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SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / July 22-28, 2026



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Come In For Your Color Therapy



Sieglinde Joyce (L) and Jami Macri (R) take a break to enjoy the moment at Maple Hill Nursery & Greenhouses. It's not too late to fill in or start your garden. The greenhouse is full of colorful annuals and hanging planters. The nursery has everything from pollinator plants to fruit trees, bushes and shrubs, and trees. Maple Hill Nursery & Greenhouses is located on Route 10 South in Swansey and open every day. For more details, call 603-357-2555 or visit www.maplehillnursery.com.

(Photo by Marilyn Weir)

2026 J Field Foundation Golf Tournament In Full Swing At Crotched Mountain, \$10,000 Hole In One Prize

The 2026 J Field Foundation Charity Golf Tournament will be held on Friday, August 14th at Crotched Mountain Golf Course at 740 2nd New Hampshire Turnpike North in Franconia with a 9 a.m. shotgun start. This charity tournament supports veterans and youth living with traumatic brain injuries.

The event includes a \$10,000 hole in one contest, 18 holes of golf, lunch, drinks, prizes, raffles, and more. Participants can sign up as a foursome for \$450 or solo to be paired with others for \$125.

For more details or to sign up, visit www.jenniferfield.org/golf-tournament.

Historical Sites In Jaffrey Center Is Focus This Summer

Historical Sites in Jaffrey Center will be the focus on Saturdays and Sundays through August 30th.

The Little Red Schoolhouse in Jaffrey (next to the Jaffrey Center Meetinghouse on Route 124) will be open for touring from 2 to 4 p.m. Other historical sites

include the Old Burial Grounds that dates back to the Revolutionary War Days, and just around the corner at 39 Thorndike Pond Road is the Melville Academy built in 1833. These sites are free to the public.

Ripken Reese Night At Alumni Field In Keene This Saturday, July 25th

In 2025, the Keene SwampBats finished its season 38-12 between the regular season and the playoffs – the most wins of any New England Collegiate Baseball (NECBL) team in a single season. Through a huge team effort, the SwampBats ended up securing its sixth NECBL Championship.

In the spotlight that season was Kent State University's Ripken Reese, who became the hero of a heart-stopping comeback for the SwampBats. In Game 1 of the Championship Series, he hit a grand slam to center field making this local team victorious. Then, in Game 2, home runs were the name of the game by Reese in the sixth and seventh innings, helping to secure the SwampBats' NECBL Championship.

A special night honoring Ripken Reese will be held on Saturday, July 25th at the SwampBats versus Sanford Mainers game, which starts at 6:30 p.m. Reese will be on hand to sign autographs and baseballs. Ripken Reese baseball cards will be available courtesy of the Luxury Box Photo Booth. There will also be limited edition Ripken Reese merchandise available.



Ripken Reese from Keene SwampBats 2025 season.

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Jarrod Zieba checks the voltage on a heat pump water heater.

By Lori Catozzi Cook

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ZIEBA, page 12

SuperHero SpotLight Recognizes The Hero At Home This Month

Stark Level Solutions and *The Monadnock Shopper News* congratulate the SuperHero this month: the hero at home, you!

“At Stark Level Solutions, we believe a hero is not always someone standing in the spotlight. Sometimes a hero is the person who works long hours, fixes what is broken, protects what matters, and gives everything they have so the people around them can feel safe, supported, and loved,” says Jeremy Shepard of Stark Level

Solutions. “Because a better home, a stronger family, and a stronger country all begin with people who care enough to keep building – from the inside out.”

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

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Summer Home Improvement... 7-14

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Matt DeGrosky, owner of Monadnock Shutter & Shade, with his granddaughter, Isabella Berk, admiring a solar Roller Shade that features a painting by Marlborough, NH, artist Mary Iselin.



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WINDOW TREATMENTS

Dodo Music To Open On Main Street Keene

Danny Kamps (pictured) has always been a music fan. Growing up in Westmoreland, in 2001 he started going to Turn It Up on Main Street in Keene to buy vinyl records while he was in high school.

"The first two records I bought were Willie and the Poorboys by Creedence Clearwater Revival and Aqualung by Jethro Tull," says Kamps.

As a true audiophile, he is genuinely curious when it comes to hearing something new. "Other bands/artists that really got me excited to buy records when I was younger were Yes, King Crimson, Weather Report, Return to Forever, Black Sabbath, and Miles Davis."



Kamps will admit that he used to buy a lot of progressive rock and fusion, but his tastes have broadened into many genres. "Today I get just as excited about banjos as I do about synthesizers," he says, keeping the focus on the actual music instead of the genre.

As an active musician for almost 30 years, and after a career in public and higher education, he decided he needed to do something related to music – something that would bring back the community aspect of a local music store.

"I really want to encourage discovery and the joy of finding something new," says Kamps. "I love making recommendations and talking about music, and I've already had so many great conversations with folks about records since I started buying stock about six months ago. It showed me that people are eager to share their musical memories when given an opportunity."

And thus, Dodo Music was born, which will hold its Grand Opening on Saturday, July 25th. Why the name Dodo? "I honestly just love birds and Dodos specifically. It also ties into the idea of preserving things while they're around so they don't become extinct."

Knowing that record stores can sometimes feel exclusive, Kamps wants everyone to feel welcome in his shop, confident that they may find the music that truly excites them. In the future, he may expand into stereo equipment and other supplies, but for now it's all about the music, no matter the genre.

Dodo Music is located at 20 Main Street (between Birdies and Shadow & Soul) on the second floor, Suite #2. For more details, call 603-354-3469 or email danny@dodomusicnh.com.

