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# SHOPPER NEWS

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## Monadnock Shutter & Shade

### Fight Harsh Summer Sun With The Right Window Treatments



Matt DeGrosky of Monadnock Shutter & Shade is pictured installing a window treatment for a skylight. He offers both manual and motorized options.

By Lori Catozzi Cook

Choosing the right window treatments for summer sun is crucial. The right window coverings can block solar rays, lower energy bills, and lighten the burden on your air conditioner. Window treatments also provide essential privacy from neighbors.

The hot summer sun also leads to constant exposure to direct UV rays, which can damage rugs, upholstery, floors, and artwork. By connecting with the right professionals – like the team at Monadnock Shutter & Shade – homeowners and businesses can eliminate these challenges.

“Our experience with Monadnock Shutter & Shade was amazing,” says Judy Leeds, about her experience with this locally owned and operated business. “We had a home visit to go over shade options and colors, which was very informative. They installed our top-down, bottom-up shades quickly and efficiently.”

“This was a very pleasant experience,” says Julie Perron. “We’ve been dissatisfied with our wooden shades from another company for years. The rep from Monadnock Shutter & Shade recommended shutters that look fabulous in our living room. The installation was flawless.”

SHADE, page 4

## Toddlerfest: Fun For The Little Ones And Free To All

Rise for baby and family will hold its annual Toddlerfest event on Saturday, June 6th from 9 a.m. to noon at its 147 Washington Street location.

Toddlerfest is a morning of free and fun activities for young children. Planned activities include bubbles, music and song, drawing and art, animals to pet, a visit with a children’s author, and a visit from a fire truck (barring fire emergencies.) Rise’s play yard is also open for the morning for all to enjoy. The Lions Club will also be offering vision screenings during the event.

Everyone is welcome at this free, outdoor event, which is held rain or shine.

For more details, call 603-357-1395 or visit [www.riseforbabyandfamily.org/happenings](http://www.riseforbabyandfamily.org/happenings).

At right, Magnolia Maher-Hicks of West Chesterfield enjoys a moment on the play yard.



## Keene Pops Choir – American Thru The Decades Road Trip

The Greater Keene Pops Choir will present its spring concert, American Thru the Decades Road Trip, on Sunday, June 7th, at 3 p.m. at St. James Episcopal Church, 44 West Street, Keene.

The concert will be performed under the direction of Music Director Walt Sayre, with collaborative

pianist Sharon Nelson.

Tickets are \$15 and are available in advance from Pops members or by emailing [keene pops@gmail.com](mailto:keene pops@gmail.com).

For more details, contact the Greater Keene Pops Choir at [keene pops@gmail.com](mailto:keene pops@gmail.com).

## Former FBI Imaging Specialist To Speak On How Iwo Jima Flag Raisers Were Identified

Congregation Ahavas Achim will host a special presentation, “Mystery Solved: Identifying the Iwo Jima Flag Raisers” featuring former FBI chief image advisor, Dr. Richard Vorder Bruegge. The event will take place on Saturday, June 6th at 3 p.m. at the synagogue located at 84 Hastings Avenue in Keene. The lecture is free and open to the public.

Joe Rosenthal’s Pulitzer Prize-winning photograph of six U.S. Marines raising the American flag atop Mount Suribachi during the Battle of Iwo Jima is one of the most recognizable and enduring images in American military history. However, for decades, the true identities of the men remained shrouded in debate.

LECTURE, page 22

## Frank Sinatra Tribute Returns To Park Theatre

The Eppes Auditorium at The Park Theatre will be swinging once again with the always memorable sounds of Frank Sinatra. Patrick Tobin, New England’s premier Sinatra tribute artist, brings his band and tuxedo back to the Jaffrey stage on Friday, June 5 at 7:30 p.m.

Singing professionally since 1996, Tobin is a leading, internationally acclaimed Frank Sinatra tribute artist, impersonator, and singer. Feeling at home in a club environment, on stage in a symphony hall, or anything in between, he delivers a thrilling musical experience.

Covering songs from all of Sinatra’s career eras, Tobin croons his way through the American Songbook. A common statement from



Patrick Tobin, New England’s premier Sinatra tribute artist

more “experienced listeners” is that they were taken back 50 years after watching the show. And younger listeners are always surprised at how “cool” Sinatra’s music is.

Tickets are \$30, \$35, and \$40. Group sales are also available. Doors open at the theatre’s Lounge Bar at 6:30 p.m. ID required for alcoholic beverage purchases.

The Park Theatre Performing Arts Center is at 19 Main Street in downtown Jaffrey. The facility is fully accessible.

For more details or to purchase tickets, call the box office at 603-532-8888 or they can be purchased online at [theparktheatre.org](http://theparktheatre.org).

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Summer Camps... 17 • Keene ArtWalk... 18-19

BIRTHDAYS ..... 22	ENTERTAINMENT ..... 14-15	GREEN..... 7	MYSTERY PHOTO..... 6
CLASSIFIEDS ..... 22-23	FAMILY..... 17	HEALING ..... 20	PETS ..... 2
COOKING ..... 21	GARDEN..... 18	MONEY ..... 8	REAL ESTATE ..... 23

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# PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

## Princess

Princess is a five-year-old pitty mix who's equal parts sweet, loyal, and affectionate. She's a people-loving girl who enjoys spending time with her family and has done well with kids. Princess is friendly with strangers overall, though she can be a little cautious around men at first and may need a bit of time to warm up before showing her full goofy, loving personality.

She previously lived with another dog and did well with him, but her experience with animals outside of her home is very limited. Because of her history, they strongly recommend Princess be the only dog in the home so she can relax and enjoy being the center of attention.

In return, she'll be a devoted companion who's happy to soak up love, attention, and cozy time with her people.

Princess needs to be in a home in New Hampshire as she is currently being treated for heartworm. They are hopeful that in a quiet environment she will be able to continue on her road to recovery.

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](http://www.monadnockhumane.org).





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## Free Seminar On Advance Directives

Monadnock Community Hospital (MCH) will host a free Health & Wellness Seminar on Advance Directives on Thursday, June 11th, at 5:30 p.m. in the Bond Wellness Center Conference Room. The event is open to the public and is part of MCH's ongoing Health & Wellness Seminar series.

Advance Directives are legal documents that communicate a person's healthcare wishes in the event they are unable to speak for themselves. Despite their importance, many people have not yet completed these documents. The seminar is designed to demystify the process, explain how these documents are used in clinical and emergency settings, and provide practical resources for getting started.

The evening will feature four presenters with distinct areas of expertise. Michael Greenough, EMS coordinator and emergency preparedness specialist at MCH, will explain how emergency responders use these documents in the field and how pre-hospital care intersects with advance care planning.

Karen Langley, LICSW, social worker at MCH, will guide attendees through the emotional side of end-of-life conversations, including who to involve and how to begin. Molly Rajaniemi, compliance and patient experience officer at MCH, will cover the practical and legal elements of the documents, including the difference between a Durable Power of Attorney for Healthcare and a Living Will, and the distinction between Advance Directives and medical orders such as DNR and POLST. Lucas Shippee, DO of Monadnock Internal Medicine will provide a clinical perspective on how Advance Directives inform patient care.

A free notary will be available onsite following the presentation for community members who wish to complete their Advance Directive documents the same evening.

The seminar is free and open to all community members. Space is limited and registration is encouraged. Reserve a spot by visiting AD-Seminar-2026. Eventbrite.com.

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The Community Kitchen pop-up pantry

The Community Kitchen will host its annual Pop-up Pantry events this summer at select locations. Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. Events will be held rain or shine, and on-site enrollment will be available. If you have any questions, please call (603) 352-3200.

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## Monadnock Shutter & Shade – Fight Harsh Summer Sun With The Right Window Treatments

SHADE, Continued from page 1

Since opening the business in 2022, Matt and Sue DeGrosky, along with their daughter Kimberly Berk, have put Monadnock Shutter & Shade on the map as the go-to place for all window treatment needs. The business even received the 2024 and 2025 Gold for Best of Monadnock Readers' Choice Awards – a great honor that shows the company's outstanding reputation in the community.

"When Sue came to my house to look at what I wanted, she was very nice and patient with me," says Steve Wells, about his experience using Monadnock Shutter & Shade. "She went through options with me and gave me a couple of prices on different shades. Since it was going to be on a sliding glass door, there was lots to consider. No high pressure, just professionalism. Then, when Matt came to install it, there was more of the same professional behavior; he was a pleasure to chat with. And, on top of all that, the shade is beautiful, well-made, and operates smoothly."

The Monadnock Shutter & Shade showroom is located at 28 Roxbury Street in Keene and open Mondays through Fridays from 10 a.m. to 4 p.m. and Saturdays and Sundays by appointment. People are welcome to stop by and check out their options. Walk-ins are welcome; no appointment is needed.

"Many people come into the showroom simply to learn what options even exist," says Berk. "For a lot of homeowners, it's either their first time shopping for window treatments or it's been many years since they last did. They're often shocked by how much the industry has evolved."

Over the last couple of years, Monadnock Shutter & Shade has expanded their window treatment



**Matt DeGrosky of Monadnock Shutter & Shade (pictured) offers a vast selection of window treatment options. He invites people to stop by the showroom at 28 Roxbury Street in Keene.**

offerings – specifically with its Hunter Douglas and Lutron brands. People will find thousands of fabric options from a wide variety of collections, textures, colors, patterns, and style solutions, including soft treatments like draperies, Roman shades, casual valances, and other product choices at the showroom.

There are natural woven choices for window treatments – jute, rattan, bamboo, and wood – that provide a warm, natural look. "These are a great choice for sunrooms and rooms with casual appeal," Sue adds.

Other selections include the timeless style of interior shutters, the energy-efficient honeycomb and cellular shades, aluminum blinds, awnings, and more. And no window is too funky.

"Matt was knowledgeable and offered great advice and options for our 250-year-old, uneven, wonky windows. The blinds we had installed are beautiful and have helped with our energy efficiency. Matt installed all 22 blinds in under three hours, by himself. Amazing!" says Kami Gagne.

"From arches and bay windows to specialty shapes – such as circles, triangles, and octagons – we have a breadth of options that fit your interior design style and match the window treatments in your home," says Matt.

Monadnock Shutter & Shade offers the latest technology in the industry, like window treatments with automation – including skylights. "We work with a specialty fabricator to offer a wide range of motorized options for hard-to-reach windows," Matt adds.

Besides awnings, Monadnock Shutter & Shade also offers exterior shading solutions like insect screens to make patio living more tolerable.

"Whether you want to casually browse in downtown Keene, schedule a highly personalized showroom appointment, have us come directly to your home, meet virtually from hundreds of miles away, or coordinate with your builder during construction, we're ready to meet you wherever makes the most sense for your project," Matt concludes.

For more details or to schedule a consultation, call 603-352-0511, email info@monadnockshutterandshade.com, or visit www.monadnockshutterandshade.com.

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## Keene Jazz Orchestra Holds Spring Concert Saturday, June 6th



The Keene Jazz Orchestra will perform traditional, as well as contemporary, big band music, featuring Dan Neville on Saturday, June 6th in Keene.

