



The Monadnock

SHOPPER NEWS

The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / July 29-August 4, 2026

ECR WSS
Postal Customer

Presort STD
US Postage
PAID
Monadnock Shopper

The UPS Store In Keene

Packing And Shipping, Professional Printing, Notary Services, Passport Photos, Mail Services, And Other Business Support Solutions



Rosie Morse, owner of the new UPS Store in the West Street Shopping Center in Keene, opens one of the mail boxes available to rent. This private service offers mail notifications and forwarding, and package acceptance from all carriers. This is one of the many services available at the store.

By Lori Catozzi Cook

The UPS Store 8172 recently opened in Keene to help individuals, businesses, non-profits, schools, and community organizations save time with convenient, professional solutions – all in one place.

This locally owned and operated store, located in the West Street Shopping Center (next to Hobby Lobby), offers packing and shipping services (which come with a Pack & Ship Guarantee) as well as a full range of professional printing services – professional printing, signs and banners, business

UPS STORE, page 8

“Best Of Monadnock” Is Here

Readers’ Choice Awards Magazine Included



Today’s issue of *The Monadnock Shopper News* includes our “Best of the Best” readers’ choice magazine, the Monadnock Region’s own homegrown honor roll.

Best of Monadnock has grown into something of a local institution, a way for readers to give a well-earned thank you to the businesses, organizations, and people who go above and beyond, year after year.

Earlier this year, we invited readers to cast their votes. The poll was wide open: any local business or individual was fair game. True to form, plenty of small, independently owned businesses came out on top – no great surprise, given how fiercely loyal this community is to its own.

Congratulations to this year’s winners, and a big thank you to everyone who took the time to vote!

Cheshire Fair Opens In Swanzey July 30th

The Cheshire Fair returns to Swanzey on Thursday, July 30th, offering four days of agriculture, family entertainment, live music, motorsports, rides, exhibits, and traditional fair food. The fair will run through Sunday, August 2nd.

Some of the featured activities and entertainment include Fanelli Amusements midway rides and games; livestock shows and agricultural exhibits; 4-H exhibits featuring livestock, small animals, robotics, arts and crafts, photography, baking, gardening, and more; antique tractors and demonstrations; draft horse, oxen, horse, truck, and tractor pull events; live music entertainment on the Tavern and Community Stages throughout the weekend; and home arts, baking, and agricultural competitions.

Advance tickets for the Sunday Demolition Derby are available now at www.cheshirefair.org. Grandstand admission for the Demolition Derby is sold separately from fair admission.

Admission fees are \$15 for adults; Youth (ages five to 11), \$5; Children four and under, free; and active military with ID, free. Opening day is free admission for children age 11 and under, and on Sunday seniors age 62 and older receive free admission.

The Cheshire Fairgrounds are located on Route 12 in Swanzey. For a complete schedule of events, entertainment, tickets, and additional information, visit www.cheshirefair.org.

Local And Regenerative: Rethinking Our Food System

“When it comes to strengthening our local food system, we should be considering short- and long-term solutions simultaneously,” says Marty Castriotta, co-founder of Village Roots Permaculture in Alstead. “Planting our own gardens, raising some laying hens, and supporting neighborhood farms are important starting points, but this is also the perfect opportunity to dramatically rethink regional food ecosystems for the long haul.”

Rethinking our food system for the long haul.

For the 14th year, let’s shine a light on local food, farms, and our entire Monadnock Region food system during Eat Indie Local Month, a month-long nationwide celebration in August. Also, following Marty’s call, let’s pause to rethink our future: how we’re working regionally and locally to ensure our food system is as robust, regenerative, and fair as possible.

LOCAL, page 11

Wyman Tavern Brew Fest August 1st – Breweries, Music, And Good Food At An Iconic New Hampshire Landmark



Michael and Vicky Pitman enjoy the annual Wyman Tavern Brew Fest in Keene.

The Annual Wyman Tavern Brew Fest will be held on Saturday, August 1st from 1 to 5 p.m. (noon for VIPs) at the iconic New Hampshire landmark at 339 Main Street in Keene.

The Brew Fest includes numerous brewing companies, distilleries, and wineries sharing beer, mead, wine, spirits, mocktails, and more. A large lineup of local food vendors will also be at this event offering everything from fusion street food and eclectic American, to Vietnamese, hot dogs, ice cream, and beer donuts!

The Gaslight Tinkers will headline this year’s festival, bringing their high-energy sound to this event.



Emilia and JJ Prior portray Mary Stiles and Abner Sanger – adult siblings with opposing views of the American Revolution. Sanger has little patience for the patriot cause, while his sister supports rebellion as her husband fights the British at Bunker Hill.

African, Caribbean, Funk, Reggae, and Latin grooves meet traditional fiddle music, with this popular genre-bending band. Throughout the day, CJ the DJ will keep the celebration going between sets with a mix of music spanning generations – from classics to current favorites.

For more details or tickets, visit www.hscnh.org/wyman-tavern-brew-fest-2026.