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Five Summertime Hands-On Activities

Summer is the perfect time to add hands-on activities and experiments to your outdoor fun. Here are five fun summer activities to do with the kids, with youth or scouting groups, or whatever the occasion. Note: Parental help may be needed with some of these experiments.

Monadnock Family

with Lori Catozzi Cook



Seashell Crystal Creations
You can create crystals on just about anything, but this is how you create them on seashells – like clam, mussel, or oyster half shells: Wash and completely dry the shells you want to use. For a better grip, brush the inside of the shells with a little glue and sprinkle dry Borax powder over the glue.
For the crystal solution, bring one cup of water to just shy of the boiling point. Slowly stir in three tablespoons of Borax, continuing until fully dissolved. At this point, you can stir in drops of food coloring if you want. Carefully pour the hot crystal solution into the shell until it almost reaches the rim. Leave it in a place where it won't be disturbed. Once the water cools, the Borax will form crystals. Allow these to grow for 24 hours before pouring the solution out of the shells. Let them air dry for a couple of hours, and you have your seashell crystal creations!

Tornado in a Bottle
To make a tornado in a bottle, you'll need two identical clear plastic bottles with caps (a water bottle is perfect for this experiment), glitter, food coloring, dish soap, washers (approximately the size of the openings of the bottles, and duct tape.
Fill one bottle three-quarters full of water. Add a squirt of dish soap, a few drops of food coloring, and a pinch of glitter. Place the washer on top of the bottle's opening and then put the second (empty) bottle upside down on top of the washer so the two bottle necks are aligned. Using duct tape, secure the two bottles and washer together to prevent leaks.
Quickly flip the bottles so that the bottle with water is at the top, making the water swirl in a circular motion once flipped over. Place the bottom of the empty bottle on a flat surface and observe the tornado in a bottle – picking up the glitter and moving it around in a circular path before dumping it into the bottom bottle. See how many examples of this circular motion that the kids can come up with (merry-go-round, washing machine, etc.).

Glow-in-the-Dark Jar
Let the kids build a "night sky" in a mason jar that they can watch at night. Start with a layer of fluffed-out cotton balls on the bottom of the jar. In a small bowl, stir some glow-in-the-dark paint with a splash of water. You want the paint to be smooth but slightly runny. Drizzle a small amount of thinned-out paint on the cotton balls. Sprinkle a pinch of glitter over that layer.

Repeat this process until the layers reach the top of the jar. Seal the jar and put it in a very sunny place or under a bright light to "charge." When night falls, your night sky will come alive!

Ice Cream in a Bag
The answer to a hot summer day just might be ice cream in a bag! This recipe is for one serving. You'll need one cup of half-and-half, two tbsp. granulated sugar, one-half tsp. vanilla extract (change the extract if wanting something other than vanilla), one-third cup kosher salt, and three cups of ice. In a medium resealable bag, add your half-and-half, sugar, and extract together. Before sealing this bag, make sure to push out all of the excess air. Then, grab a large (five-gallon) resealable bag to put the ice and salt into. The ice/salt combo will lower the freezing point of the ice to help solidify the ice cream.
Put the smaller bag into the large ice bag. Now, it's time to give it a good shake. Because it could take up to 10 minutes to get the consistency that you want, you might want to include the whole family. Take it outside, put on some music, form a circle, and vigorously shake it while passing it around. You should end up with a nice, creamy ice cream texture. Yum!

Make a Solar Lunch
This hot lunch idea takes you out of the kitchen and into the yard. Personal-sized pizzas, nachos, grilled cheese sandwiches, hot dogs... the list goes on to what the kids can make for a solar lunch.
You'll need to pick a bright, sunny day to make this solar lunch. Gather a cardboard

FAMILY, page 15

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July 26, 2026

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Harrison St Jean, son of Meggan St Jean, Rindge, 5
Darsh Dimri, son of Brijesh Dimri, Keene, 8

July 28, 2026

Adeline Russo, daughter of Michael & Nerissa Russo, Keene, 9

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winners last week were:



Adeline Russo, Keene, 9



Harrison St. Jean, Rindge, 5



Lia Diniz Reamer, Fitzwilliam, 5

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Jack



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We think he'd thrive in a home with calm, older kiddos or with adults. Loud noises, especially fireworks, are scary for him, so he'll do best with a family that plans ahead for holidays, like the Fourth of July and New Year's Eve, and works with their veterinarian on anti-anxiety medication if needed. This sweet, gentle boy has so much love to give.

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.monadnockhumanesociety.org.

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My Journey Into Mindfulness Meditation

I have always sensed a greater goodness, a core love that permeates everything. I think this guides us to lean into kindness, generosity, compassion, and forgiveness. I feel its presence in the natural world and I feel it in the hearts of people I meet.

My search for spiritual meaning in my life triggered questions like, “What is my purpose here? How can I make a positive difference in the world? What direction am I called in?”

I experienced other religions before a trusted friend suggested I visit the Monadnock Mindfulness Practice Center (MMPC). When I stepped into the center, I experienced a peaceful energy within and a warm welcome from group members. Was this what I sought? Weeks, months, and then years of continuing to practice here has confirmed that this is a place I feel at home and accepted. I’ve learned I can accept myself through teachings that say everything we need is already inside us.

I’ve learned breathing techniques and body scans that help me stay focused on the present moment. I’ve learned that my mind will wander and when I notice it, I can bring it back and smile. I don’t need to beat myself up about it.