The Keene Jazz Orchestra will hold a Spring Concert on Saturday, June 6th at 7:30 p.m. in the Keene Middle School Auditorium on Maple Avenue.

This performance includes traditional and contemporary big band music, featuring jazz vibraphonist Dan Neville – a soloist/composer/band leader who got his start in California and ventured into Latin jazz via Columbia and Cuba. Now located in New Jersey, Neville received his masters from William Patterson University. His recent projects include Corazón de Chonta and The Dan Neville Nonet. His big band compositions incorporate traditional West Coast jazz style with the rhythms of Afro-Columbian music.

JAZZ, page 22

## “The Science Of God And Its Power To Heal Us” Talk June 11th

The First Church of Christ, Scientist, Peterborough will present “The Science of God and its power to heal us” on Thursday, June 11th, at 7 p.m. at the Monadnock Center for History and Culture at 19 Grove Street in Peterborough. The presentation is free and open to the public.

Ever since childhood in South Africa, Nikki O’Hagan has been asking “but, why?” – demanding to understand. As an adult, she had a “miraculous” healing, and began to question her assumptions about God. “Was it just an inexplicable anomaly that had no scientific explanation?” she asks, “Or is there a science that can explain this kind of healing? Is there a science that enables us to experience – and understand – God?” O’Hagan found logic and peace in the science of Christianity – Christian Science – which answered her “whys.”

SCIENCE, page 18

## Chesterfield OEM Offers Residents Safety Training

The Chesterfield Office of Emergency Management is continuing its program to educate their residents and employees of Chesterfield firms in the important area of Safety Training. Conceived in 2024, they have trained almost 100 residents during that time.

The OEM team believes that citizens need to have some level of emergency management training as they may be the first line of defense in the event of a household, office, transit, or other such event. These courses are meant to educate and instruct residents.

With a certified trainer retained to provide these services, the two offerings will be available at nominal fees. The training will take place with the cooperation of Chesterfield town entities on selected weeknights and Saturdays during the month of June.

The courses are as follows:

CPR & AED Training with residents having the choice of each session being held on either Thursday, June 11th or Tuesday, June 23rd from 6:30 to 8:30 p.m.

American Red Cross Certified First Aid Training which includes CPR & AED is available for residents on either Saturday, June 6th or Saturday, June 20th from 10 a.m. to noon.

For more details, contact Ralph Petti at OEM@nhchesterfield.com.



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**Planning Ahead: Understanding Advance Directives**  
 Thursday, June 11  
 5:30 - 6:30 PM  
 Presenters:  
 Lucas Shippee, DO  
 Karen Langley, LICSW  
 Michael Greenough, AEMT  
 Molly Rajaniemi, MBA, CHC  
 Location: Bond Wellness Center Conference Room

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

(Prepared by the Historical Society of Cheshire County)



This photo of a store was taken in what Cheshire County town?

The winner of last week's Mystery Photo Contest was Mark Hayward of East Westmoreland. The Cheshire County village is pictured in this late 1800s photo was East Westmoreland.



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# What Can We Learn From Beavers

What have I learned about beavers?

It's fair to say that after humans no other species has altered and developed more real estate than beavers. There are countless fun facts like their orange front teeth just keep growing, so cutting trees keeps them in check. And intriguing stories like those about the beaver lady, Dorothy Richards, who had as many as 14 beavers living in her New York farmhouse.

It's hard to picture that before the fur trade, from 1600 to 1900, almost wiped out beavers in the lower 48 states; somewhere between 60 and 400 million beavers were living in North America. David Thompson, a surveyor, who arrived in Hudson Bay in 1784, noted that North America above the 40th parallel "may be said to have been in the possession of two distinct races of beings, Man and the Beaver."



Fortunately, in the early 20th century, we began to realize the error of our ways and began reintroducing this native, keystone species. A keystone species has a major impact on its ecosystem; if this species is removed, the entire ecosystem structure often changes or collapses. A typical beaver compound of ponds and canals, notes biologist Dietland Muller-Schwarze, serves as "highway, canal, lock, escape route, hiding place, vegetable garden, food storage facility, refrigerator/freezer, water storage tank, bathtub, swimming pool and toilet."

There's little doubt that much of our nation is drier due to the absence of so many beavers. Beaver restoration projects have been steady but slow due to outdated assumptions and attitudes that humans are best suited to managing water.

In the West, where water is becoming increasingly scarce, we've learned that cattle grazing right down to streams, eliminates beaver habitat. This has resulted in streams forming gullies where the periodically strong flows scour the earth carrying sediment downstream and leaving little or no water for parts of the year.

By slowing the flow of a stream with multiple small dams, the water spreads out in ponds and shallows often called beaver meadows. Some of this water seeps into the ground which raises the water table. The result is that far more water is retained and available during dry periods. By creating these large

sponges that soak up water flooding is reduced and the wetlands act as a filter removing nitrogen and other undesirable substances and securing carbon.

Jordan Kennedy, a material science and mechanical engineer, has studied beaver constructions in Montana enough to calculate the flow rates that motivate beavers to build dams. By using drones, she has come to understand and see the larger impact; for example, on a small creek that has been expanded into a complex of dams and canals that form an oasis of green in a vast, arid, brown landscape.

As the planet gets hotter, we are seeing weather patterns change to more dramatic swings in temperatures and precipitation. Recent evidence points to an increase in the frequency, and the swings are becoming more intense and happening faster.

With periods of more intense precipitation and prolonged dry spells, water storage is more valuable. Not only for the access to the water stored above and below ground, but surface water reduces the tendency for dry soil to transfer heat to the air, which only makes it hotter.

As I observe these fascinating creatures in our area, I'm glad they're not extinct and at least one likes my whistling. Their wetlands provide flood control and support ground water storage, while preventing erosion and supporting fish and many other species.

Want to see a beaver lodge up close? Keene's Goose Pond north shore trail and Pisgah State Park's Habitat Trail at the end of Horseshoe Road in Chesterfield are local options.

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Listings At Close of Market May 29, 2026 • Courtesy of RBC Wealth Management  
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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	237.86	9.94	Danaher Corp. (Kollmorgen)	182.67	10.67
Becton Dickinson (C.R. Bard)	147.12	(0.51)	Merck (Hubbard Farms)	118.72	(3.69)
Toronto Dominion Bank (TD Bank)	113.58	1.71	Deluxe (NEBS)	24.29	0.56
PC Connection	69.59	3.15	Teleflex (Jaffrey)	128.64	(4.11)
Bank Of America (Fleet)	51.60	(0.20)	Timken (MPB Corp.)	127.98	8.03
Corning Inc.	181.16	(12.89)	M&T Bank Corp. (People's United)	216.11	2.93
Ametek, Inc. (Precitech)	225.85	1.33	Dover Corp. (Markem)	211.36	1.46

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	75.85	(0.12)	Wheat (cents per bushel)	610.25	(36.75)
Gold (\$ per ounce)	4,575.90	65.30	Corn (cents per bushel)	447.00	(16.75)
Platinum (\$ per ounce)	1,927.35	(1.69)	Soybeans (cents per bushel)	1,186.50	(10.75)
			Cattle (cents per pound)	239.20	(0.18)
			Crude (\$ per barrel)	87.89	(8.81)

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## SBA Announces Patriot Pitch Competition: Apply For A Share Of \$1 Million

Since the founding of the nation, American innovation has transformed lives, communities and the economy by turning bold ideas into reality. As the United States approaches its 250th anniversary, that legacy is gaining renewed momentum, fueled by policies that put American ingenuity and entrepreneurs first.

That's the spirit at the heart of the Freedom 250 Patriot Pitch Competition, a national competition led by the U.S. Small Business Administration to spotlight and support the businesses driving America forward. With a total cash prize pool of \$1 million – made possible by a contribution from Clover Network Inc – the competition celebrates entrepreneurs who solve problems, build businesses and create jobs.

The Patriot Pitch Competition is more than a contest. It recognizes entrepreneurs who prove that when Americans set their minds to something, whether in a garage, a workshop, at a kitchen table or on a factory floor, they get things done.

Selected businesses will be invited to compete in a live pitch event in Washington, D.C., culminating in a total of \$1 million in prizes to honor the innovation and ambition that have powered American ingenuity

for more than two and a half centuries.

New England is the birthplace of the nation's pursuit of independence, freedom, and liberty, as well as the birthplace of the American Industrial Revolution. The Patriot Pitch Competition is an opportunity for New England-based innovators and entrepreneurs to earn the recognition and resources they deserve to continue their daily work to strengthen the economy and provide the essential products and services that keep America competitive, secure and strong.

To be eligible, businesses must have at least three years of operating history; generate a minimum of \$100,000 in annual revenue; have used one or more SBA capital products; and be 100 percent owned by U.S. citizens or lawful permanent residents. Eligible businesses must also demonstrate innovation within their sector, using new technologies or strategies to modernize operations and strengthen their competitive edge. To find local submission links and review the full terms and conditions, visit [sba.gov/freedom250](http://sba.gov/freedom250).

The top 10 semifinalists will be announced this summer at the Great American State Fair. Five finalists will advance to the live pitch competition in Washington.

The deadline to apply is June 10 at 11:59 p.m. ET.

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## Summertime Is For Dining Outside



Jordan Sharra, owner of Winchester's popular Arlington Inn, setting up for another summer of patio dining. For more details on the inn, see the ad on page 16.

## Monadnock 250th Independence Day Post Parade Performances And Activities

Monadnock 250th Independence Day celebration, Saturday, July 4th, begins with a parade down Keene's Main Street at 11 a.m. starting from Wyman Tavern – where the Minutemen started their journey to Lexington over 250 years ago – and continues to Railroad Square. Every town in the Monadnock Region is invited to participate. The deadline for registering to be in the parade is Thursday, June 4th.

This holiday weekend actually kicks off on Friday, July 3rd with the annual SwampBats Independence Eve game (6:30 p.m.) and fireworks (9:30 p.m.). Saturday morning the 24th annual Four on the Fourth event that begins and ends on Railroad Square. Race winners are invited to ride on floats as parade VIPs.

At noon on Railroad Square, The Monadnock Blend acapella quartet will perform some patriotic tunes, then Keene Middle School Choral Director Jenn Garretson will lead a community sing-along. The *Star-Spangled Banner* will be led by Keene Main Street Four, followed by a reading of the *Declaration of Independence* by the Keene High School Mayor's Youth Council. At 1 p.m., the Nelson Town Band will perform and the Keene Jazz Orchestra will perform from 2 to 3 p.m.

At the Historical Society of Cheshire County, Wyman Tavern, and Bruder House, there will be historical actors portraying local Revolutionary War era figures, music, crafts and tours from noon until 3 p.m.

250TH, page 12

## Monadnock Interfaith Project Faith Festival



Dancing spirit at the interfaith festival

For those who enjoy music, art, dance, food, and learning about spiritual traditions, the Monadnock Interfaith Project Faith Festival: Sharing Music, Light & Love is set for Saturday, June 13th from 2 to 4 p.m. at Central Square in Keene with a program from 2:30 to 3:30 p.m. from the gazebo.

This is a free, family-friendly event including Baha'i, Christian, Hindu, Jewish, and other spiritual perspectives. Together, attendees will share songs, dance, food, and fellowship.