MINI SPLIT
HEATING & COOLING SYSTEMS
Call for free estimate.
Northeast Plumbing
603-313-8419

STORE-IT
SELF STORAGE
KEENE • WALPOLE • SWANZEY
New Rental Specials
1-800-352-5251

GOT MOLD?
Tri-State Restoration
(603) 352-6802
Water / Fire / Smoke / Mold
FREE ESTIMATES!
TriStateRestoration.info

UDDERLY GUTTERS
CALL (833) 550-7981

POOL WATER DELIVERY
CLEARWATER
Pool & Spa
603-357-5874

General Construction
Roofing • Siding
603-313-3469
www.jsdgeneralconstruction.com

DRYER VENT CLEANING
Reduce Fire Risk & Decrease Dry Time
603-762-3433
durlingcleaning.com

J&B ROOFING, LLC.
Residential Roofing
Fully Insured
Same-Day Callbacks
Serving Cheshire County
603-313-5128
jbroofingoffice@gmail.com

SWANZEY OIL
Call Now
Heating Oil
357-5400

CASH FOR GOLD
GOOD FORTUNE
Jewelry & Pawn
110 Main Street • Keene

BEST OF MONADNOCK MAGAZINE
IN THIS ISSUE!

Cota & Cota
YOUR LOCAL HEATING EXPERTS
603-357-0000
WWW.COTAOIL.COM

Guyer & Son ROOFING
Committed to GIVING BACK
GuyerRoofing.com
603-876-9915

DAVIS OIL & PROPANE
Now offering full service
PROPANE
603-352-1306

BERGERON CONSTRUCTION CO., INC.
RESIDENTIAL • COMMERCIAL
Renovations • Additions • Custom Homes
Structural Repairs • Kitchens/Baths
358 Matthews Rd., Swanzey “Since 1909”
www.bergeronconstruction.com
603-352-4447

the MELANSON COMPANY
Roofing & Sheet Metal Since 1932
Commercial • Residential • Service
www.melanson.com • (603) 352-4232

CHESHIRE CLEANING
COMMERCIAL
Fully Insured & Bonded
cheshirecleaning.com
(603) 209-9735

TEMPERATURE CONTROLLED UNITS
KEENE MINI STORAGE INC.
RT 101 • KEENE, NH
(603) 357-2666

Mail: PO Box 487, Keene, NH 03431
Location: 445 West Street, Keene
Office open 9 am to 4 pm
PHONE 352-5250 FAX 357-9351
www.shoppernews.com
CIRCULATION VERIFICATION COUNCIL

Celebrate Local, Win A \$50 Gift Certificate... 10-14 A Cake To Share... 15

BIRTHDAYS	6	ENTERTAINMENT	16-17	GREEN	4	MYSTERY PHOTO	5
CLASSIFIEDS	18-19	FAMILY	6	HEALING	20	PETS	2
COOKING	15	GARDEN	9	MONEY	8	REAL ESTATE	19

40,287
Mailed Weekly
Mailed Into Every Home In Keene and 36 Area Towns
Total Circulation 41,850



BIG LIFE CHANGES...

Retirement
Divorce
Loss of a spouse
Inheritance

DESERVE THOUGHTFUL FINANCIAL PLANNING



Your Future, Our Focus.

Joshua I. Houle CFP®
MPAS®, APMA®, AWMA®
Wealth Manager

603-352-0222
josh.houle@lpl.com
143 West St., Keene, NH
www.houlewealth.com

HOULE

WEALTH MANAGEMENT

Securities and advisory services are offered through LPL Financial,
a registered investment advisor, Member FINRA/SIPC.

10% OFF ALL AUTO REPAIR NEEDS



NEW CUSTOMERS ONLY
5 Woodard Ave.
Winchester, NH

Contact Brian • 603-239-4275
Coupon valid for new customers. Bring this ad with you.

SIDEWINDER INDUSTRIES
HANDYMAN SERVICES

10% off for Veterans and Seniors

Fully insured. Free estimates.

603-258-0444 • sidewinderind@gmail.com

Your next appointment is just a click away! →





DOWNTOWN
BARBER COMPANY

85 EMERALD STREET, SUITE 105 • KEENE, NH • 603-313-3719

PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Oreo



Oreo is a sweet, social girl looking for her new family. She has lived successfully with other animals, and can be comfortable with them when given time to acclimate. Oreo loves exploring her space and finding small areas to snuggle up in. She adores her toys and loves getting all types of snacks to munch on throughout the day. Oreo is getting used to handling and is not yet comfortable being fully picked up. Being the brave, affectionate girl that she is, this will likely just take time for her to get used to. Oreo is curious and enjoys adventures into new spaces. Having plenty of time outside her pen will help this girl build confidence and be a part of her new family. The Adoption Center is located at 101 West Swanze Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnockhumanesociety.org.

Part-Time General Manager Position

for a 900-member shooting sports club located in Keene, NH.