My Catholic upbringing and education included valuable teachings. We learned about treating others well, helping those who were in need, and forgiving people who behaved in harmful ways. The weekly services offered the comfort of rituals, and folk masses were a big draw during my early teens. I found fellow parishioners and friends who stood out and still influence me.

However, I felt like something was missing, so I tried some alternative spiritual paths. I appreciated the qualities and positive aspects of them, but it was the MMPC where I felt like I fit. It resonated with the wisdom of my inner self.

Mindfulness practices are based on traditions and wisdom passed down by teachers, including the Bud-

dha, Thich Nhat Hanh, other monks and nuns like Pema Chodron, and authors and meditation leaders like Jack Kornfield, Jon Kabat-Zinn, and many more. But rather than the Buddha being considered a deity, he is a human who became enlightened in ancient India, and Buddhism is considered a philosophy by many.

At the center, we read and discuss meaningful passages and poems by teachers like these, engage in stimulating discussions, and wrestle with questions that don’t have easy answers. These parts of the practice have helped me to grow. Four sittings per week provide multiple opportunities to be with the community (or “sanga” of meditators.)

Beyond sitting or kneeling on a cushion to meditate, I can bring the practice into my day-to-day life. In a stressful situation I can stop, take a breath, and respond rather than react. If I feel out of balance, I can ground myself and feel my feet connected to and supported by the earth and gravity.

The Monadnock Mindfulness Center offers Grace in Aging courses that have been well-received and appreciated; walking meditations; and discussions about dealing with social media, multiple distractions, and how to maintain peace in the midst of these and other issues. We offer beginning mindfulness lessons/practice to high school students and have more projects in the works.

During these challenging times, I feel truly blessed to have the steady support of this community grounded in the ancient foundation of goodness, love, and wisdom.

Diana Damato, writer and member of the Monadnock Mindfulness Practice Center for more than 20 years, has experienced how this practice helps her cope, grow, and appreciate moments of joy. We welcome you to come visit us at 103 Roxbury St., Suite 301. For more info: mindfulnesskeene.org.



Healing Perspectives
with Diana Damato

Kirtan With Mirabai Moon At Aloha Keene



Mirabai Moon

Mirabai Moon is a mystical mantra music artist and kirtan leader dedicated to spiritual chanting and raising the love vibration. She will be at Aloha Keene at 83 Court Street on Sunday, July 26th from 4 to 6 p.m. Register at vagaroom.com/alohakeene for \$25 or show up at the door for \$30.

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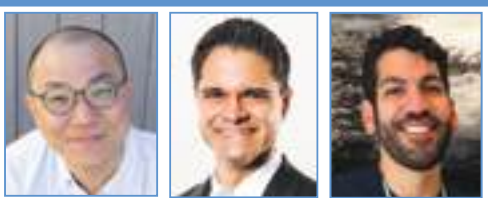
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Summer Home Improvement 2026



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Window Designs By John Can Reduce Heat Loss, Saving Money

“We are in the middle of summer but it’s not too late to consider cutting that cooling bill,” says John Hawley of Window Designs by John. “Sky lights and sun rooms are wonderful features in a home; they allow for more light to come in and with many sun rooms, open up to the beauty around us.”

When circumstances are ideal, they work great. On a cool but sunny day one can gain some solar heat. But during a heat wave, sun rooms and sky lights



John Hawley of Window Designs by John

can convert a home into an oven. And on those frigid January days, homeowners could store their cold food in the sun room.

Also, with warm air rising, a sky light acts as a chimney and allows the warm air to escape. Let’s face it, glass is not a form of insulation. That’s where Hawley’s products excel.

“With my cellular shades, I can fit sky light openings to cut heat loss in the winter; and with a light fil-

tering fabric it will still allow light to come through,” he says. “But, if early morning sun coming through the sky light is your enemy, a room darkening fabric may be your solution. If your sky light is too high to reach, automated shades are the way to go. They can be completely programmable or controlled by remote or your smart phone.”

The cellular design will protect people from the elements and in turn help reduce their energy bills. Hawley’s cellular shades can reduce heat loss by up to 40 percent and block 99 percent of UV rays. And with heating energy prices at their highest ever, it makes sense to make the investment in energy-saving products.

“By adding my products to your sun room, I can cut the energy costs as well as block the harmful UV rays that can cause sun bleaching on furniture, rugs, and hard wood floors,” Hawley explains. “They also add visual texture and style to any area in your home. I have multiple choices for the rest of your windows and doors as well.”

With Hawley’s exclusive Hunter Douglas Trac-Glide system, he can install shades on French doors and European style windows. This system adheres to the glass allowing movement of the door or window.

“This is a Hunter Douglas product exclusively, and as the top Hunter Douglas dealer in the area, I can offer this to homeowners,” he continues. “With so many fabrics to choose from, I can put those finishing touches on someone’s home and help to cut those energy costs.”

For more details, call Window Designs by John at 603-499-0011, email wdbyjohn@gmail.com, or visit www.windowtreatmentsbyjohn.com.

Dublin Library Marks 125th Anniversary With Celebration

The Dublin Public Library will host its 125th anniversary of literary stewardship with a celebration on Saturday, July 25th. At that time, the library will launch a “More Than a Library” initiative to help shape its future vision.

The events begin 1 p.m. and includes remarks by Pastor Kalvaitis, music, poetry reading, students reflections, the revealing of anniversary cakes modeled after specific books, a time capsule review, and the opportunity for the community to vote on potential future enhancements.

Doing What It Takes To Get The Job Done



Jay Hutchins of J.A. Hutchins Tree Service aims the chainsaw from the bucket to trim a tree in preparation for taking it down.

