-209-4922.

Sat., Jun. 13

ARTS, MUSIC, THEATER

Monadnock Interfaith Project: Faith Festival 2026 2-4pm. Central Square, Keene. Sharing Music, Light & Love. This is a free, family-friendly event including Baha'i, Christian, Hindu, Jewish, and other spiritual perspectives. Songs, dance, food, and fellowship. Bring a camp chair for seating. In case of inclement weather, the festival will be held at St. James Episcopal Church, 44 West St. RSVP at www.mipnh.org/.

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

FAIRS & SALES

Yard Sale to Benefit Greyhounds 8am-2pm. Fast Friends Greyhound Adoption Center, Rt. 10, Swanzey. All proceeds will help care for the adoptable dogs waiting for their forever homes. Drop off items on 6/12 from 12-5. 603-355-1556. www.helping-greyhounds.org.

Hinsdale Farmers Market 9am-1pm. Downtown Hinsdale, Millstream Riverfront Park.

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

MISCELLANEOUS

East Keene Sweet Summer Social 1-3pm. Pat Russell Park, Keene. For East Keene residents only. Socialize, meet new people, and learn more about the East Keene Neighborhood Association. Free ice cream, lawn games, music, and fun.

Montessori Market 8am-12pm. Fuller Park, Keene. Local vendors, yard sale finds, Kona Ice, bubbles, yard games, raffles, temporary tattoos, more.

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

Depot Day Fun Run 9am-2pm. Run starts at Fitzwilliam Depot at 9. At Cheshire Railroad Depot-Troy NH. Food, vendors, music. For info, Kim: 603-209-4922.

Walpole Trail Committee Gear Grab 9am-1pm. Walpole Town Hall, 34 Elm St. Bring formerly used camping and hiking gear to the town hall, tag it with reasonable prices to sell, buy, or trade, then go to the First Congregational Church for everything else.

Open House 9am-3pm. Monadnock Canine Rehab & Fitness, 690 Court St., Keene. Raffles, tours, & snacks. 603-762-6439. www.monadnockcaninerehab.com.

Troy Historical Society: Membership

Sunday, Jun. 14

ARTS, MUSIC, THEATER

Laura Broad Arts and Culture Series presents: An Evening of Chamber Music 7pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. Chamber music featuring works by Franz Schubert, W. A. Mozart, and Antonin Dvořák. Free and open to the public. 603-352-6747. www.keene-synagogue.org.

Mon., Jun. 15

MISCELLANEOUS

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

Teen Crafternoon: Button Making 3:30-5:30pm. Keene Public Library, 60 Winter St. Decorate with one-of-a-kind buttons. New button maker with rectangle buttons. Eleanor Green: 603-352-0157. egreen@keenenh.gov.

Tues., Jun. 16

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. 877-312-7467. www.cheshiremen.org.

FAMILY FUN

Swamp Bats vs. Bristol Blues 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Keene Pride Night. Fairy Hair by Jess, Milla's Magic Treasures. www.swampbats.com.

MISCELLANEOUS

Zumba Gold 10:45-11:45am. Keene Rec. Center, 312 Washington St. This session will feature many popular dance themed and latin songs. Classes are open to mature adults and beginners. 603-357-9829.

Wed., Jun. 17

ARTS, MUSIC, THEATER

Ken Ludwig's Baskerville: Opening Night 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. A Sherlock Holmes Mystery Performances through June 28th. 603-924-7585. www.peterboroughplayers.org.

FAMILY FUN

Swamp Bats vs. Sanford Mainers 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Kids Demar Night Sponsored by Ted's Shoe & Sport. Bounce Above The Rest Inflatables, Doug the Devil Stick Man. www.swampbats.com.