Seeking a high-energy individual who is passionate about the shooting sports to manage and help grow this facility.

Responsibilities include:

AP/AR, payroll, banking;
Local, state, federal filings;
Membership & Marketing management;
Facilities upkeep;
Event & training support;
& Website maintenance



FERRY BROOK RANGE
EST. 1922
CHESHIRE COUNTY SHOOTING
SPORTS EDUCATION FOUNDATION

Interested individuals please email mark.maynard@CCSSEF.org for more information.

Restoring Movement,
Reducing Pain,
Renewing Joy





690 Court Street
Keene, NH 03431
(603) 762-6439

Monadnock Canine Rehab and Fitness

 [monadnock9rehab](https://www.instagram.com/monadnock9rehab)

monadnockcaninerehab.com

Introducing Hancock Alerts
At Hancock Town Library

The Hancock Town Library will host a free public information session on Wednesday, July 29th, at 2 p.m. to introduce residents to Hancock Alerts, the town's new emergency notification platform. Hancock Alerts allows the Town Administrator and Fire Department to send residents notifications via text, voicemail, or email. Alerts may range from general notices such as water main breaks to emergency warnings involving threats to public safety. Ellen Moran, Hancock's emergency management coordinator, will explain the platform and walk attendees through the sign-up process. Residents are encouraged to bring a phone, laptop, or tablet to get signed up on the spot. The same presentation will be offered again on Thursday, August 27th, at 7 p.m. for those unable to attend the afternoon session. For more details, contact the Hancock Town Library at 603-525-4411.

2K3
STANDING SEAM SPECIALIST LLC

NOW BOOKING FOR 2027!
Residential Services Fully Insured
Free Roofing Estimates

• Standing Seam • On-Site Metal Fabrication
• Architectural Shingles • On-Site Roll Forming

FAMILY OWNED & OPERATED
802-451-8945

"We look forward to working with you."

Read the MSN online: www.shoppernews.com



Turning age 65 soon?

Your Medicare choices can seem overwhelming. Let me help you find a Medicare Supplement insurance policy that fits your needs and offers you more comprehensive benefits.



Bruce W. Adams, Jr.
Insurance Agent
cell: 603-357-5494
bruce.adams@bankerslife.com

BANKERSLIFE®

Brattleboro Hearing Center
BHC

Brattleboro, VT
130 Austine Drive
(802) 254-3922

Swanzy, NH
217 Old Homestead Hwy
(603) 354-3325

Greenfield, MA
329 Conway Street
(413) 773-5119

Hearing testing and hearing care for our community

We use an evidence-based approach

We listen to your needs

We keep up with new technology

We ♥ what we do!

We're All Ears!





www.brattleborohearing.com

First Church In Jaffrey 109th Fair August 5th

The 109th Fair at the First Church In Jaffrey falls on Wednesday, August 5th from 1 to 4 p.m. Admission is free, parking is ample, and places to sit, eat, and chat are scattered around the Jaffrey Center common and First Church buildings. Gourmet picnic lunches are available at 12:30 p.m. in the Parish House. A snack bar on the common sells hot dogs, sodas, chips, and more. Live performances will take place in the music tent throughout the afternoon.

The fair features something for everyone. Venues include antiques and collectibles, fine art – painting, prints, and photographs – “white elephants,” vintage and craft jewelry, decorative linens, and the garden center. A bakery buffet tempts buyers with cakes, pies, cookies, breads, and dessert sauces.

At the Children’s Fair in the horse sheds, kids can play games to win prizes, decorate cupcakes, and find low-cost items to buy. The popular ride around Jaffrey Center in a Model T returns. Tickets for games and rides remain 25 cents.

This event depends on roughly 100 volunteers to set up, sort, sell, park cars, and clean up. While First Church’s members and friends plan and organize the Fair, two-thirds of the workers come from the wider community. Many local businesses and service groups contribute time, equipment, and money. Funds raised help support local social service organizations and scholarships for Conant graduates.

For directions and updates, go to www.firstchurchinjaffrey.org.

Dance Features “NH Visitors” Saturday, August 1st

Monadnock Tri-State Dance Club will hold a dance on Saturday, August 1st from 7 to 10 p.m. at ELMM Memorial Community Center at 21 Durkee Street in Winchester.

The evening will start with a potluck at 5:30 p.m. The dance will feature live music by NH Visitors. 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.

Monadnock Cycling Club Raises Over \$46,000 For Dartmouth Cancer Center

Ten cyclists from the Monadnock Cycling Club traveled to Hanover on July 10th and 11th to participate in the 45th Annual Prouty, Northern New England’s largest family-friendly fundraising event supporting the Dartmouth Cancer Center. Representing Team Hoss and The Beam Team, the riders raised more than \$23,000, which was matched dollar for dollar by the Jack & Dorothy Byrne Foundation for a cumulative total of more than \$46,000.

The Dartmouth Cancer Center uses Prouty funds to support cutting-edge research, exceptional patient care, and services that help patients and families navigate the most difficult moments of their lives. On average, every \$1 invested in research through Prouty Pilot Grants generates \$13 in additional funding from other sources.