J.A. Hutchins Tree Service is family-owned and offers a broad range of tree services for residential, commercial, and municipal locations.

Founded by two brothers with more than 20 years experience, this company is dedicated to providing top-notch tree cutting, trimming, removal, and limb removal services in southern New Hampshire. Tree stump grinding and removal has just been added to what they offer.

All services are backed up with full insurance coverage and the company offers free estimates. For more details, call 603-446-0185 or visit www.j-a-hutchinstreeservice.com.

Building And Permitting Services Simplified To Support Community Investment In Keene

The City of Keene has launched a streamlined online service portal designed to make the permitting, zoning, and inspection process faster and more approachable for residents, contractors, and business owners. The transition is a direct response to community feedback, moving to a more seamless experience.

“This is about more than just new software; it reflects the City of Keene’s commitment to being a collaborative partner for our residents and the building industry,” says Community Development Director Paul Andrus. “We want our neighbors to feel accomplished and empowered throughout their project’s journey.”

The online portal creates a “one city” approach by bringing permits, licenses, and approvals into a single, centralized platform. Residents and businesses can access the new portal at <https://keenenh.gov/news/new-online-service-portal-for-permitting-zoning-and-inspections>.

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The company services Peterborough, Keene, and the surrounding areas. For more details, call 603-903-9218, email finleyconstruction@yahoo.com, or visit www.FinleyConstruction.us.

Nathan Devlin (L) and Jason Kibbee (R) from Finley Construction Company work on an addition to a residence.

Upcoming Keene SwampBats And Nashua Silver Knights Granite State Showdown

The only two summer collegiate baseball teams in the state of New Hampshire, the Keene SwampBats and the Nashua Silver Knights, will hold the second of two Granite State Showdown games on Tuesday, July 28th at 6:30 p.m. at the Alumni Field on Arch Street in Keene. The first game was recently held in Nashua where the Keene SwampBats defeated the home team.

"The SwampBats are proud to bring together two

great baseball organizations," says Kevin Watterson, president of the Keene SwampBats. "Our fans will not be disappointed in this special evening of summer collegiate baseball."

The community is invited to wear purple to show support of the local team. This event also includes Bounce Above The Rest Inflatables, Milla's Magic Treasures, Amazing Grace Animal Sanctuary, and Baseball Bingo.

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Thomas Teatreault (pictured) is the owner of 2K3 Standing Seam Specialists based out of Hinsdale. The company specializes in residential roofing, including standing-seam and architectural shingles, and on-site metal fabrication roll forming.

Family owned and operated for 24 years, 2K3 receives top ratings from their customers who speak of their excellent craftsmanship and fair pricing.

This locally owned and operated business is fully insured and provides free estimates. For more details, call 802-451-8945.



Rustic Renovations: General Contracting, Decks, Roofs, and More

Darren Goulet has nearly 30 years of experience in large-scale renovations across New England, including major projects in the Boston area. With his recent relocation to Rindge, he and his wife, Danyelle, and their company Rustic Renovations, bring a deep appreciation of restoring beauty and functionality to existing spaces, while ensuring that homeowners receive the honest, committed, and skilled service they deserve.

"We have a passion for refinishing kitchen cabinets and furniture, turning them into stunning focal points in any home," says Goulet. "With Danyelle's years of painting experience, and a keen eye for design, she will collaborate with

you to bring your vision to life, from selecting the perfect color scheme to choosing hardware and finishes."

Along with kitchen cabinet painting and refinishing, their list of services includes custom carpentry, decks, and roofing (copper, slate, and shingle).

"Let us transform your space into the home of your dreams!" says Goulet. "Whether your project is big or small, we can provide the insight and direction that will bring your home improvement dreams to life."

To arrange a complimentary consultation and free estimate, Rustic Renovations can be reached at 978-337-9439 or visit www.rusticrepair.com.

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From Tubers To Nuts: How Indigenous Peoples Helped Colonists Survive

A few weeks back, I wrote about the plants that colonists carried with them to this region of the world four centuries ago. This time, I want to focus on the plants they were introduced to when they arrived. Although some of these plants are now found in gardens, most of these were introduced in order to save lives, either as an edible or medicinal.

The most commonly known plants introduced by the indigenous people are the “Three Sisters:” squash, corn, and beans. These three can be planted together so that the runner beans climb the flint corn and the long pie squash plants fan out over the ground. While these three sustained many settlers, there are far more edible plants native to this region that kept settlers going.

One of the more important crops came from the trees, namely nuts. Although there are many varieties of hickories, the Shagbark was one of the most common and provided an abundance of sweet, thick nuts similar to a walnut. Butternut, chestnut, and beechnut were also important sources of protein. The groundnut, which really wasn’t a nut, but a tuber (and was also called cinnamon vine and earth-nut), could be boiled and eaten much like a potato. Additionally, berries of all kinds became a staple – from cranberries and blueberries to blackberries and the many varieties of raspberries (red, yellow, and purple). Two other fruits played an important role in sustenance: the beach plum and fox grapes, the most popular variety being the concord grape.

I could go on for a while about edibles, but let’s use those as a taster (I’m sorry, I just love puns) and

move on to medicinals. Anise hyssop is a tall hardy perennial with spires of flowers ranging from yellow to pink to blue and purple; the leaves of this plant were made into a tea to heal respiratory illness and coughing. Another native plant used to help respiratory problems, the purple coneflower was used to heal skin disease, as well as colds and flus. One other off used hardy perennial was boneset. The Native American word for this plant roughly translated as “ague weed,” indicating the plant’s use in treating fevers, namely the “break-bone fever” that once plagued areas farther south than the Monadnock Region. One more medicinal that is still found all over New England is yarrow, also known as bloodwort. This plant was made into a tea to detoxify the blood by causing sweating and was additionally used to relieve gastrointestinal discomfort.