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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

TUESDAY, JUNE 16TH
VS. BRISTOL BLUES
Keene Pride Night
 Fairy Hair by Jess, Milla's Magic Treasures

WEDNESDAY, JUNE 17TH
VS. SANFORD MAINERS
Kids Demar Night Sponsored by Ted's Shoe & Sport
 Bounce Above The Rest Inflatables, Doug the Devil Stick Man

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Electric Earth Concerts Presents “Kind Of Blue”

Electric Earth Concerts (EEC) continues its 2026 season with “Kind of Blue” on Saturday, June 20th at 7 p.m. at the First Church in Jaffrey.

This boundary-crossing, jazz-tinted program features some of the greats of 20th and 21st century American music. There are works by Leonard Bernstein, Joan Tower, and Derek Bermel; and, newly-composed music (premieres) by Scott Lindroth and Jamie Keesecker. The program’s musicians are Lisa Emenheiser, piano; Ari Streisfeld, violin; Thomas Kraines, cello; Derek Bermel, clarinet and composer; Jonathan Bagg, viola; and Laura Gilbert, flute.



Derek Bermel

The program includes Bernstein’s Clarinet Sonata, Keesecker’s “The Peacocks” (by Bill Evans), reimagined for flute and strings, Lindroth’s “Inner Voices” for solo viola, and Tower’s “White Granite” for piano and strings.

Over the course of his distinguished career, Bernstein won 16 Grammy Awards (including one for Lifetime Achievement), seven Emmy Awards and two Tony Awards. His awards are both for his conducting and his compositions. He also received a nomination for the Academy Award for Best Original Score for his work on the Elia Kazan drama film *On the Waterfront* (1954). Bernstein is also a member of both the American Theater Hall of Fame and the Television Hall of Fame. In 2015, he was inducted into the Legacy Walk. He received the Kennedy Center Honor in 1980.

Tower is an American composer, concert pianist, and conductor. Her works have been performed worldwide. She is a Pulitzer Prize finalist in Music, having received the prestigious nomination in 1993 for her virtuosic Concerto for Violin. While she did not take home the Pulitzer itself, Tower is widely celebrated as one of America’s most distinguished contemporary classical composers. Her other major honors include three Grammy Awards for her album *Made in America* and being the first woman to win the Grawemeyer Award for Music Composition in 1990 for *Silver Ladders*.

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

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

HAPPY BIRTHDAY!

from HANNAFORD’S SUPERMARKETS

June 11, 2026

Emily Frowein, daughter of Magan Smith & Eric Frowein, Keene, 11

June 14, 2026

Maverick Carey, son of Becky Carey, Keene, 4
Goldie Goddard, daughter of Josh & Dallas Goddard, Fitzwilliam, 3

June 16, 2026

Damon Lee, son of Preslie Caswell, Swanzey, 11

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Damon Lee, Swanzey, 11

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Celebrating the Team at Linda's Closet

Linda's Closet is a free clothing resource for women in the Monadnock Region created in 2001 by Linda Oliver's friends and family in her memory and located at 43 Cypress Street, Keene, NH.

Linda was a human services professional and when she became sick with cancer, she asked that after her death, her clothing be used to create a resource for women "trying to set goals for themselves."

They serve 20-30 women a day ranging from 13 to 95 years and coming from all walks of life, including homeless, women in recovery, immigrants, single parents, as well as women who enjoy shopping. Everyone who presents as female is welcome, and no financial qualifications are required.

Linda's Closet is open for shopping 6 hours a week. (Wed 6-8, Thursday 11-1, Sat 10-12)

Clothing donations are accepted during our open shopping hours or by appointment on Mondays. Appointments can be made on their website www.lindascloset.org

Today we are celebrating their team of six women who work behind the scenes, sorting donations on Mondays. They are left to right: Charlene Haas, Jean Dobson, Dianne Tisdale, Carrie Hoffman, Sue Kowalczyk, and Diane Bogdan. In addition to volunteering at Linda's Closet, they also volunteer at: St. Vincent de Paul Food Pantry, Cheshire Village at Home (volunteer driver), Keene Library, Elm City Rotary, Monadnock Garden Club, Ladies Charitable Society, 100+ Women Who Care - Cheshire County



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