This year’s Monadnock Cycling Club participants were Kim Cotter, Tom O’Grady, Patti Seymour, Greg Seymour, Carrie Noyes, Steve Schnyer, Jan Allard, Steve Perrin, Mike Schesser, Sarah Brubaker, and Mike Frank. Allard, Cotter, and Brubaker are Prouty veterans and cancer survivors. The youngest Beam Team member is future Prouty-rider Asa Brubaker-Cannon.

Donations to the 2026 Prouty are still being accepted through October. To contribute, visit the Prouty website at getinvolved.dartmouth-hitchcock.org.

RUG CLEANING
Oriental Rug Works
109 Key Road • Keene, NH
603-357-8400

FULL HOME & PROPERTY SERVICES
Roofing • Windows • Decks • Siding
Handyman & Yard Services
Rob Parker & Son Contracting
603-554-5253

STAR PAINTING
Interior Painting
Spray-Roll-Brush
Drywall Repair
 **FREE ESTIMATES**
20% Off with Ad
(H) 603-357-1325
(C) 603-721-6220

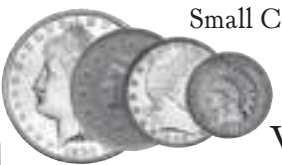
**Flagg’s
Window
Cleaning**
Screens & Window Sills
Residential & Business
603-721-1212

 Find us on **facebook.**
Giveaways • Stories • Local Events

 **The UPS Store**
YOUR TO-DO LIST’S FAVORITE STORE.
✓ Shipping & Packing ✓ Printing & Mailboxes
✓ Notary, Shredding & More
One stop. Lots of checkmarks.
FAST. EASY. LOCAL.
*** 10% OFF ***
ANY ONE SERVICE
* Original coupon required. Not valid with other offers
Valid at this location only. Coupon expires 12/31/2026.
The UPS Store 8172 • 417 West St. (West Street Shopping Plaza) Keene
Hours: Mon-Fri, 8 a.m.-6:30 p.m.; Sat, 9 a.m.-2:30 p.m.; Sun, 10 a.m.-3 p.m.
603-372-4230 • store8172@theupsstore.com

**THE PATHWAY
TO FREEDOM**
Erica Secord, LMT
Located in Downtown Keene
20 Years of Massage Therapy
Military/First Responder Discount
Online Booking through Vagaro
(603) 499-5061


 **LIVE FREE
Collectibles**
**Always Buying Vintage
& Modern Singles
and Collections!**
(518)836-4704 • JONATHAN LIPTAK
LIVEFREECOLLECTIBLES.COM

COINS WANTED
Gold • Silver Dollars • Halfs & Quarters
Small Cents • Paper Money
Pocket Watches
Jewelry
 We’re Buying.
Gary Boes
603.352.3609  603.209.2501


A FULL-SERVICE TREE COMPANY!
**HAZARDOUS
TREE REMOVAL**
24-HR EMERGENCY SVCS.
FREE ESTIMATES
FULLY INSURED
YOUR AWARD-WINNING TREE SERVICE
603-363-8197
wilcoxreeservice.com
WILCOX CRANE SERVICE
603-903-8624

W.E. BROWN ROOFING
Serving Cheshire County Since 1960
\$500 OFF
**FULL ROOF
REPLACEMENT**

Free Estimates • Fully Insured
Local • Family-Owned • Quality Work
CALL TODAY! 603-352-6382
webrownroofing.com
BOOK BY AUG. 31, 2026

**CENTRAL A/C & MINI SPLIT
INSTALLATION AND SERVICE**
Zieba HVAC
603-903-8660
Boilers • Furnaces • Heat Pumps • Air Conditioning
Mini Splits • Water Heaters • Gas Fireplaces & More!

— 2026 J FIELD FOUNDATION —
CHARITY GOLF TOURNAMENT
Crotched Mountain Golf • Franconia, NH
Friday, August 14th
\$10k Hole-In-One Prize
18 Holes • Drinks • Prizes
Lunch • Raffles & more!
\$450/Foursome • \$125/pp


Sign Up: Jenniferfield.org/golf-tournament

**COME SEE US AT
THE CHESHIRE FAIR
JULY 30-AUGUST 2**
**POWER
THAT WORKS
AS HARD AS YOU DO.**

DEWALT
POWER EQUIPMENT
RUGGED. RELIABLE.
BATTERY POWERED.
BUILT TO TACKLE
ANY JOB.

Cub Cadet
RIDE ON MOWERS
SMOOTH. STRONG.
DEPENDABLE.
MADE FOR A
BEAUTIFUL CUT
EVERY TIME.