Monadnock Interfaith Project is a non-profit coalition of congregations, organizations, and individuals from the southwest New Hampshire region. They are wholehearted people working

together to foster interfaith community, understanding, and systemic change that benefits all.

Those who love to sing are invited to come early to join an interfaith pop-up choir. Attendees will learn a musical piece to perform together at the festival. Contact [monadnockinterfaith@gmail.com](mailto:monadnockinterfaith@gmail.com) to join the choir.

Bring a camp chair for seating. In case of inclement weather, the festival will be held at St. James Episcopal Church at 44 West Street.

For more details visit the MIP website, [www.mipnh.org](http://www.mipnh.org). RSVP there to help them anticipate numbers, or just come by.

## Keene ArtWalk Celebrates 35 Consecutive Years

The Keene ArtWalk marks its 35th consecutive year this month, running from Friday, June 5th through Sunday, June 14th. The free 10-day event features nearly 85 artists displaying work up and down Main Street, on side streets, and at the Monadnock Area Artists Association Art Gallery at Syd's Carpet and Snooze Room — a new ArtWalk collaboration this year. The eclectic group of artists includes students, locally recognized artists, and 15 first-time ArtWalk participants.

The event kicks off at 5 p.m. on June 5th with a reception at Mon Amie Fine Jewelry on Main Street, featuring food and music. The opening celebration continues across the street at Railroad Square at Madame Sherri's restaurant and cabaret, with performances by local bands Gavin & the Getdown and Know Your Program. ArtWalk Director Molly Fletcher noted that the partnership with Madame Sherri's owners Patrick Brown, Adam Toepfer, and Paulee Mekdeci reflects the event's spirit of celebrating artistic expression and community.

Now in its 35th uninterrupted year – not even a pandemic broke its streak – the ArtWalk has been a fixture of downtown Keene since 1991. The event is made possible in part by the Downtown Keene merchants who open their businesses to exhibiting artists each year.

For more details, visit [facebook.com/KeeneArtWalk](https://facebook.com/KeeneArtWalk). Those interested in joining the 2027 committee may contact [KeeneArtWalk@gmail.com](mailto:KeeneArtWalk@gmail.com).

## Tomato Time!



Ray Young, a harvester at Allen Brothers Farms, tends to the new crop of vine-grown, rainbow sweet cherry tomatoes. By season's end, the popular Westminster, VT, farm will have produced 22,000 pints of this mouth-watering summer treat that boasts a mix of colors and a candy-like sweetness.

## Musical Icon Mavis Staples Performs At The Colonial Theatre Saturday, July 11th



Mavis Staples

Hall of Fame inductee (blues, rock, and gospel), Kennedy Center Honoree, and winner of multiple Grammys, Mavis Staples will take center stage at The Colonial Theatre on Main Street in Keene on Saturday, July 11th at 7 p.m.

Known for hits *I'll Take You There* and *Let's Do It Again*, Staples – the lone surviving member of the Staple Singers and winner of the Lifetime Achievement Award – has spent her life revolved around music, and has collaborated with nearly every major figure, from Dylan to Prince, Aretha, and Willie.

With the album *Freedom Highway*, the Staple Singers created the soundtrack for the 1965 march from Selma to Montgomery. They also opened for Martin Luther King Jr. at his rallies.

For tickets, call 603-352-2033 or visit [www.the-colonial.org](http://www.the-colonial.org).

## Exploring The Region's History With Historical Society Of Cheshire County

Local history is fully on display this year as the Historical Society of Cheshire County (HSCC) will focus on the celebration of America's 250th anniversary.

"Beyond the Battlefield" is a free exhibit at HSCC that will run through July with a focus on the Revolu-

tionary Period in Cheshire County. The historical society is located at 246 Main Street in Keene. While there, check out the Museum Store.

HISTORY, page 12

## Grammy Nominee Jenkins To Perform In Marlborough

Hubby Jenkins, a multi-instrumentalist, historian, and interpreter of American roots music, whose work shines a light on the African American influence at the heart of country, blues, and old time traditions, will perform on Thursday, June 11th at 7 pm, at the Federated Church of Marlborough at 16 Pleasant Street.

Jenkins plays banjo, guitar, and fiddle. He was a core member of the Grammy-award winning Carolina Chocolate Drops, a group known for reclaiming Black string band legacy.

Driven by a deep passion for the cultural roots of American music, Jenkins has built a solo career that bridges performance and education. His shows are rich, soulful journeys through African American musical history – blending spirituals, ragtime, early blues, and folk with stories that underscore the music's historical and social context.

In June 2024, Jenkins appeared at the Country Music Hall of Fame in Nashville to celebrate the release of a groundbreaking CD that documents the role of African Americans in the story of country music. This landmark event was followed by an invitation to perform on the Grand Ole Opry – marking another step in the ongoing recognition of Black artists in American roots genres.

JENKINS, page 13



Hubby Jenkins

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**Leading International Cellist Edward Arron Joins Ashuelot Concerts For Two Concerts**



Internationally-renowned cellist Edward Arron with British musicians Louisa Stonehill and Nicholas Burns.

This weekend, Ashuelot Concerts presents two performances featuring the internationally-renowned cellist Edward Arron and British musicians Louisa Stonehill (violin) and Nicholas Burns (piano). The first performance will be held on Friday, June 5th at 7:30 p.m. at the Bellows Falls Opera House in Bellows Falls, VT. The second performance will be held on Sunday, June 7th at 3 p.m. at The Park Theatre in Jaffrey.

ing Artists in Residence series at the Clark Art Institute. Arron is also an award-winning recording artist whose performances are frequently broadcast on *Performance Today*.

"Edward Arron has a unique gift in the way he connects with the audience," says Ashuelot Concerts Artistic and Program Director Louisa Stonehill. "His music-making is incredibly genuine and soul-stirring. It will be a joy to share the stage with him this weekend."


Arron is celebrated worldwide for the intensity and imagination of his performances. A leading voice in chamber music, this acclaimed cellist performs internationally, appearing at Carnegie Hall, Lincoln Center, Wigmore Hall, and major festivals including Salzburg, Ravinia, Tanglewood, and Mostly Mozart. He tours and records with the Ehnes String Quartet and serves as co-artistic director of the Perform-

"This program features Tchaikovsky's epic Piano Trio in A minor," says Ashuelot Concerts Artistic and Executive Director Nicholas Burns. "It was written to memorialize Tchaikovsky's mentor and close friend, Nikolai Rubinstein, and is an extraordinary piece to experience live."

For more details or tickets, visit [ashuelotconcerts.org](http://ashuelotconcerts.org).

**BUS TRIP**

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[www.shoppernews.com](http://www.shoppernews.com)

**Troy Historical Society Membership Drive**

The Troy Historical Society (THS) invites all residents to attend its Membership Drive on Saturday, June 13th from 10 a.m. to 2 p.m. at Kimball Hall. This is an opportunity to support local history and preserve Troy's heritage.

well as information for newer residents. For those newer residents whose new "old home" is in Troy Village, THS may have the history of the house prepared by the Heritage Commission.

Troy's Boston Post Cane recipients (awarded to the town's oldest residents) will share stories and memories. The event offers the chance to learn more about Troy's history and traditions, as

New member applications will automatically be entered into THS's next raffle. THS has flexible volunteer roles to fit any schedule, big or small.

For more details, contact Kim at 603-209-4922.

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# Art Walk Festivities At The Art Gallery @ Syd's



of the Keene Art Walk footprint. Thirty members of the Monadnock Area Artists will be displaying their works in the windows on St. James Street during Art Walk, beginning Friday, June 5th. The next day, at the conclusion of the Taste of Keene Downtown festival, a grand Champagne Reception (with zero alcohol options) will take place on Saturday, June 6th, from 3 to 4:30 p.m., at the Gallery @ Syd's. The gallery and reception are free and open to the public.

Art Walk participants at Syd's include Susan Beetle, Cheryl Bencivenga, Barbara Berntsen, Dana Carley, Nicole Conroy, Carol Corliss, Deb DeCicco, Sue Doyle, Marylise Reilly-Fajal, Rhonda Hancock, Jen Hinson, Wendi Hulslander, Amy Hussey, Mary Iselin, Robert King, Shirley McLoughlin, Maryann Mullett, Trish Murtha, Ann Newsmith, Sarah Oak, Judy Perry, Linda Singer, Ruth Sterling, Lee Stierhoff, Kayti Sullivan, Gill Truslow, Sterling Vanderhoof, Kevin Whitfield, Alaine Williams, Liz Winchester-Larson, and Mary Wolverton.

"Still Waters," a woodcut by Stoddard artist Susan Beetle, is the signature image for the Monadnock Area Artists Art Walk display at the Gallery @ Syd's windows.

For the first time in over a decade, the Art Gallery @ Syd's is an official part

In addition to the 30 Art Walk exhibitors at Syd's, the ongoing "Lasting Beauty Exhibit" features more than 140 works by 35+ area artists. For more details, visit [MonadnockAreaArtists.org](http://MonadnockAreaArtists.org).

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## Troy's Depot Day Fun Run Is A Run Through History

The annual five-mile Depot Day Run in Troy takes place on Saturday, June 13th. The run starts at 9 a.m. where participants will run the scenic route from Fitzwilliam Depot to Troy Depot. From 10 a.m. to 3 p.m., a family-

friendly event takes place at the Cheshire Railroad Depot in Troy and includes food, vendors, music, and more. Interested runners should register at fitzhistoric.org.

## Monadnock 250th Independence Day Post Parade Performances And Activities

250TH, Continued from page 9

Lots of other activities will be happening down the street including The Colonial Theatre's screening of *The Sandlot* for free at 1 p.m. This is a family-friendly movie about the summer of 1962, when the new kid in town makes friends with local boys who play baseball at the town sandlot, with funny and sweet adventures resulting.

The corner of Davis and Main Streets (the site of Pappas Construction) there will be an Enchanted Animals Petting Zoo. Across the street at City Tire, Doug the Devil-Stick Man and Gavin Key and the Get Down will be performing.

For a map showing event locations, visit [www.monadnock250.com](http://www.monadnock250.com).

## Exploring The Region's History With Historical Society Of Cheshire County

HISTORY, Continued from page 9


Upcoming events include a variety of Tavern Talks on patriots and loyalists, Revolutionary War era lectures, History Tours, Walldog Tours, Hands on History Day Camps for those entering third to fifth grades, part of the downtown Independence Day Celebration, and more.

The popular Wyman Tavern Brew Fest will be held this year on Saturday, August 1st. This event is all about live music, food, and of course, beer.

For more details, call 603-352-1895. Visit [www.hscnh.org](http://www.hscnh.org) for a full schedule and tickets. Events take place at HSCC, Wyman Tavern Museum, and the Bruder House – all located on Main Street.