There are, of course, untold numbers of medicine plants and foods the indigenous peoples – whether Abenaki, Pennacook, Penobscot, MicMac, Passamquod, Massachusetts, or others – shared and taught colonists about in order to assure their survival. After signing a peace treaty with the settlers of Plymouth, the Wampanoag leader, Ousamequin, left one of his people with them to make sure they would properly learn how to grow the “Three Sisters” and, therefore, survive.

For further reading, a fascinating (and rather dense) book is *American Medical Botany, Being a Collection of the Native Medicinal Plants of the United States*, printed in 1817 in Boston. Another good (and far more recent source) is *Flowers and Herbs of Early America*. For a more interactive experience, the Old Colony History Museum of Taunton, Massachusetts has colonial era gardens that include a variety of the aforementioned species and more. Lastly, Michael Caduto, Abenaki native, has written numerous books, including *Native American Gardening*.

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Zieba HVAC, LLC ~ Services For All Heating, Ventilation, And Cooling Needs
ZIEBA Continued from page 1

“I’ve been in the trade for 12 years and decided to go out on my own and start my business,” says Jarrod Zieba (pronounced “Zee-ba”). “I learned from some of the best in the area, and just wanted to continue to provide excellent service to customers with my own spin on it.”

Zieba opened Zieba HVAC in 2023 to provide an honest and reliable full-spectrum heating, venting, and cooling service. He has his Vermont and New Hampshire gas license as well as his EPA refrigerant license.

“It really pays to have a qualified company take a look at your system,” he says. “I offer quality, lasting installations that will save you money over time.”

Kate Gatley says this about her experience: “We recently moved into a new home and quickly discovered that the furnace had been badly neglected and was quite old. Jarrod, from Zieba HVAC, has been fantastic throughout the process: always responsive, even on weekends, with fair pricing and a willingness to fit us in quickly for any unexpected issues. He took the time to walk us through the system’s condition and made thoughtful recommendations on what could be done to maintain it, without ever pushing for a full replacement (even though he easily could have). His honesty, professionalism, and quick response time have been incredibly appreciated.”

“Excellent service – honest and helpful solutions to our furnace and hot water heater problem,” says another customer, Michael Zhuraw. “Fixed the problem quickly and affordably, and gave great advice for effective maintenance. A trusted technician for home utilities is so important.”



Good communication, competitive pricing, and quality work is the focus for Jarrod Zieba of Zieba HVAC, LLC.

“We try to do right by people,” says Zieba. “We will give our honest opinion whether something can be fixed or needs to be replaced or whatever the situation may be.”

The list of installation and maintenance HVAC services that Zieba HVAC provides includes boilers, furnaces, heat pumps, central air conditioners and other cooling systems, mini-splits, water heaters, gas fireplaces, and more. “We seem to be one of the very few that service and install gas fireplaces and gas stoves,” he adds.

“Excellent customer service,” says Emerald Levick. “When my hot water heater stopped working, my mom recommended Jarrod Zieba because of his fast response, friendliness, and good work on her stove. He did not disappoint! Another company said I needed a very expensive replacement, whereas Jarrod got it running during his first visit and charged less than the other company did simply to look at it.”

“Clear, prompt communication is very important to us,” Zieba says. “We do our best to make sure people get called back the same day and give updates along the way during the job.”

“I am so happy with Zieba HVAC,” customer Kim Carey says. “Jarrod was professional, courteous, and most important, not pushy and very patient with us. From his quote and suggestions to his precise timeline on how long it would take to get the job done, he was all of that and more.”

“Jarrod was great to work with. He came the same day to fix our heating issue. Very knowledgeable and prices are competitive,” adds John Harker.

“In my experience, customers need three things: good communication, competitive pricing, and quality work... and we deliver that,” Zieba concludes.

For more details, call 603-903-8660 or email ziebahvac@gmail.com.

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Dennis Flagg, owner of Flagg Window Cleaning Services.

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"If you could see the contaminants floating in the air inside your house, you'd wear a mask," says Dennis Flagg, owner of Flagg Window Cleaning Services. "If not removed, they can trigger severe allergic reactions, asthma attacks, and chronic coughing."

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Molly, Our Beloved Apple-Eater

A few months ago, we had to bury our beloved apple-eater Molly, the last of our four retired horses. Molly was everybody’s favorite, horse and human alike.

When Molly first came to our farm with her brother Moon, she was so worried about all the new sights and sounds that she could hardly cope. In fact, the first time my fellow hitched the team to the forecart for a drive, wild-eyed Molly galloped away with Moon at her side. My fellow slowed them down by steering into a tree. It was kind of hard on the harness, but effective.

Our draft horse mentors came to assess the team and suggested that calm Moon work with our experienced farm horse Ben. Then I led Molly ahead, behind, left, and right of the implements as they were operating, so that she could see what was making all the scary noises. It seemed to work, though the project wore me out a lot faster than it did Molly.

Molly was just the kind of horse my farmer fellow likes, a real worker, so peppy she seemed to be saying, “Can’t we do this a little faster? Walking’s all right, but trotting’s better, and cantering’s the best!” She was lots of fun to ride and to drive, but haying with Molly was another matter.