HUSTLER
TURF EQUIPMENT
ZERO TURN MOWERS
CUT FASTER.
TURN TIGHTER.
GET MORE DONE.
SERIOUS POWER.
SERIOUS RESULTS.
GARY’S
POWER EQUIPMENT
SALES & SERVICE
QUALITY BRANDS. LOCAL SERVICE.
POWER YOU CAN COUNT ON.
603-239-4953 • Winchester, NH
garyspower.com 

AUTO, TRUCK AND EQUIPMENT REPAIR
H&S Industries
Trusted and Reliable
(603) 439-7664
10 MINUTES FROM KEENE

DOWNSIZING?
Interior & Exterior Junk Removal
Kennedy Junk Removal
603-354-9484
Serving Southern NH

Cota & Cota
FAMILY OWNED & OPERATED SINCE 1941
PROPANE GAS • PLUMBING
HEATING OIL • GENERATORS
24/7 QUALITY SERVICE
455 WINCHESTER ST, KEENE NH
603-357-0000
WWW.COTA OIL.COM

WW WATER SYSTEMS LLC
Residential & Commercial
WATER PUMPS & TREATMENT
Custom Treatment for the removal of
Iron • Hardness • Radon • Arsenic • Taste • Odor
Constant Pressure Systems

John Wentzel • **603-313-9300**
h2opro2@yahoo.com

Watching Weather, How Hot Will It Get?

I've been a weather watcher for a long time. Originally to plan work and outdoor activities; it helped to be prepared. For too long, I've watched increasingly disturbing weather patterns to understand what we're doing to our planet.

Last year was the third hottest on record, according to an analysis of temperature data by three independent agencies. That puts 2025 just behind the second-hottest year, 2023, and the hottest, 2024.

What makes this extraordinary is that 2025 saw a cooling phase in the Pacific Ocean, La Niña, that normally suppresses global temperatures. This year we're being warned of a strong El Nino, the warming phase, greatly exaggerated by global warming. Smart money says 2026 will be the new hottest, the only question is by how much.

The warming spike in 2023 to 2025 suggests that the rate the planet is warming is accelerating, while extreme events are exceeding anything we've seen.

There were four times as many new heat records set from 2016 to 2024 as there would have been without human caused global warming. Unprecedented rainfall occurs 40 percent more often than it otherwise might, and record dryness 10 percent more. Meanwhile, record cold is on a path to extinction.

Much of the US sweltered through this July

4th holiday as an intense heat dome strained power grids and caused the cancellation of events. In Europe, more punishing temperatures are expected, after a deadly heat wave pushed thermometers as high as 43.8C (111F) in France. Air conditioners, a rarity, are now much sought after.

sion, vomiting, seizures, slurred speech, or passing out. Watch for a body temperature that exceeds 102 degrees F.

The first step to help anyone who exhibits symptoms of heat exhaustion or heatstroke is to get them to immediately stop what they are doing and rest out of the sun, stay cool, and hydrate. Seek

medical help if symptoms include those for heatstroke or the symptoms do not improve.

The rapidly falling cost of renewables, batteries, and EVs gives us more ability to tame warming than ever before. But a hotter, more

extreme future is guaranteed, and the next phase of climate change is likely to be marked by learning how best to adapt and respond.

First, we need to stop letting firms rake in massive profits by pumping toxic, heat trapping gasses into the atmosphere for free.

A predictably increasing federal carbon price is the most effective and efficient policy. It will send a clear market signal which will unleash entrepreneurs and investors in the new clean-energy economy. Putting a price on the pollution and rebating the money to each of us, as a monthly dividend, will cover inflation and support our adaptation choices. Learn more at <https://citizensclimatelobby.org/remi-report/>.

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



A troubling pattern has emerged in this summer's heat: not only has it broken records, it's smashing them, often far above the previous all-time highs. As our planet continues to get hotter, we'll need to adapt and sooner rather than later act to stop the warming.

So, what can you do? Be aware of the weather. Heat waves are dangerous not just to those at higher risk, but children, pregnant women, elderly, and those with many medical conditions. Heat is the deadliest type of weather in the US, with a higher annual average death toll than tornadoes, hurricanes, and lightning combined, according to weather service statistics.

Understand the warning signs of heat exhaustion: fatigue, extreme thirst, nausea, headache, shortness of breath, rapid breathing, muscle cramping, and feeling dizzy or lightheaded.

Heatstroke is a much more serious emergency, call 911. The warning signs include all the above, but also may include a strong, rapid heartbeat, confu-

Porch & Deck

New Builds/Repairs
Call For More Information:
603-852-6891
KeenePorchandDeck.com

Stories
Giveaways

Local Events
Find Us On
facebook.

MORE
Than a Thrift Store
Where Your Donations Make a Difference
All net proceeds benefit local non-profits
Donations accepted Wednesday through Saturday
19 RALSTON ST., KEENE
Wed/Thurs 10-4 • Fri 10-6 • Sat 9-5
603.355.1890

Security Blanket: Collaborative Women's Art Project

The Hancock Town Library will host a collaborative women's art exhibit which highlights a broad range of issues of concern to women and families. The exhibit, titled "Security Blanket" will be on display through Saturday, August 1st. A reception will be held on August 1st from 2 to 4 p.m. The founder of the project, Lynn Estomin, will speak at 3 p.m.