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- Hands on History Center
- Independence Day Celebration~ July 4th
- Local History Resources
- Revolutionary War Era Lectures
- Exhibits - "Beyond the Battlefield" and "Grounded in History"
- Tavern Talks on Patriots and Loyalists
- Wyman Tavern Brew Fest
- Museum Store



**Historical Society of Cheshire County**  
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**Wyman Tavern Museum**  
 339 Main Street Keene, NH

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# Things To Do In The Monadnock Region

EVENTS, Continued from page 16

## Tuesday, Jun. 9

### FAMILY FUN

**Swamp Bats vs. Upper Valley Nighthawks** 6:30pm. Alumni Field, Arch St., Keene. Snack bar open with a healthy menu. Reading With Ribby – SAU29 and Keene Area Schools Mascot Night. Titos Taco Truck, All About Maple Fried Dough, Bounce Above The Rest Inflatables, Milla's Magic Treasures, Doug the Devil Stick Man. www.swampbats.com.

## Wednesday, Jun. 10

### DINING PLEASURES

**Putney Library and Scott Farm Partner for Crêpe Night Fundraiser** 5:30-7:30pm. Scott Farm Orchard, 707 Kipling Rd, Dummerston, VT. Crêpe Nights are family-friendly gatherings. \$20 p/ticket which comes with a savory supper crêpe (galette), sweet dessert crêpe, and side salad. Drinks are available for purchase. Limited tickets and advanced purchase is required. www.scottfarmvermont.com/crêpe-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. Northshore Navigators** 6:30pm. Alumni Field, Arch St., Keene. Snack bar is 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.

## 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 their caregivers. Amy Kraemer: 603-352-0157. akraemer@keeneh.gov.

### LECTURES & WORKSHOPS

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

## Friday, Jun. 12

### 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 graphic novels, and watch interviews and tutorials from favorite artists. Registration is appreciated. Parker Goodreau: 603-352-0157. pgoodreau@keeneh.gov.

## Saturday, 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/.

### MISCELLANEOUS

**Depot Day Fun Run** 9am-2pm. Run starts at Fitzwilliam Depot at 9. Event is being held at Cheshire Railroad Depot-Troy. Food, vendors, music. Kim: 603-209-4922.

**Walpole Trail Committee Presents: Gear Grab** 9am-1pm. Walpole Town Hall, 34 Elm St., Walpole. Bring your 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.

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

## Thursday, Jun. 18

### MISCELLANEOUS

**Butterfly Release** 3-6pm. Cathedral of the Pines, 10 Hale Rd., Rindge. Release a butterfly in honor or memory of a loved one. 603-352-2253. www.HCSservices.org.

## Friday, Jun. 19

### MISCELLANEOUS

**Butterfly Release** 10am-1pm. Butterfly Park, 320 Marlboro St., Keene. Release a butterfly in honor or memory of a loved one. 603-352-2253. www.HCSservices.org.

## Saturday, Jun. 20

### MISCELLANEOUS

**Butterfly Release** 10am-1pm. Butterfly Park, 320 Marlboro St., Keene. Release a butterfly in honor or memory of a loved one. 603-352-2253. www.HCSservices.org.

## Saturday, Jun. 27

### MISCELLANEOUS

**National Pollinator Week: Pollinator Palooza** 11am-2pm. Ashuelot River Park, West Street, Keene. Afternoon of learning and celebration of pollinators. Activities include: pollinator crafts, native plant potting, shaved ice, local food, and more! Rain or shine. 603-904-3011. info@cheshireconservation.org.

## Grammy Nominee Jenkins To Perform In Marlborough

JENKINS, Continued from page 9

Most recently, in May 2025, Jenkins brought his powerful performance to the New Orleans Jazz & Heritage Festival, where he captivated audiences with his mix of historical storytelling and masterful musicianship.

A native of Brooklyn, NY, Jenkins has performed at venues and festivals across the U.S. and internationally. His press release says that his mission remains clear: to elevate the underrepresented contributions of Black musicians in American history while delivering moving, unforgettable performances rooted in truth and tradition.

Jenkins's appearance in Marlborough is hosted by the Federated Church of Marlborough and partially underwritten by local sponsors. The church has excellent acoustics and is handicap accessible.

The performance is by donation, with a suggested donation of \$10, payable at the door.

For more details or to make a reservation, call 603-876-3863 or email office@federatedchurchmarlborough.org.

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- Waffle Breakfast: 9-11 AM • Farm Animals in the Nursery: 9-12 PM
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- Introduction of our two new Bunny mascots

*"Name the Bunnies" contest will run for one week. Winners announced July 5 (Prize: \$25 gift card)*

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# ENTERTAINMENT

and DINING

## Wednesday, Jun. 3

**ARTS, MUSIC & THEATER**  
**Book Club: The Daughter of Time** 6pm. Conant Public Library, 111 Main St., Winchester. Discuss the classic mystery, "The Daughter of Time" by Josephine Tey. **603-239-4331.**

**FAMILY FUN**  
**Storytime** 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Every week during the month of May. Richmond Public Library: **603-239-6164.**  
**Musical Storytime with Kim Wallach** 10:30-11:15am. The Keene Public Library, 60 Winter St., Keene. Features song, movement, stories and fingerplays. This program is especially designed for preschool and early elementary

age children. Registration requested. Amy Kraemer: **603-352-0157.** akraemer@keenenh.gov.

**MISCELLANEOUS**  
**Home Healthcare Hospice & Community Services: Walk-in Wednesdays-By Appointment** HCS Charlestown, 33 Arborway. Confidential, free of charge discussion of services that are available. **603-352-2253.** www.HCSservices.org.  
**Walk-in Wednesdays** 1-3pm. Family Resource Center at HCS, 312 Marlboro Street, Keene. Confidential, free of charge discussion of services that are available. From Healthy Starts to Hospice care. **603-352-2253.** www.HCSservices.org.  
**Home Healthcare Hospice & Community Services: Walk-in Wednesdays** 1-3pm. HCS Peterborough, 454 Old Street Road Medical Arts Building, Suite 208. Confidential, free of charge discussion of services that are available. **603-352-2253.** www.HCSservices.org.  
**Book Crush - A Romance Reader Group** 6-7pm. Keene Public Library, Miller-Vincent Room, 60 Winter St., Keene. Join for Book Crush, a non-traditional book club for romance readers. Every month will have a theme related to romance tropes, conventions, and subgenres. June's theme is Grumpy/Sunshine. Parker Goodreau: **603-352-0157.** pgoodreau@keenenh.gov.  
**5th Anniversary** 10am-4pm. Homestead Thrift Shop, 221 Main St., Marlborough. Event runs through Saturday, June 6th. Daily drawings & special surprises! **603-876-3415.**  
**Richmond Reminisces** 11am. Richmond Public Library, 19 Winchester Rd., Richmond. These memories will be recorded for future generations to enjoy. Richmond Public Library: **603-239-6164.**

Scott Mullett, Founder • Steve Cady, Director

## KEENE JAZZ ORCHESTRA CONCERT

Featuring: Dan Neville  
 Vibraphonist/Composer  
 & KJO Vocalist Bella Holtz

Sat Jun 6 • 7:30pm  
 Keene Middle School Auditorium

Tickets \$15 Adults, \$12 Seniors, Free admission for students available at [KeeneJazzOrchestra.org](http://KeeneJazzOrchestra.org), Toadstool Keene, Prime Roast & the door

## Thursday, Jun. 4

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

**FAIRS & SALES**  
**Trunk Show** Jaffrey Eye Care, 121 Main St., Jaffrey. Best prices of the year. Discounts on glasses and sunglasses. **603-532-8835.**

**FAMILY FUN**  
**Swamp Bats vs. Danbury Westerners: Opening Night!** 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Milla's Magic Treasures, Doug the Devil Stick Man, Tito's Taco Truck, Bounce Above the Rest Inflatables, 50/50 raffle for a championship ring, Fairy Hair by Jess. www.swampbats.com.

**LECTURES & WORKSHOPS**  
**Medicare Made Easy: Free Monthly "New to Medicare" Workshop** 1-3pm. NH Care Collaborative, 105 Castle Street, Keene. The workshop is available both in person and virtually. Registration is required. Call Kayla: **603-357-1922 ext. 106.** kayla.serviceline@nhcare-c.org.

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

## Friday, Jun. 5

**ARTS, MUSIC & THEATER**  
**Opening Reception: Keep the Vision 2026** 5-6:30pm. Peterborough Town Library, 2 Concord St., Peterborough. A collection of acrylic and watercolor paintings by local artist Jeanne Maguire Thieme. The exhibit will be on view from Friday, June 5th through Thursday, July 30. **603-924-8040.** www.PeterboroughTownLibrary.org.  
**Keene Artwalk: Kickoff Party** 7-9pm. Madame Sherri's Restaurant & Cabaret, 82 Main St. Music by Know Your Program and Gavin Key & The Get Down. **603-354-3377.** www.madamesherri.com.  
**Ashuelot Concerts: Piano Trios by Grieg Tchaikovsky** 7:30pm. Bellows Falls Opera House, VT. Book tickets at [www.ashuelotconcerts.org](http://www.ashuelotconcerts.org).  
**The Roommate** 7:30pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657.** www.edgeensemble.org.

# O' BLUE EYES IS BACK.

PATRICK TOBIN is **SINATRA**

**FRIDAY JUNE 5 7:30PM**

\$30, \$35, \$40  
 (603) 532-8888  
 JAFFREY NH  
 PARKNH.ORG

PARK THEATRE

## TASTES OF THE SEASON

A fundraiser for **Rise for baby and family and the families we serve**

Enjoy a great night for a great cause! **\$50 per person**

**June 10 6-8 pm**  
**Keene Country Club**

Tickets available online, by phone or at the door

Great Food, Great Drink, Raffle Prizes, Fun Surprises!

For more information: **603-357-1395**

# DEPOT DAY FUN RUN

Run Through History!

RUN FROM FITZWILLIAM DEPOT TO TROY DEPOT

**SATURDAY JUNE 13**  
 at the CHESHIRE RAILROAD DEPOT TROY, NH

**5M FUN RUN**  
 STARTS AT 9:00AM

RUN THE SCENIC ROUTE FROM FITZWILLIAM DEPOT TO TROY DEPOT

EVENT INCLUDES: FOOD, VENDORS, MUSIC, AND MORE!

**10:00AM TO 3:00PM**

Fun for the whole family! REGISTER TODAY! [FITZHISTORIC.ORG](http://FITZHISTORIC.ORG)

FOR MORE INFORMATION: [CRRDEPOT@GMAIL.COM](mailto:CRRDEPOT@GMAIL.COM)

## TODDLERFEST

Free fun activities for young children!

**June 6 9 am - noon**  
 Rise for baby and family, 147 Washington St, Keene

Generously sponsored by:

Games, Music, Snacks, Animals to pet, Meet a children's author, Fire Truck Visit (barring fire emergencies)

Held rain or shine

### Meet The Artist: Deb Putnam At Conant Public Library

Conant Public Library will host a reception and conversation with landscape artist Deb Putnam of Northfield, MA, on Wednesday, June 10th, at 6 p.m.

Putnam will discuss her new show, "Expanding Horizons," which will be on display at the library through August.

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

**O' Blue Eyes is Back: Patrick Tobin is Sinatra** 7:30pm. Park Theatre, Jaffrey. \$30/\$35/\$40. 603-532-8888. www.parknh.org.