Molly never liked the first pass around the hayfield, because the hayloader would catch on the overhanging tree branches. Her natural hurry-up turned into even more hurry-up. Moon went right along with her. Since haying with horses is smoothest at a funeral pace, my fellow worked to slow everyone. Meanwhile, I spent more time falling down than building the load on the lurching haywagon.

But it was hard to be mad at Molly. She was the lovey-doviest horse we’ve ever had, nickering at us, following us around the paddock, nudging us with her nose for scratches. “You’ve got two hands, why aren’t you petting me with both of them?” she’d say. Molly was our most talkative horse, between nickers and squeals, which were reserved for any horse except Moon getting too close, either to her hay or to her person. We called it her squeal-o-meter.

One of our smaller draft horses, Molly was short-coupled, strong and balanced, with the pleasing roundness of a pony, and the occasional naughtiness too. She was a top-notch wiggler out of fences, leading Moon and Ben astray many a time.

Molly was always 24 hours ahead of us. We’d just be saying, “Looks like we’d better change the horses’ pasture tomorrow,” and that would be the night the neighbors would call about the horses on their lawn. Happily for us, Molly was perfectly willing to be rounded up again, even without the lure of a bucket of grain.

During Molly’s last summer, when the new team, Willow and Fern, hadn’t learned yet that following Molly led to greener pastures, Molly escaped by herself. She would

call for the others, but they couldn’t seem to figure out how she was making her break for the fly-free barn. Nor could we.

Morning after morning we heard her calling, then giving up and trotting into the



barn by herself. We wanted a little more say in when horses came hot-footing down the lane, so we kept tightening up the gate. Finally, we realized that clever Molly had found the never-used flimsy gate tucked in a corner.

Molly was the horse we introduced first to our CSA members and their children, especially if any of those people were nervous around horses. Molly was the one we’d pop a four year old on to have a ramble around the paddock. Molly was the one we counted on to get the work done, and counted on to cheer us up when we were discouraged about never getting the work done.

Aw, Molly. Come on back and get through the fences. Come on back and work too fast. Come on back and eat apples. Come on back and we’ll scratch you with both hands.

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The inaugural Lamb Jam will take place at Stonewall Farm on Sunday, July 26th from noon to 5 p.m. at 242 Chesterfield Road in Keene. This family-friendly festival includes food, live music, animals, history, crafts, and hands-on activities for all ages.

Kids can become Official Junior Shepherds by completing fun challenges throughout the farm, collecting stickers, and earning their own Junior Shepherd Certificate. Included in this day is a Border Collie sheep herding demonstrations, an apiary tour, horse-drawn wagon rides, lawn games, crafts, and more. See the ad on page 17 for more details.

Tickets can be purchased at the door. A complete schedule of events is available at StonewallFarm.org.



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

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

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

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Summer/Fall 2026 Household Hazardous Waste Collection Schedule

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All collections will be held at the Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center, 55 Old Summit Road, Keene from 8 - 1 pm

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Electric Earth Concerts (EEC) will host a concert stretching from romanticism's peak to the present on Saturday, August 1st at 7 p.m. at First Church in Jaffrey.

This concert includes the talent of Emely Phelps, piano; David McCarroll, violin; Grant Houston and Isabelle Durrenberger, violin; Angela Park, cello; Rebecca Farley, soprano; Tomina Parvanova Lyden, harp; Laura Gilbert, flute; and Jonathan Bagg, viola.

Chausson was a French Romantic composer. To please his father, Chausson studied law and was appointed a barrister for the Court of Appeals but had little or no interest in the profession. He frequented the Paris salons, where he met celebrities such as Henri Fantin-Latour, Odilon Redon, and Vincent d'Indy. Before deciding on a musical career, he dabbled in writing and drawing.

Brantley is an American composer, cellist, and conductor based in New York City, known for his diverse and interdisciplinary approach to music. He has been described as an "interdisciplinary," integrating classical, experimental, improvisatory, pop, and jazz influences into his work.

Bonds was a pioneering African American composer, pianist, and teacher, celebrated for her arrangements of spirituals and collaborations with Langston Hughes.



Tomina Parvanova Lyden on harp, Isabelle Durrenberger on violin

General admission is \$30, payable online at www.electricearthconcerts.org, or via cash or check at the door. Note: In EEC's effort to bring music to young audiences, this season they will admit kids and their parents to its concerts for free.

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

Marlborough Concert Features Web Depot Boys

The Friends of the Frost Free Library will present an outdoor concert with the Web Depot Boys on Tuesday, July 28th, at 6:30 p.m. at 28 Jaffrey Road, Marlborough. The concert will be held weather permitting. For more details, contact the Frost Free Library at 603-876-4479.

Five Summertime

FAMILY, Continued from page 4

box (any size will do), aluminum foil, clear plastic wrap, sharp scissors, black construction paper, tape, and newspaper. Cut a reflector flap (three sides) in the cardboard box, leaving about an inch between the sides of the flap and the edges of the lid of the box. On the inside of this flap, smooth a layer of aluminum foil tightly over it. This acts as a mirror to bounce light into the box. The opening of the flap is for the plastic wrap, which you'll want to stretch over the hole and secure with tape.

Line the bottom of the box with black construction paper. This surface will be where the food, whether in a tin pan or a glass plate, is placed to cook. The newspaper is for extra insulation. Roll sheets up, form them around the box, and tape them down. Set your lunch out in the sun and watch the food cook, melt, and get hot. The length of time obviously depends on what you are trying to make. Your best bet with something like baking a pizza is to rotate it so the sun catches it through the longer process. Also, the dish that the food is cooking inside your solar oven can get very hot, so don't forget the oven mitt!