The exhibit will feature a large floor-to-ceiling quilt, created by women artists and quilters. The textile artwork is comprised of 12-inch square original fiber artworks, created by individual artists, and sewn together.

Twenty-six squares are letter blocks. Each artist/quilter chose a particular letter of the alphabet, and designed a block to illustrate the theme of women's visions for a better world.

Complementing the quilt project, 11 local artists will exhibit their artwork, in various mediums, related to the theme of women's issues.

For more details about the project, visit www.securityblanket.art.

Exhibits can be viewed in the Daniels Room of the Hancock Library during regular library hours. Call the library at 603-525-4411 before visiting to ensure no special events are scheduled.

Now Picking Our Own SWEET CORN!

Hanging Baskets
BUY ONE, GET ONE FREE!
Allen Bro's
Rt. 5, Westminster, VT
Exit 5, I-91 (20 min. from Keene)
Open Daily 6am-8pm
allenbrothersfarms.com • **(802) 722-3395**


WINDOW DESIGNS BY JOHN
603.499.0011
wdbyjohn@gmail.com
www.windowtreatmentsbyjohn.com
Here's what your neighbors are saying:
John was very pleasant and understanding of our needs. We remodeled our kitchen this year. He came to our home and showed and explained his product line. We were immediately sold. He came back at our convenience for installation. Our new kitchen is absolutely beautiful thanks to John! We highly recommend WindowDesignsbyJohn!
Rick & Amy K.
When It Comes To Windows, We've Got You Covered!

A Trusted Partner for All Your Renewable Energy Needs

Solar, Home Heating and Cooling
Federal Tax Credits Available
37 Roxbury St. Keene, NH 603-358-3444
GreenEnergyOptions.com

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)



What was the name of the Cheshire County summer camp at which this basket weaving class photo was taken?



The winner of last week's Mystery Photo Contest was James Meade of Stoddard. The photo of a quarry stone shed was taken in Fitzwilliam Depot.

Erica Secord Brings 20 Years Of Massage Expertise To Downtown Keene

Erica Secord, a licensed massage therapist based in downtown Keene, has been practicing for 20 years, offering a wide range of therapeutic modalities to meet the needs of her clients. Secord's services include Swedish massage, deep tissue, Thai massage, myofascial release, trigger point therapy, oncology massage, and elder massage. The breadth of her practice

reflects a commitment to serving clients across a variety of needs and life circumstances, from those managing chronic pain to those navigating cancer treatment or the particular challenges of aging. Secord offers a discount for veterans and first responders. Appointments can be booked online through Vagaro or by calling 603-499-5061.

Veterans Coffee Connection Tuesday Mornings At Keene Senior Center

The Keene Senior Center will host Veterans Coffee Connection Tuesdays at 9 a.m. All military branches are welcome to enjoy coffee and snacks and visit with other veterans.

The Keene Senior Center is located at 312 Marlboro Street, Suite 100, in Keene. For more details, call Director Richard Godek at 603-352-5037 or visit thekeeneseniorcenter.org.

KEENE'S FAVORITE BACKYARD PARTY WYMAN TAVERN BREW FEST. TICKETS ON SALE NOW!

GET YOUR TICKETS TODAY

WYMAN TAVERN BREW FEST

CRAFT BEER | SPIRITS | WINE | MEAD | MOCKTAILS
LIVE MUSIC | DELICIOUS FOOD
1 AUGUST 2026 | (VIP 12) 1-5PM | KEENE NH

SAMPLE 150+ CRAFT BEVERAGES

SOLUS STUDIO PRESENTS MUSICAL GUESTS: THE GASLIGHT TINKERS

MUSIC, MUNCHIES, CJ THE DJ AND MORE

FOR TICKETS & INFORMATION HSCCNH.ORG | 603.352.1895

DONNA'S RUSTIC BARN COUNTRY STORE & GIFT SHOP

125 Old
Homestead
Highway
Swanzy
603-499-0411

Open
Wed.-Sat.
10AM-5PM
Sunday
10AM-4PM
donnasrusticbarn.com

FOREST VIEW ANTIQUES & HOME ITEMS

Now with seasonal veggies
Open Wed.-Sun. 10-4
33 Wrobel Road, Spofford, NH
603-852-2123

SURVEYING & ENGINEERING

Lot Lines • FEMA Elevation Certs • Subdivisions • Site Plans
Plus Septic Designs, Wetlands & Soil Mapping,
Local, State & Federal Permitting and More!

FIELDSTONE LAND CONSULTANTS, PLLC

Surveying • Engineering • Environmental
603-672-5456
FieldstoneLandConsultants.com

HANDYMAN

Call Keene Handyman
Repairs or Remodels
603-852-6891
KeeneHandyman.com

10% OFF EVERYTHING!*

Through August 9th

Andy's OF KEENE

OPEN 7
DAYS!