**FAIRS & SALES**

**Used Book Sale & More** 8am-5pm. Dublin Community Church Hall, Main St., Dublin. Relax and browse with soothing music and a warm beverage. Proceeds benefit local needs.

**FAMILY FUN**

**Keene Art Walk: Opening Day** Downtown Keene. View works of over 100 artists in downtown storefronts. Artist Demonstrations Plein Air Artists on Main St., 11am-2pm. Art displays thru June 14th.

**MISCELLANEOUS**

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

**FAMILY FUN**

**Swamp Bats vs. North Adams Steeplecats** 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. NHD's Super Seniors Dance Troupe, Milla's Magic Treasures, All About Maple Fried Dough. www.swampbats.com.

**Toddlerfest** 9am-12pm. Rise for baby and family, 147 Washington St., Keene. Games, music, snacks, petting zoo, and fire truck visit. Rain or shine.

**LECTURES & WORKSHOPS**

**Drinking Liberally** 1pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. 603-352-1707. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/keene.

**The Nathan E. Cohen Lecture Series Presents: Mystery Solved Identifying Iwo Jima Flag Raisers** 3pm. Congregation Ahavas Achim, 84 Hastings Ave., Keene. With Dr. Richard W. Vorder Bruegge. Free and open to the public. 603-352-6747. www.keenesynagogue.org.

EVENTS, page 16

**Potluck & Dance!**  
**Dance to the Live Music of Nashville Blue**  
June 6 • Potluck 5:30, Dance 7PM  
Monadnock Tri-State Dance Club  
ELMM Hall, Durkee St., Winchester  
\$12, free refreshments, 50/50 Raffle  
All ages. Info: Barbara 603-392-0447

**Saturday, Jun. 6**

**ARTS, MUSIC & THEATER**

**Grand Reception: Art Walk** 3-4:30pm. MAAA Art Gallery at Syd's Carpet & Snooze Room, 43 St. James Street, Keene. 30 Monadnock Area Artists Association members present their works in the windows as part of Art Walk. Inside, the "Lasting Beauty" Exhibit features more than 140 works by 35+ area artists. www.monadnockareaartists.org.  
**Monadnock Tri-State Dance Club** 7-10:30pm. ELMM Community Center, 21 Durkee St., Winchester. Potluck will be held at 5:30 pm. Featuring 'Nashville Blue'. Everyone welcome. \$12. Refreshments available, 50/50 raffle. Barbara: 603-392-0447.

**Keene Jazz Orchestra Concert** 7:30pm. Keene Middle School Auditorium, Maple Ave, Keene. Featuring Dan Neville Vibraphonist/Composer & KJO Vocalist Bella Holtz. \$15/\$12 seniors/free for students. Available at Toadstool Keene, and Prime Roast & at the door.

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

**Randy Miller Live at the Co-op** 11am-1pm. Monadnock Food Co-op, Cafe, 34 Cypress St. Swing by Monadnock Food Co-op's Cafe to enjoy Randy Miller on the fiddle.

**FAIRS & SALES**

**Used Book Sale & More** 8am-5pm. Dublin Community Church Hall, Main St., Dublin. Relax and browse with soothing music and a warm beverage. Proceeds benefit local needs.

**Rindge Town-Wide Yard Sale** 8am-2pm. Advent Lutheran Church, 137 US Route 202, Rindge. Maps available day of sale at nhlutherans@gmail.com.

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

Is matter the only basis for science?  
**Christian Science and its healing proof**

The **Science of God** and its power to heal us

Thursday, June 11 • 7pm  
Monadnock Center, 19 Grove St., Peterborough  
International speaker, Nikki O'Hagan, CS  
Sponsored by First Church of Christ, Scientist, Peterborough

**Humdingers**<sup>®</sup>  
**MINI-GOLF & GRILLE**  
850 Marlboro Rd. (Rt. 101) Keene, NH  
**11AM - 10PM • 7 DAYS**

Hard & Soft Ice Cream • Seafood Baskets  
Poutine • Hot Dogs • Burgers & More

**(603) 352-3222**  
**www.humdingersminigolf.com**

ashuelot concerts  
**Piano Trios by Grieg & Tchaikovsky**

Fri, June 5 - 7:30pm - Bellows Falls Opera House  
Sun, June 7 - 3:00pm - The Park Theatre, Jaffrey

Book Tickets online:  
**ashuelotconcerts.org**

**Homestead Thrift Shop**  
**5<sup>TH</sup> ANNIVERSARY**  
June 3–June 6  
**Daily Drawings & Special Surprises!**

Since June 2021, Homestead Thrift Shop has donated **\$448,689** to 59 local charities and non-profits!

Open Wed.–Fri. 10–4; Sat. 10–2  
221 Main Street, Marlborough  
**603-876-3415**

**MISCELLANEOUS**

**Marlow's America 250 Celebration** Parade, demonstrations, and cannon fire throughout the day. Additional activities throughout the day will include children's games, a performance by the Nelson Town Band, and a community dessert potluck by the Odd Fellows Lodge. The weekend celebration continues on Sunday afternoon with a theatrical performance of Abigail Adams – Liberty and Legacy at Jones Hall. www.marlownhistoricalociety.org/.

**2 SCREENS TWICE THE MOVIES, TWICE THE FUN!**

**Milford DRIVE-IN THEATRE**

**WWW.MILFORDDRIVEIN.COM**

**TROY HISTORICAL SOCIETY**  
**MEMBERSHIP DRIVE**  
SUPPORT LOCAL HISTORY PRESERVE OUR HERITAGE

**SATURDAY, JUNE 13 • 10:00AM • KIMBALL HALL**

**JOIN US FOR:**

- Stories and memories shared by Troy's Boston Post Cane Recipients.
- Learn more about Troy's history and traditions.
- Information for newer residents. Explore flexible volunteer opportunities.
- Newer member applications are automatically entered for our next raffle.

**QUESTIONS? CALL KIM AT (603)209-4922**

**Hubby Jenkins**  
Grammy Nominated Musician  
African/American roots of blues & country music

**Thurs., June 11 • 7 pm**  
Federated Church • 16 Pleasant St., Marlborough

**HANDICAP ACCESSIBLE**

**SUGGESTED DONATION: \$10 PAYABLE AT DOOR**  
Info & reservations 603.876.3863 or office@federatedchurchmarlborough.org

**Upcoming HOME GAMES**  
All Games Start at **6:30 pm** at Alumni Field • Arch Street, Keene  
Snack Bar Open with a Healthy Menu!

**SUMMER CAMPS REGISTER ONLINE**

**THURSDAY, JUNE 4TH - OPENING NIGHT!**  
**VS. DANBURY WESTERNERS**  
Milla's Magic Treasures, Doug the Devil Stick Man, Tito's Taco Truck, Bounce Above The Rest Inflatables, 50/50 raffle for a CHAMPIONSHIP RING, Fairy Hair by Jess.  
Sponsored by *Monadnock Ford*

**SATURDAY, JUNE 6TH**  
**VS. NORTH ADAMS STEEPLCATS**  
Happy Tails Night  
Sponsored by *C+S Wholesale Grocers and Monadnock Humane Society*  
NHD's Super Seniors Dance Troupe, Milla's Magic Treasures, All About Maple Fried Dough

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

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

SEASON PASSES • BATTER UP CLUB PASSES • **www.swampbats.com**

**Summer 2026 A Season of Discovery**

**BASKERVILLE** Comedy Mystery June 17-28  
**DANGER** Thrilling Comedy July 1-12  
**Million Dollar Quartet** Rock n' Roll Musical July 15-26

**PROOF** Poignant Drama July 29-August 9  
**Emma** Romantic Comedy August 12-23

**ALL TICKETS ON SALE NOW!**  
Box Office is open Monday - Friday 10 am - 4 pm  
(603) 924-7585

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PROFESSIONAL THEATRE • EST. 1933  
55 Hadley Rd, Peterborough, NH  
www.peterboroughplayers.org

# Things To Do In The Monadnock Region

EVENTS, Continued from page 15

## Saturday, Jun. 6

### MISCELLANEOUS

**Blood Drive** 9am-1:30pm. Dublin Community Center, 1123 Main St., Dublin. To make an appointment call **800-733-2767**. [www.redcross-blood.org](http://www.redcross-blood.org).

**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](http://www.RedCrossBlood.org).

**5th Anniversary** 10am-2pm. Homestead Thrift Shop, 221 Main St., Marlborough. Event runs through Saturday, June 6th. Daily drawings & special surprises! **603-876-3415**.

**Drop-in Knitting Circle** 10am-12pm. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. Every Saturday during the month of June. Richmond Public Library: **603-239-6164**.

**Yin Lounge Series** 10:30am-12:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. The experience titillates the senses with aroma, touch, beauty, taste, and hearing. Yoga is sensational meaning it uses the senses. Gentle yoga practice leading into yin, followed by a sound bath and concluding with a great herbal tea menu. \$45. **603-762-3129**. [www.vagaro.com/alohakeene](http://www.vagaro.com/alohakeene).

## Sunday, Jun. 7

### ARTS, MUSIC & THEATER

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

**Ashuelot Concerts: Piano Trios by Grieg Tchaikovsky** 3pm. Park Theatre, Jaffrey. Book tickets at [www.ashuelotconcerts.org](http://www.ashuelotconcerts.org).

**Keene Pops Choir: America Thru the Decades Road Trip** 3pm. St. James Episcopal Church, 44 West St., Keene. \$15. [keenepops@gmail.com](mailto:keenepops@gmail.com).

**Art in the Park** 9am-1pm. Main St., Hinsdale. Come check out local artisans presenting & selling their creations. Music, food, and activities for children.

### FAIRS & SALES

**Used Book Sale & More** 1-3pm. Dublin Community Church Hall, Main St., Dublin. Relax and browse with soothing music and a warm beverage. Proceeds benefit local needs.

## Monday, Jun. 8

### LECTURES & WORKSHOPS

**Land Management Practices for New Hampshire Turtles (A Turtle Wildlife Workshop)** 3-5pm. Reservoir Woods, 44 Reservoir Rd, Walpole. Learn about various Turtle habitat management practices on the property, how they support turtle populations, and ways to implement practices on your property. **603-904-3011**. [info@cheshire-conservation.org](mailto:info@cheshire-conservation.org).

**Mindfulness Essentials: Finding Your Center in a Chaotic World** 6-7pm. Harrisville Village Community Center. Engaging 60-minute workshop designed to make mindfulness practical, accessible, and real. \$15.

## Tuesday, Jun. 9

### ARTS, MUSIC & THEATER

**Dearest Blood: A Romance of the Revolution** 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Join local author Jessie Haas as she presents on the process of researching and writing her latest novel, Dearest Blood: A Romance of the Revolution. Free.

EVENTS, page 13

# DINING GUIDE



**Mexico**  
MEXICAN RESTAURANT

OPENS 7 DAYS/WEEK

TACO TUESDAYS!

**ONE FREE DESSERT WITH MINIMUM PURCHASE OF \$60. DINE-IN ONLY.**  
EXPIRES 7/1/26.  
FOR DINE-IN ONLY. NOT VALID WITH ANY OTHER OFFER. LIMIT 1 COUPON PER PARTY OR TABLE.