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PC Connection	78.97	1.72	Teleflex (Jaffrey)	134.61	(1.12)
Bank Of America (Fleet)	61.27	1.60	Timken (MPB Corp.)	137.78	0.47
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ENTERTAINMENT

and DINING

Wednesday, Jul. 22

ARTS, MUSIC & THEATER

Concert: Rowe & Sakash, Jazz Duo 7pm. Park Theatre, Jaffrey. \$30. 603-499-6216. www.electricearthconcerts.org/.

FAMILY FUN

Summer Reading Storytime 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Stories, songs, and an easy craft for toddlers and preschoolers. Join for a fun story time about stone soup in the Plant a Seed, Read, summer reading program. Richmond Public Library: 603-239-6164.

LECTURES & WORKSHOPS

Drinking Liberally 7:30pm. Margarita's, Main Street, Keene. Meet-up for left of center political discussion and other current events. No RSVP needed; just ask for them at the reception desk. 603-352-1707. keene@drinkingliberally.org. www.livingliberally.org/chapter/nh/.

MISCELLANEOUS

Monadnock Food Co-op: Community Information Session 5-6pm. Jaffrey American Legion, Webster St., Jaffrey. Information session for second store in Jaffrey to open in early 2028. www.monadnockfood.coop/jaffrey-location/.

Dancing Hippos & Flying Elephants: The Story of Animated Movies 6pm. Conant Public Library, 111 Main St., Winchester. Dancing Hippos & Flying Elephants: The Story of Animated Movies. 603-239-4331. www.conantlibrary.org/.

MISCELLANEOUS

Infinite Worlds Book Club: Mythical Creatures 6-7:30pm. Booras Room, Keene Public Library, 60 Winter St., Keene. A non-traditional book club for adults focusing on speculative fiction. July's Theme: Mythical Beasts. Katelyn McStravick: 603-352-0157. kmcstravick@keenenh.gov.

Discussion Series: A Moral and Just Imagination with Meg Mott 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Beloved by protest movements, but sometimes lacking in the protesters themselves, justice means approaching your political enemies as if they could be future friends. Free.

Red Cross Blood Drive 9am-2:30pm. Historical Society of Cheshire County, 246 Main St., Keene. To make appointment call 800-733-2767. www.redcrossblood.org.

Friday, Jul. 24

ARTS, MUSIC & THEATER

The Jesus is Lord Tour 6pm. Railroad Square, Keene. The Jesus is Lord Tour proclaims the gospel through prayer, praise and worship music and testimonies of Jesus Christ. Thomas Travers: 603-381-9077. tom@jesusislordtour.com. www.jesusislordtour.com/.

Summer Concert Series: Gerry Grimo 6:30-8pm. Charlestown Senior Center, 223 Old Springfield Rd. Last Summer Concert of 26. Bring a lawn chair, a friend and yourself to enjoy some music and get to know other community members. For a few dollars get refreshments and/or 50/50 raffle.

FAMILY FUN

SwampBats vs. Vermont Mountaineers 6:30pm. Alumni Field, Arch St., Keene. Snack bar open with healthy menu. Host Family Appreciation Night. Entertainment by Doug the Devil Stick Man, Baseball Bingo. www.swampbats.com.

LECTURES & WORKSHOPS

"1919: When Utopia Met Convention" Lecture 7-8:30pm. Chase's Mill, 801 Forest Road, Alstead. Historian Gail Golec will present on a year of exciting cultural change in Alstead's history. Free. www.chasesmill.org.

Amos Fortune Forum: Heather McKernan 7pm. Jaffrey Center Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. The Future of Local News. Free, donations appreciated. www.amosfortune.com

MISCELLANEOUS

Red Cross Blood Drive 12-5pm. Millstream Community Center-Hinsdale, Millstream Community Center, 19 Main Street. Donors are asked to call or visit to schedule appointment at 800-733-2767. www.RedCrossBlood.org.

Saturday, Jul. 25

ARTS, MUSIC & THEATER

Monadnock Music 7pm. Park Hill Meeting House, 3 Esty Road, Westmoreland. Hosted by Westmoreland Historical Society and Park Hill Meeting House. Free and open to the public.

FAIRS & SALES

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

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

FAMILY FUN

Jaffrey Historical Society: Historical Sites in Jaffrey Center Jaffrey Center. Saturdays & Sundays through August 30th. The Little Red Schoolhouse will be open for touring. Visit the school that Jaffrey children attended in the 1800's. Open 2-4pm for families and children to visit. Nearby is the Old Burial Grounds that dates back to the Revolutionary War Days. Just around the corner at 39 Thorndike Pond Road, take a step back into yesteryear and visit the Melville Academy built in 1833. These sites

are free to the public
SwampBats vs. Sanford Mainers 6:30pm. Alumni Field, Arch St., Keene. Snack Bar open with a healthy menu! Ripken Reese Night. Milla's Magic Treasures. Featuring limited edition Ripken Reese merch, signed baseballs, and Ripken Reese baseball cards courtesy of the Luxury Box Photo Booth www.swampbats.com.

Baby Storytime 10:30am. Peterborough Town Library, 2 Concord St., Peterborough. 603-924-8040. www.PeterboroughTownLibrary.org.

LECTURES & WORKSHOPS

Midsummer Herbs & Herbal Infused Oil Techniques - Seed To Salve Herbalism Workshop Series with Jen Knight 10am-1pm. The Earth Magic Shoppe, 39 School Street, Hillsborough. Learn how to identify locally growing herbs for tea and the varied techniques to make an herbal infused oil. Leave with a bottle of oil. www.spiritlightsanctuary.com/.