93 Park Avenue, Keene
603-352-4334
www.andysoak.com

*Some Restrictions Apply

GUITAR LESSONS

Lessons online via Zoom
All ages welcome • Gift Certificates
Ukulele & Harmonica Lessons Offered
Tad Dreis • Keene, NH
603.762.9378 • www.taddreis.com

Are You New To Medicare? JOIN US!

- Understand Medicare Basics
- Hospital Insurance
- Rx Drug Coverage
- Medicare Advantage
- Medicare Supplements

First Thursday of the Month 1PM-3PM

Join us in person or virtually!

NH Care Collaborative • 105 Castle St. • Keene, NH
Registration is required.
For information and to register, call
603-357-1922 or 1-866-634-9412
www.servicelink.nh.gov

Memory Care Apartments Now Available!

Scott-Farrar has Private Studio Apartments available in our Memory Care Neighborhoods. Some of the great benefits of living at Scott-Farrar include:

- Three chef-prepared meals and healthy snacks daily
- 24-hour care & support, including medication management
- Personalized care plan
- Transportation to medical appointments
- Social, recreational, cultural, and creative activities programs
- On-site salon services
- Housekeeping and laundry services twice per week
- Onsite physical, occupational, and speech therapy services

To learn more about Scott-Farrar and schedule a tour, contact Jennifer Boyd at 603-924-3691, ext. 202 or jennifer.boyd@scott-farrar.com.

Non-Profit 501(c)(3) Charitable Organization • www.scott-farrar.com
Independent Living | Assisted Living | Memory Care



5th ANNUAL BACK TO SCHOOL DRIVE

Please help us provide the children of our community with new school supplies to start the new year!

Now Accepting Donations At:

Deschenes
Rte. 202 • Jaffrey, NH
603-532-4451

Gathering Waters CHARTER SCHOOL

2026–2027 Now Enrolling Apply Online

Comprehensive K–12 Waldorf Education in the Monadnock Region

- Academics
- Music
- Fine Arts
- Practical Arts
- Performing Arts
- Movement
- Outdoor Ed.
- Leadership

—and much more!

Accepting New Applications | Gathering Waters Admissions Office:
(603) 733-9201 | admissions@gatheringwaterscharter.org

FALL CLASSES START AUGUST 31

DANCE
YOUNG ARTS
THEATRE
CAMPS

VISIT MOCO.ORG FOR MORE DETAILS

- No hidden fees
- Easy payment plans
- Free costumes

40 ROXBURY STREET, KEENE NH 03421 | (603) 367-2100 | INFO@MOCO.ORG | MOCO.ORG

THE Building Their Futures PLACE

No Place Like This Place™

SIGN UP TODAY

Childcare & Preschool Out of School Time

keeneymca.org

Growing Up And Letting Go As An Act Of Love

I just finished reading a book in which a single mom was coming to terms with the fact that her daughter was graduating from high school and going to college. In the end, the mom came to realize that the other people in her life had become important to her and that her daughter had grown into a kind and intelligent person of whom she was very proud. She also began to recognize that her own life was more complete than she had initially thought.

The book got me thinking about these transitions and moments when parents start to notice their children gaining independence and developing into the people with their own ideas and hopes for the future.

As parents begin to realize that their children don't need them in the same way that they once did, the awareness can be bittersweet. Parents often feel the desire to keep their children small despite knowing that growth and change is inevitable. It may be when a child closes the bedroom door to demonstrate a need for privacy and developing independence. It may be when a teenager drives off alone for the first time after passing their driving test and earning a license.

Despite knowing this day will come and preparing for children to gain independence, the celebration of these milestones can also bring a sense of uncertainty and yearning for when children were more dependent.

For some parents, this may present as an identity crisis. Many parents pour so much of themselves into their identity as a parent that they begin to feel a lack of purpose once they are needed less intensely.

As children grow into adolescents, their friends become more important and they begin exploring their own thoughts and feelings that reflect independent ideas and values than those of their parents. This is healthy development and a normal part of growing up, but it can be difficult for parents who have put aside their own needs in order to focus on the needs of their families.

Sometimes parents try to hold on tighter, offering more advice, asking more questions, and worrying more, but growing up requires room to grow, and the efforts to hold on can sometimes lead youth to pull away. Giving adolescents some freedom to make mistakes, figure out solutions, and explore their own self-concept allows them to build confidence, resilience, and wisdom from learning from their mistakes.

As children grow and mature, the role of parenting shifts from managing their behaviors to mentoring them. Parents can become a harbor that kids return to. Parents shift from making all the decisions to offering perspective and support. The role of parent shifts from one of control to one of consistency. Being there to answer questions, offer advice when asked, and supporting kids in making their own decisions becomes an essential role of parenting. This provides

adolescents with the practice of making decisions and learning from the consequences of those decisions, whether good or bad.