**1/2 PRICE APPETIZERS - MON-THURS, 3:00PM-5:00PM**

Mexica Mexican Restaurant • 21 Rte. 12 S., Fitzwilliam  
**603-585-2201 • www.mexicanh.com**



**HAPPY HOUR EVERY HOUR** at **PIZZA PIE**

Medium Triple Cheese Pizza **Only \$8**

Add extra toppings for \$1.75 each • Carry Out ONLY

815 Court Street - Keene, NH • **603-357-2500**  
[www.PizzaPieKeene.com](http://www.PizzaPieKeene.com)

**FREE SMALL FRY**  
with purchase of any burger  
Must present coupon. Exp. 6/30/26.

**LOCAL**



82 Main Street, Keene • **603-355-3993** • [localkeene.net](http://localkeene.net)

Join Us for Patio Dining!



**The Arlington Inn & Tavern**  
71 Main St., Winchester, NH - **603-239-4728**  
Hours: Fri. 4-8:30p, Sat. 12-8:30, Sun. 8-8, Mon. & Thurs. 4-8

**NOW OPEN EVERY DAY!**  
**SEAFOOD, BEEF, CHICKEN & MORE!**  
**BRUNCH, LUNCH & DINNER!**

**THE DINNER TABLE**

121 Old Homestead Hwy, North Swanzy **357-2525**  
Sun.-Tues. 7:30 am-3:00 pm  
Wed.-Sat. 7:30 am-8:00 pm

**PIAZZA** Happiness in every scoop!

**NEW SUMMER HOURS!**  
**12-9:30PM**

**NOW OFFERING**  
**Homemade Strawberry Rhubarb Sundaes!**  
Catch us out at the SwampBats Game for a Ribby Rizzy!

830 PARK AVENUE • KEENE  
**603-354-3953**

**MARCO POLO GARDEN**  
Chinese Restaurant & Lounge

OPEN 7 DAYS • **603-357-3464**

**FREE** SMALL PORK FRIED RICE with order of \$40 or more

Total before tax. One coupon per person. Cannot be combined with any other offers. Not valid for delivery. Some terms and conditions may apply. Coupon Expires June 24, 2026.



[marcopolonh.uorder.io](http://marcopolonh.uorder.io) • 601 Main St., Rt. 12, Keene

**14" Cheese Pizza \$8**  
VALID MONDAY JUNE 8, 2026

1 coupon per person • 2 pizzas per Coupon • Excludes Delivery & Gluten Free

**CHESHIRE VILLAGE PIZZA**

9 Ashuelot St. • Keene, NH  
**603-357-4604**

ORDER ONLINE AT:  
[www.cheshirevillagepizza.com](http://www.cheshirevillagepizza.com)

**SENIOR DISCOUNT TUESDAY!**  
15% OFF YOUR ORDER  
\*Age 65+. Cannot be combined with any other discounts. Excludes delivery.

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**MI JALISCO** Restaurante Mexicano

463 West Street, Keene  
**603-354-3123**  
[mijalisco1nh.com](http://mijalisco1nh.com)  
Open Daily

Buy One Lunch or Dinner & Get 2nd OF EQUAL OR LESSER VALUE **FOR HALF PRICE!**  
Must present coupon at time of sale. Offer not valid with any other offer. Must include two drinks. One coupon per party.

# Kick Off The Summer Season With A Great Bucket List

The transition from the end of the school year into the summer break is fast approaching. Summer always seems to go by so quickly, it is easy to realize you never got to do the things that you had planned before the kids are back in school. Creating a list can help you keep the most important family activities at the forefront and help you to find time for those special memory-making activities.

order if you make that trip, because the secret is clearly out.

Another summer favorite is hiking or biking around the area. If you are looking for easier, level ground, there are many old railroad beds that are now great walking or biking paths. For the more adventurous, there are many parks and areas with steeper climbs including our own Mount Monadnock. Just be careful of ticks this year, as I hear they are really prevalent.

It's always fun to explore a local farm in the summer. Stonewall Farm is a great spot for seeing some farm animals. Stuart and John's has a cow barn that is open for visitors. There are also some local spots offering berry picking opportunities. My favorite are the local strawberries that are typically ready in mid-June. There is nothing like fresh, local berries.

This year's Independence Day Celebrations promise to be spectacular in honor of the country's 250th birthday. I still remember the huge parade in Keene for the 200th birthday celebration in 1976. It was an especially hot one that summer. The parade down Main Street in Keene and the gathered crowds were something to behold.

Personally, I'm not a huge fan of camping, but that outdoor activity is loved by many nature enthusiasts. Whether you take your

family to a vacation campground or simply pitch a tent in the backyard, camping can be a great family experience. One part of the camping experience I do love is making s'mores. Whether you do the classic version with Hershey's chocolate bars or something more fancy, s'mores are a delicious, fun, and messy treat that just screams summer.

Growing up, we usually made the s'mores over the charcoal grill after grilling dinner. Those summer backyard barbecues are another must for me each year. One of my favorite things to grill is chicken breasts with Jamaican jerk seasoning. And if you are grilling anyway, toss on a few extra pieces without all the seasoning and you can use them for other meals throughout the week, like chicken salads.

Another great summer activity is water play. Whether you are running through a sprinkler, dipping into a backyard pool, or visiting one of the local lakes or ponds, water play is fun, good exercise, and a great way to stay cool on hot summer days.

I always love to take in a double feature at one of the local drive-in movie theaters. The Northfield Drive-In in Northfield, MA and the Milford Drive-In in Milford, NH are both within driving distance and offer that unique outdoor theater experience. I recall when the Keene Drive-In was open and remember enjoying watching movies in the car with the speaker. Now the sound comes through the

car radio.

Another absolute must for me is to make a day trip (or several) over to the coast. I feel so fortunate to live close enough to the ocean that I can get to the beach in about two hours. I don't think I'd be able to live in a landlocked state where I couldn't just decide to drive to the coastline anytime I wanted.

Now is the time to gather the family to create your own family bucket list. Get your family together to vote on everyone's top three summer activities now so you can start to map out summer plans so the most essential activities don't get missed.

Make this summer about building memories together. Plan activities that are family-focused and promote spending more time outdoors and doing things that encourage collaboration, promote curiosity, and make the most of the summer atmosphere. We live in a unique area that offers a wide variety of fun and entertaining options.

*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. She also has many years of experience teaching in local schools. Send comments to her at The Monadnock Shopper News, P.O. Box 487, Keene, NH 03431.*



One thing that always makes my summer bucket list is hitting some of the seasonal ice cream shops. Some of my favorites include Walpole Creamery and Kimball Farm in Jaffrey. If you are looking for local inspiration for new and fun ice cream shops, check out the New Hampshire Ice Cream Trail brochure. It features 12 shops in the Monadnock Region. It also gives options for other New Hampshire regions if you are looking for a new area to explore. Last year, I discovered Super Secret Ice Cream in the White Mountains Region and I'm eager to go back. Plan for a long wait to



**2026 SWAMPBATS SUMMER CAMP**  
 June 15th-18th & June 22nd-25th  
 Mon.-Thurs. 8:30 AM-Noon • Alumni Field, Keene

Open to Boys & Girls of all ability levels.  
 Little Sluggers: 5 - 8 years old  
 Grand Slammers: 9 - 12 years old  
 \$150/week • \$235/2 weeks  
 Register at [www.SwampBats.com](http://www.SwampBats.com)

**C.A.K.E.** More Than Just Summer Camps  
 a stage for your child to shine!

Choose your own classes in...  
 theatre, music, film, visual arts, dance, cooking, makeup, games, and more!

For kids grades 3-12  
 Weekdays, July 6-30

Sign up for all 4 weeks of C.A.K.E. or all 5 weeks of Cupcake by May 1 to receive early bird discounts!

TUITION ASSISTANCE AND DISCOUNTS AVAILABLE!

**CupCAKE** Summer Camps  
 4 yrs through 3rd Grade

Sign up for single or multiple weeks of camp!

Week 1: June 22 - 25  
 On the Road Again: Fear Cars-inspired theme

Week 2: June 29 - July 3  
 Stars and Stripes: Party in the USA for the 250th anniversary

Week 3: August 3 - 7  
 The Big Red Dog: A musical Clifford collection

Week 4: August 10 - 14  
 Barnyard Polka: Farm frolics and fun

Week 5: August 17 - 21  
 City Mouse, Country Mouse: based on the classic fable

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# Reveling In Resilience

Here's a challenge for those of us who have already begun reaping the magical benefits of an increasingly diverse home landscape – e.g. seeing new fireflies, hearing spring peepers and toads singing, watching more birds visit, discovering more butterflies, seeing a favorite native plant come back in spring – all at home. These wonderful events, along with knowing that there are tens of thousands of other people doing the same (see [homegrownnation-alk.org](http://homegrownnation-alk.org)), make my life more meaningful. Maybe they do this for you as well? If so, in this crazy time, we can take these personal and ecological accomplishments up a notch. Here are several ways to build on your successes to date.

**Home Compost**  
 Yes, I know it can be messy and feel complicated to create compost. I have an admittedly yucky worm bin in the basement and two, more fun, rotating composters outside. But, don't discount the plain old black square, plastic compost bins that your community might sell you for almost nothing. Really, if you're not in a rush, many of us in small households can simply keep tossing our kitchen scraps into this non-glamorous container at the back of our yards, with some occasional leaves, for many years. For example, last year when I decided to create a new planter for garlic out of a stock tank (<https://tinyurl.com/2t2ua47n>), it was the contents of my own square, black compost bin sitting in the back of my garden for years that provided wonderful, rich soil for this new planter. Now, as an aside, I also created a base layer of firewood to decompose over time to create more organic material. This is a terrific permaculture method for, in time, holding more moisture in the soil and enhancing nutrient availability/uptake.

However, back to my original point, this on-site soil source from the basic black bin meant that I did not have to buy and haul around many plastic bags of indeterminate-quality gardening soil. Now, it's true that you can get more complicated with your composting, but simply keeping food scraps out of our landfills is a valuable accomplishment.

**Harvesting Winter Seed Starts**  
 This is the time of year when the new plant sprouts we seeded in our gallon containers last winter are really beginning to grow. Sometimes we

even begin to realize, whoa! There are so many tiny sprouts of whatever we chose that are now looking for new places to grow into their mature sizes and forms. I transplant these tiny plants temporarily into leftover plastic annual six-packs or dixie cups as fun gifts. They reduce friends' need to buy plants in



Jingle Cat and Texas Toad chose their favorite rain barrel for the day's joint lounging session at Healthy Home Habitats' demonstration garden, 25 Beech Street, in Keene

new plastic pots from big box stores that grow with poisonous chemicals and ship cross country.

**Rain Barrels**  
 I find the adventure of a thrifty rain barrel set-up to be both a never-ending challenge as well as satisfying. I'm not saying that it's easy. But it can be a low cost project and great fun. Contact me for a free copy of the *Residential Rain Harvesting* resource sheet I recently updated for a workshop with

## Woods and Gardens

with Michele Chalice



the Fitzwilliam Garden Club. There's something absolutely wonderful about not paying for purified water that we'd like to use in our gardens. 'Tis the season for enjoying the delights of an ecologically diverse home landscape – watching more wildlife and anticipating the many colors of the blooms that will sprout from the variety of different textures that are popping up all over your landscape. Adding the benefits of these three additional energy and resource efficiency strategies can be the "icing" on a great cake! Let me know if I can be of help.