MISCELLANEOUS

Dublin Public Library 125th Anniversary: Community Wide Celebration 1pm. Dublin Public Library, 1114 Main St., Dublin. Celebration begins at 1, mirroring the timing of the original 1900 cornerstone-laying event. The program includes The Library's Role in Illuminating Patrons, Original Music, Original Poem, Children's Reflection, and Time Capsule Review.

Bus Trip: Foxwoods Resort Casino or Mystic Aquarium 7am. Alpha & Omega Transportation. 603-352-8340. www.aotransportation.biz.

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

Drop-in Knitting Circle 10am. Richmond Public Library, 19 Winchester Rd., Richmond. Drop-in group for hand-crafters of all abilities. 603-239-6164.

Read the MSN online: www.shoppernews.com

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Just follow the yellow signs up Wrobel Road and let the exploring begin.

“The coffee’s always on,” says owner Richard Wrobel, who now stocks fresh seasonal vegetables, local maple syrup, and honey. Coming soon will be peaches, corn, and blueberries. For more details, call 802-490-4439.

Ammy’s 20th Birthday Party 11am-4pm. Jimmy’s Pizzeria, Route 10, Swanzey. Celebration for Ammy’s Honour, a registered Newfoundland Pony stallion and breed ambassador. Photo booth, pony meet-and-greet, and specialty pizza! Family- and kid-friendly free event. See Facebook page: Newfoundland Pony Conservancy Center.

Sunday, Jul. 26
ARTS, MUSIC & THEATER

Twilight on the Tavern Lawn Presents: Kwartetto Mambo 6pm. Putney Tavern lawn. Bring a lawn chair or blanket. In case of rain this event will move to Next Stage, 15 Kimball Hill. Free to the public (donations accepted). Food will be available. For more info visit website or call 802-387-5772. www.nextstagearts.org/.

FAMILY FUN

Jaffrey Historical Society: Historical Sites in Jaffrey Center Jaffrey Center. Saturdays & Sundays through August 30th. The Little Red Schoolhouse will be open for touring between 2-4pm. Nearby is the Old Burial Grounds that dates back to the Revolutionary War Days. Just around the corner at 39 Thorndike Pond Road, take a step back into yesteryear and visit the Melville Academy built in 1833. These sites are free to the public.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Michael Brownstein 11am. Peterborough Unitarian Universalist Church, 25 Main St. Somebody Should Do Something. www.monadnocklyceum.org.

MISCELLANEOUS

Artcade Pinball Tournament 9am-12pm. The Artcade, 116 Main St., Keene. Limited to 40 participants. The winner of the tournament will receive a \$200 cash prize, 2nd and 3rd place \$100 and \$50 respectively. There is a \$10 fee to register for the tournament which can be paid at either the Artcade or online at www.artcadekeene.com/.

Tuesday, Jul. 28
ARTS, MUSIC & THEATER

Elizabeth Richards Concert Series 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. Web Depot Boys. Music on the lawn. Shine only. Frost Free Library: 603-876-4479.

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

FAMILY FUN

Granite State Showdown- The Swamp Out vs. Nashua Silver Knights 6:30pm. Alumni Field, Arch St., Keene. Wear your best purple to show your support. Bounce Above The Rest Inflatables, Milla’s Magic Treasures, Amazing Grace Animal Sanctuary, Baseball bingo. www.swampbats.com.

MISCELLANEOUS

Teen Crafternoon: Book Bedazzling 1-2pm. Kay Fox Room, Keene Public Library, 60 Winter St., Keene. Middle and high schoolers, join for an afternoon of book bedazzling. You bring the book; crafting tools supplied.

MARCO POLO GARDEN
MYSTERY PHOTO

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

(Prepared by the Historical Society of Cheshire County)



This photo of a quarry stone shed was taken in what Cheshire County village?

The winner of last week’s Mystery Photo Contest was Noreen Durand of Stoddard. The photo was taken in Dublin.

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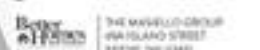
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As our country celebrates its 250th anniversary, it is a good time to remember that America was not only built by famous names in history books. It was built by families. It was built by fathers, mothers, grandparents, neighbors, workers, veterans, volunteers, and everyday people who kept showing up when others needed them.

This month's Superhero Spotlight is dedicated to the heroes closest to us: our families, our loved ones, and the people who make up the foundation of our lives.

At Stark Level Solutions, we believe a hero is not always someone standing in the spotlight. Sometimes a hero is the person who works long hours, fixes what is broken, protects what matters, and gives everything they have so the people around them can feel safe, supported, and loved.

But there is another part of the story that often gets forgotten.

★ Because a better home, a stronger family, and a stronger country all begin with people who care enough to keep building — from the inside out. ★

The Hero at Home

To be a hero for your family, your community, and the people who count on you, you also have to leave room for yourself. You have to take care of your own health, your own peace, your own purpose, and your own spirit. A lot of men, fathers, husbands, business owners, tradesmen, and providers spend their lives making space for everyone else while leaving no space for themselves.

This July, as we celebrate freedom, family, and the country we call home, we want to remind our readers that being strong does not mean carrying everything alone. Being a hero does not mean disappearing inside the responsibility. Sometimes the bravest thing a person can do is slow down, reconnect, ask for help, spend time with family, and remember that they matter too.

The hero of this month's story is you.

Be the hero at home.

Be the hero in your family.

Be the hero in your community.

But do not forget to be a hero to yourself.

Because a better home, a stronger family, and a stronger country all begin with people who care enough to keep building — from the inside out.

*Sincerely,
Jeremy Shepard*

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