*Michele Chalice is an Environmental Landscape Educator & Designer;*

## "The Science Of God And Its Power To Heal Us" Talk June 11th

SCIENCE, Continued from page 5

O'Hagan, now a long-time practitioner of Christian Science healing, and international speaker, will offer an introduction to Christian Science in her talk, "The Science of God and its power to heal us."

She will explain why it is both Christian and scientific, and why anyone can practice it. Including first-hand healing examples, her talk will focus on the healing rules and laws found in the Holy Bible, especially in Christ Jesus' life and teachings. This science is fully explained in *Science and Health with Key to the Scriptures*, published 150 years ago by the founder of the Christian Science movement, New Hampshire native

Mary Baker Eddy. People around the world continue to follow Christ Jesus in this practice of Christianity, experiencing healings of physical ills and personal difficulties.

O'Hagan has been a Christian Science practitioner for many years, daily helping people through this scientific approach to prayer. From County Kildare, Ireland, she travels to audiences around the world as a member of the Christian Science Board of Lectureship.

For more details, contact Marsha Whitney, member of First Church of Christ, Scientist, at 603-563-8067 or email her at [moowhitney3@gmail.com](mailto:moowhitney3@gmail.com).



Nikki O'Hagan

[michele@healthyhomehabitats.com](mailto:michele@healthyhomehabitats.com). For more DIY Eco Landscaping tips, check out @HealthyHomeHabitats on FB & IG, or come to the monthly "Ask an EcoGardener" workshop at the same location. They're held the last Sunday of every month, 1 to 2 p.m. Fee by donation. Tour the demonstration gardens to see what's in bloom. Chalice answers questions and explores a DIY Eco Landscaping topic. Participants always leave with a plant division and lots of ecolandscaping tips.

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**CELEBRATING LOCAL ARTISTS**

## AARP: Vigilance Against Cybercrime At Chesterfield Public Library

The Chesterfield Public Library will host an AARP cybercrime awareness workshop on Wednesday, June 10th, from 1:30 to 2:30 p.m.

The free workshop will cover how to stay safe on social media and when shopping and banking online, as well as how to recognize and avoid common scams.

Registration is requested. For more details, contact the Chesterfield Public Library at [frontdesk@chesterfieldlibrary.org](mailto:frontdesk@chesterfieldlibrary.org) or 603-363-4621.

## Dance Features "Nashville Blue," Potluck Planned

Monadnock Tri-State Dance Club will hold a dance on Saturday, June 6th from 7 to 10:30 p.m. at ELM Memorial Community Center at 21 Durkee Street in Winchester.

A potluck will be held at 5:30 p.m. 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.

## Used Book Sale And More At Dublin Community Church

The Dublin Community Church will host a three-day used book sale Friday, June 5th, through Sunday, June 7th, in the church hall.

Hours are 8 a.m. to 5 p.m. on Friday and Saturday, and 1 to 3 p.m. on Sunday. In addition to books, the sale may feature old maps, games, music,

movies, calendars, and puzzles. Proceeds benefit local needs. Shoppers are invited to browse at their leisure with soothing music and a warm beverage.

Book donations for the semiannual sales may be dropped off in the shed east of the church. Pickup can be arranged by calling 603-831-1360.

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Art for Life	Luke Richards/Marshall Feldman	Keene on Cookies	Sary Lyster
ArtCade	Chris McKee/Waren Gagne	La Pêche Lingerie	Lela Duensas/Candace Hardy
Art Gallery @Syds	Monadnock Area Artists Association	Life Is Sweet	Spencer Fisher/Sue Welles
Bad Mama Bear	Tammi Lannon	Local Burger	Tristan Bridges/Monadnock Middle School/Keene High School
Beeze Trees	Fiona Fitzpatrick	Mageolia on Main	Liz Dinswitzer/Rafi Benzenman/Tony Robell
Birdies	Alton Rodriguez/Tonya Coleman-Donsobedian/Emily Rosoman/Jak Thomas	Mirandas on Main	Erika Radich/Shannon Bender/Greeta Ramsey
Black Cloud Brewing	Liz Gallacher/Kali Zaffino	More	Mary Helen/Anne Ward
Brewbaker's Cafe	Alex Roberts	Mon Amie	Forest Benavenga
City Barber	Nevens Solomon	Monadnock Shutter and Shade	Pete Jahn/Curtis McGill
City Hall	Dana Carley	Ottin	Izzy Rock/Amanda Hall
Clark Mortenson Insurance	Tammy Boudreau	Prime Roast	Marcy Schepker
Colonial Theatre	Gathering Waters Charter School	Puggy's	Alex Parsons
Comic Boom	Sunny Village Charter School	Quench and Gold	Kathleen O'Donnell
Earl More Cake	Amy Horney/Stacia Castonguay	Rymes Propane & Oil, Inc.	Michael Miller
Edward Jones (Central Square)	Bob England/Markus Arter	Shadow & Soul Emporium	Kari Post/Laura Moutana/Jasmine Carroll
Edward Jones (Lower Main)	Nancy Howard	Synergy	Ruth Sterling
Everglow Wellness	Jennifer Hebert Ward	Teds Shoe and Sport	Jason Arrow
Financial Solutions	Eileen Dull	The Post House	Molly Fietzler/Granite Valley Prep/Katie Carbonara
Good Fortune	Bethany Radloff	The Stage Restaurant	Katie Melanson
Green Energy Solutions	Covenant Living	Toadstool	Saint Joseph Regional School/Keene Middle School
Greenwald Realty	Deborah Lloyd Kaufman	Urban Exchange	Paola Darmstad
Honey Hair Extension Studio	Anne Decrista/Suzanne Krutzmann	Wicked Glass	Shannon O'Connell
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# Understanding Medical Cannabis

Medical cannabis has moved from the shadows into open conversation. Federal rules around cannabis are changing in important ways. Knowing what medical cannabis is, and what the new federal scheduling means, can help patients and families make more informed choices.

Medical cannabis refers to products made from the cannabis plant that are used to treat health conditions, ideally under medical guidance. These can include dried flower, oils, tinctures, oral forms like gummies, capsules, and other forms sold through licensed medical programs. They usually contain THC (the component that can cause a "high") and CBD (which may have calming or anti-inflammatory effects), in different ratios, along with various natural terpenes, the essential oils that give different strains unique fragrance and therapeutic properties. Unlike recreational use, medical cannabis is meant to be guided by a health professional and tailored to a person's symptoms and medical history.

For decades, federal law placed cannabis in Schedule I, the strictest category of controlled substances reserved for drugs considered highly addictive and without accepted medical use. That made research difficult and left patients and clinicians in a legal gray zone. After reviewing scientific evidence and state-level experience, federal agencies have now moved state-legal medical cannabis to Schedule III of the Controlled Substances Act.

**Healing Perspectives**  
 with Nadine Laughlin



Schedule III means the federal government now acknowledges that cannabis has medical value and a lower relative risk than the most tightly controlled drugs, while still recognizing that it can be misused and needs regulation. The change does not legalize all cannabis use or turn it into an ordinary prescription, but it should make research easier and reduce some stigma for patients who are using it responsibly under medical guidance.

In 2025, there were 16,846 patients with registration through the New Hampshire Therapeutic Cannabis Program. Patients with qualifying medical conditions can apply for a registry card with the help of their health care provider, and purchase products from a medical dispensary, called Alternative Treatment Centers.

Low doses with a combination of THC and CBD can be safe, gentle and non-impairing when

used medically. Common reasons people here seek medical cannabis include chronic pain, cancer-related symptoms, Parkinson's Disease, Multiple Sclerosis, and conditions such as PTSD and Generalized Anxiety Disorder. Some patients report that cannabis helps them reduce or avoid pain medications, sleep medications, or anti-anxiety drugs that cause difficult side effects. Research is strongest for chronic pain, chemotherapy-related nausea, and certain neurological conditions, with growing evidence for anxiety, PTSD, and insomnia.

As medical cannabis becomes more accepted, the question is turning from "Should we allow it?" to "How do we use it wisely?" That starts with honest communication. Many people still feel nervous about telling their primary care provider or specialist that they use or are interested in cannabis, worried about being judged.

In a good treatment plan, medical cannabis is one tool among many, not the only answer. A person with chronic back pain might use a small dose at night to ease pain and improve sleep while still doing physical therapy and exercise. Someone undergoing chemotherapy might add a carefully chosen product to control nausea, in addition to standard anti-nausea medications.

Cannabis is not risk-free. It can impair driving and reaction time, affect short-term memory, and worsen some mental health conditions, especially at high doses or with long-term heavy use. It is not recommended for adolescents except in very specific, closely monitored situations. Adults with heart disease, serious mental illness, or a history of substance use disorder should approach cannabis with the same caution they would bring to any other medication.

For New Hampshire residents considering medical cannabis, a good first step is education. Learn about THC and CBD, different methods of use, and the rules of our state program. Then talk openly with your healthcare provider about your symptoms and your interest in cannabis. Used thoughtfully, medical cannabis is not a miracle cure and not a villain – it is one possible option that works best with good information; thoughtful, personalized use; monitoring; and honest conversation.

*Nadine Laughlin, APRN can be found at Monadnock Mind Body Medicine in Keene, NH.*

## Yin Lounge At Aloha This Saturday, June 6th



Misty Dawn, one of the leaders, is an herbalist/yoga teacher.

Aloha, on Court Street in Keene, has begun to offer a Yin Lounge series. The next one will be Saturday, June 6th from 10:30 a.m. to 12:30 p.m. Attendees can relax with a circle of woman who practice leisure living. These practices are all invitations to be present, to enjoy and luxuriate in the present moment. The experience titillates the senses with aroma, touch, beauty, taste, and hearing. Yoga is sensual, meaning it uses the senses. The event will begin with a gentle yoga practice leading into yin, followed by a sound bath and concluding with an herbal tea menu.

Register at [vagaroo.com/alohakeene](http://vagaroo.com/alohakeene) or call 603-762-3129. The cost is \$45.

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# Comforting Foods For Rainy Days

“Learn how to cook... try new recipes, learn from your mistakes, be fearless, and above all have fun!”  
— Julia Child

Cloudy skies and rainy days are the perfect time for cooking foods that are comforting and simple to make. I read a brief poll somewhere that suggested the five great comfort foods on a rainy day are French fries, pancakes, tacos, cheese burgers, and grilled cheese sandwiches. What do you feel like cooking on a day when the atmospheric pressure is low and your spirits are just as low? Perhaps you are with the polled group in your choice of food; or maybe you'd like a simple oven-roast surrounded by a few vegetables; simple puddings, crisps, and pies are certainly in the mix of choices; or just grab a cookbook and see what appeals to both your spirit and appetite. Of course, you don't have to save these recipe ideas only for a rainy day.



## Chicken and Broccoli Burritos

This is a simple and delicious recipe sure to please those who love burritos. Makes six to eight burritos.

- Ingredients:**  
 2 cups cooked chicken, chopped  
 1 cup broccoli, chopped  
 1/2 cup sweet red pepper, chopped  
 1 clove garlic, minced  
 1 cup shredded cheddar cheese  
 1/4 cup mayonnaise  
 1/4 cup sour cream  
 1 teaspoon dill weed  
 1/4 teaspoon dried red pepper flakes  
 6-8 flour tortillas  
 salsa and sour cream, optional

In medium bowl, combine all ingredients except tortillas; mix well to blend. Spoon some of mixture along edge of each tortilla and roll up to make the burritos. Place seam side down in a shallow baking dish. Bake, covered in 350 degree oven until heated through, about 25 to 30 minutes. Serve with salsa and sour cream if desired.

## Potato Pudding

Adapted from *The Country Kitchen Cook Book* by Edward Harris Heth, this recipe was a favorite at church suppers in the 1970s, and a pleasant change from potato salad. It is equally good today on the picnic table or at home beside a platter of cold meats.

Directions: Coarsely grate 2 cups of raw baking potatoes, 1 cup of onions and 1 cup of carrots. In a bowl, mix these together with salt and pepper as desired, and 2 tablespoons heavy cream. Pile the pudding into a covered, buttered two-quart casserole dish and liberally dot with butter throughout. Bake, covered, in 350 degree oven for 45 minutes to 1 hour, until vegetables are done and a golden crust has formed; uncover near the end to brown, if needed.

## Oven-Baked Omelet

No need to stand over omelets and flip them when ready. This protein-filled light meal for lunch or dinner is a long-time favorite that will feed three or four; nice with salad.

- Ingredients:**  
 6 large eggs  
 1/2 cup cottage cheese  
 1/2 cup sour cream  
 1/2 cup medium or hot salsa (your choice)  
 1 1/2 cups shredded cheddar or Monterey Jack cheese  
 1/4 cup freshly grated Parmesan cheese (optional)

Lightly coat a nine-inch pie pan with non-stick spray. In medium bowl, whip eggs. Add cottage cheese and sour cream; season with salt and pepper. Spread salsa over bottom of pie pan; sprinkle on cheese. Pour on egg mixture. Sprinkle with Parmesan cheese, if desired. Bake in preheated 350 degree oven for 45 minutes; serve hot or at room temperature. Variations: Add cooked diced ham, shrimp, sautéed peppers, or pre-steamed broccoli florets.

## Shrimp and Peas with Pasta

A quick, tasty meal that's ready to eat in about 15 minutes.

- Ingredients:**  
 spaghetti, linguine, or angel hair pasta, enough for

- 2 or 3 servings  
 2 tablespoons olive oil  
 1/2 to 3/4 lb. shrimp, peeled  
 1 cup whipping cream  
 1 tablespoon ketchup  
 1 tablespoon curry powder, more or less to taste  
 1/2 red bell pepper, diced  
 1 cup fresh peas, or frozen (rinsed in hot water and drained)

Cook pasta. Meanwhile, sauté shrimp in olive oil for two to three minutes in large sauté pan. Pour in cream; stir in ketchup and curry and bring to a slow simmer. Add diced red pepper and peas; cook two to three minutes. Drain pasta well and add to cream mixture; stir and heat through.

## Chocolate Chess Pie

If you're craving the comfort of chocolate, this quickly prepared and baked pie will fit the bill. If any pie is left over, an unlikely happenstance, keep it refrigerated. Take note of the size of the evaporated milk (5 oz. can) used in this recipe.

- Ingredients:**  
 1 (9-inch) pie shell, unbaked (your own or purchased)  
 1 cup sugar  
 3 tablespoons unsweetened cocoa powder  
 1/4 cup butter, melted  
 2 large eggs  
 1 small (5-ounce) can evaporated milk  
 1 teaspoon vanilla  
 whipping cream or frozen whipped topping

In mixing bowl, combine sugar and cocoa. Add butter; stir well to blend. Add eggs; beat well with electric mixer about five minutes. Add evaporated milk and vanilla. Pour into pie shell. Bake in preheated 350 degree oven for 35 to 45 minutes. Cool on rack; serve with whipped cream.

## A Different Apple Crisp

Pour on some heavy cream and serve these crusted apples warm with ham or sausages for breakfast. Or whip cream to top them for dessert. Yum either way!

- Ingredients:**  
 6 tart, firm apples (like Granny Smiths)  
 2 tablespoons sugar  
 1/4 teaspoon cinnamon (optional)  
 1 cup flour  
 1/4 cup brown sugar  
 1/2 cup cold butter, cut into chunks  
 heavy cream for pouring or whipping

Pare apples; cut each into eight segments, removing core and seeds. Place the apple pieces closely together in a buttered 8x12-inch pan. In a bowl, mix together the sugar and cinnamon; if using, sprinkle this over the apples. In the bowl, combine flour and brown sugar and with your fingers, rub in the butter chunks until it is of a crumbly texture. Spread the flour mixture over apples and pat firm. Bake in 450 degree oven one half hour, or until apples are tender.



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**Keene Jazz Orchestra  
Holds Spring Concert**

**JAZZ, Continued from page 5**

Fronting the band is acclaimed Keene vocalist Bella Holtz, performing the music of Ella Fitzgerald, Natalie Cole, and more. This concert program includes a mix of classic and contemporary big band classics including the music of Buddy Rich, Count Basie, Pat Methany, Charlie Barnet, Frank Loesser, Artie Shaw, and guest Dan Neville. Keene Jazz Orchestra is a 17-piece band composed of the Monadnock region's finest instrumentalists, educators, and students, and boasts a résumé of performances and collaborations with some of the greatest living performers and repertoire in big band music. The orchestra operates under the musical direction of founding member and bassist Steve Cady, who directs Jazz Ensembles at Keene State College, is the Performing Arts Chair at Vermont Academy, and performs and teaches regionally as a bassist and music educator. Tickets are available at Toadstool Bookshop and Prime Roast in Keene, as well as online at www.keenejazzorchestra.org. Tickets will also be available at the door that evening. Students, under age 21, attend for free.

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DAN BULLOCK

**Former FBI Imaging Specialist To Speak On  
How Iwo Jima Flag Raisers Were Identified**

**LECTURE, Continued from page 1**

In this lecture, Vorder Bruegge will show how advanced forensic science, modern photo analysis, and amateur historical research finally corrected the historical record. Attendees will learn about the photographic comparison techniques used by forensic experts to identify the flag-raisers years after the conclusion of World War II. "We are incredibly honored to welcome Richard Vorder Bruegge to share his unique expertise with the Monadnock region," said Rabbi Daniel Aronson of Congregation Ahavas Achim. "This event bridges the gap between monumental American history and cutting-edge forensic science, offering our community a rare, insider look at how modern technology can solve mysteries of the past." Vorder Bruegge was chief image advisor for the FBI until he retired in 2024. He guided the development of image and video analytic technologies deployed by the Bureau in criminal investigations and intelligence operations, including facial recogni-

tion technology (FRT) and synthetic media (e.g., "Deepfakes") detection. He served as the Bureau's lead subject matter expert in FRT and led the Bureau and Department of Justice in developing their policies for the use of FRT. In 1990, Vorder Bruegge started working as a contractor for NASA and the Department of Defense in developing robotic spacecraft missions to explore the solar system. In 1995 he joined the FBI as a forensic examiner and over the course of his career he conducted thousands of examinations of image and video evidence for investigations including 9/11, the Boston Marathon Bombing, the Space Shuttle Columbia disaster, and the January 6th, 2021 riot at the U.S. Capitol. Vorder Bruegge is a three-time graduate of Brown University in Providence, RI, with a Bachelor's degree in Engineering (1985) and a Masters (1987) and PhD (1991) in Geological Sciences. Today he is the Director of ForensicVB LLC, a firm that offers consulting services in biometrics and



Retired FBI Imaging Specialist Richard Vorder Bruegge

multimedia forensics. The presentation is part of Congregation Ahavas Achim's Nathan E. Cohen Lecture Series.

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 -Aesop

The mission of Shelter From The Storm is to provide transitional housing & support programs for the homeless.

45 Knight Street • PO Box 257  
 Jaffrey, NH 03452

For more information call 603-532-8222

[sftsnh@gmail.com](mailto:sftsnh@gmail.com) • [www.shelterfromthestormnh.org](http://www.shelterfromthestormnh.org)

**THE Friendship and Giggles PLACE**

Keene Family YMCA  
[keeneymca.org](http://keeneymca.org)


**HELP MONADNOCK COMMUNITY EARLY LEARNING CENTER REACH OUR \$10,000 GOAL!**

Join us for this 24-hour fundraising event starting Tuesday, June 9 at 5 p.m.

We are raising funds to replace aging classroom doors and install durable new flooring to ensure a safer, healthier environment for our children.

**YOUR SUPPORT IS A DIRECT INVESTMENT IN THEIR FUTURE. EVERY DONATION MAKES AN IMPACT.**

Please contribute at <https://mtyc.co/pp9ukf> and help us build a better space for our students!



**MONADNOCK COMMUNITY EARLY LEARNING CENTER**  
 5 COMMUNITY LANE, PETERBOROUGH  
 603-532-6021 • [MCELC.COM](http://MCELC.COM)



**COMMUNITY VOLUNTEER TRANSPORTATION COMPANY**

Helping our neighbors in the Monadnock Region stay healthy and independent one ride at a time.

CVTC provides rides to non-emergency medical appts, grocery store, pharmacy, bank, and post office. Now, we need YOUR HELP more than ever:

- Sponsor a Ride: \$25 donation sponsors one ride, helping your neighbor stay healthy and continue to live independently
- Become a Driver: Give us a call if you have time to support our community by driving those with transportation needs to the local store, Dr's office, or pharmacy
- Tell a Friend: Know someone who needs assistance with these transit needs or someone who may be able to help by driving or donating?

Give the gift of mobility, by driving or donating today.

Interested in getting a ride OR giving a ride?

Call us at (603) 821-0569 or visit us at [www.cvtc-nh.org](http://www.cvtc-nh.org)



**SAVE THE DATE**  
 SUPPORT US & GIVE ON JUNE 9 & 10  
 PPH GIVES

Honor - Celebrate - Reflect

**MAKE A DIFFERENCE — however you choose to GIVE!**



**VOLUNTEER**

We ADAPT and Volunteer!  
 Areas of Interest: Gardening, Hiking Trails & Gift Shop!



**DONATE**

Your annual donation is MOST impactful! This gift strengthens our programming for seniors & their families as well as conservation education and senior activities!



**SHARE / LIKE / FOLLOW**

Let People Know About Us & Stay Informed with Upcoming Programs & Events online!

[www.nhgives.org/organization/cathedral-of-the-pines-nhg](http://www.nhgives.org/organization/cathedral-of-the-pines-nhg)

(603) 899-0300 10 Hale Hill Rd. Rindge NH 03461 501(c)(3) Tax ID: 02-0238221



**MEALS ON WHEELS**

Home Healthcare Hospice & Community Services



**\$50 provides a week of meals for a homebound senior in your community**

[HCSservices.org/nhgives](http://HCSservices.org/nhgives) or text **MealsonWheelsHCS** to 844-844-6844

**NH GIVES**