This quieter role of parenting can have a great influence on the development of adolescents. When kids are young, they need parents to take the reins and guide them. As they become more independent, parents lend their children the confidence to start to navigate the world without a parent having to be right next to them, telling them the next step to take. The confidence stems from parents expressing the belief that they will recover from mistakes along the way and encouraging them to take the step to try even when they feel uncertain.

Monadnock Family

with Sheri Lapointe

This moment of transition is not just about the children growing; parents are also transitioning and growing through this process. As children begin to be more independent, parents may notice that hobbies and interests previously put aside can be nurtured. Friendships can deepen as parents have time to focus on them. New career paths may evolve.

Instead of focusing on this experience as a loss or ending, parents can refocus on this time as a new beginning. It won't ease the pain of realizing children will never return to their younger selves, but parents can look forward to how their relationships with their children develop into more adult-like relationships and recognizing the wonderful people these children are becoming as they grow into young adulthood.

Parenting success may be measured in understanding that children need parents differently. When parenting is done well, children gradually need parents less while maintaining the loving relationship that has developed.

The conversations may become less frequent, but develop a richness beyond just sharing about their school day. The relationship may be changing, but the love between parent and child can continue to be strong.

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.

HAPPY BIRTHDAY!

from HANNAFORD'S SUPERMARKETS

July 29, 2026

Gemma Miller, daughter of Amanda Wisted & William Miller, Peterborough, 10

July 30, 2026

Mallorie Gingras, daughter of Deirdre & Brodie Gingras, Antrim, 1

July 31, 2026

Reyan Raghav, son of Summer & Sandy, Swanze, 8

August 4, 2026

Saydee Carbone, daughter of Sarah Carbone & Nathan Carbone, Keene, 4

HANNAFORD'S SUPERMARKET

West Street, Keene, NH

BIRTHDAY CAKE DRAWING

Mail coupon to:

The Monadnock Shopper News,
P.O. Box 487, Keene, NH 03431-0487

or enter online at shoppernews.com; no phone calls, please

• Children through age 12 are eligible.

• Forms must be received *two weeks before* child's birthday.

PRINT OR TYPE CLEARLY

CHILD'S NAME _____

AGE* _____ SEX _____ BIRTHDATE _____

PHONE _____

PARENTS' NAME (S) _____

ADDRESS _____

*Age child will be on this birthday.

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Gemma Miller, Peterborough, 10

Reyan Raghav, Swanze, 8



Picture Unavailable

Submit your Birthday Kids' entry online at:

ShopperNews.com/Community

Bean Supper At United Church Of Winchester

The United Church of Winchester will host an all-you-can-eat bean supper on Saturday, August 1st, from 5 to 6 p.m. in the Fellowship Hall at 99 Main Street in Winchester.

The buffet will feature hot dogs, two kinds of

baked beans, coleslaw, potato salad, dinner rolls, and assorted homemade pies. Tickets are \$12 for adults and \$6 for children under 12. Take-home meals are available by calling 603-239-4465 before 3 p.m.

French And German Masterworks In EEC Concert



Todd Phillips



Wendy Sutter

Electric Earth Concerts (EEC) continues its season with “Debussy, Saint-Saëns, Brahms” on Thursday, August 13th at the First Church in Jaffrey at 7 p.m. Harp, flute, strings, and piano are featured in three French and German masterworks. Saint-Saëns’ Fantasia for violin and piano, Debussy’s Sonate for flute, viola, and harp, and Brahms’ G minor Piano Quartet comprise this incandescent program. The performers are Todd Phillips, violin; Matt Sinno, viola; Wendy Sutter, cello; Laura Gilbert, flute; Stacey Shames, harp; and Mihae Lee, piano.

Claude Debussy was a French composer whose innovative harmonies, tone colors, and free forms helped shape modern music. Rejecting strict Romantic traditions, he crafted atmospheric works like Prélude à l’après-midi d’un faune, Pelléas et Mélisande, La Mer, and Clair de lune. Influenced by Symbolist

poetry, Impressionist art, and non-Western music, his style inspired composers from Ravel to Gershwin. Camille Saint-Saëns was a French composer, pianist, organist, and conductor of the Romantic era, celebrated for works like Samson et Dalila, Symphony No. 3 (“Organ”), Danse macabre, and The Carnival of the Animals. A child prodigy and virtuoso, he influenced French music through the Société Nationale de Musique, taught Gabriel Fauré, and left a diverse legacy spanning symphonies, concertos, operas, and chamber music.

Johannes Brahms was a German composer, pianist, and conductor of the Romantic era, renowned for blending Classical traditions with Romantic lyricism. A master of symphonies, concertos, chamber music, choral works, and over 200 songs, his celebrated pieces include A German Requiem, the Hungarian Dances, and four symphonies. Influenced by folk melodies and Baroque counterpoint, Brahms’s music remains central to the concert repertoire.

General admission is \$30, payable online (www.electricearthconcerts.org), or via cash or check at the door. In an effort to bring music to young audiences, this season EEC will admit kids and their parents to our concerts for free. Students are also admitted for free.

For more details, visit the website, call Joan Epro at 603-499-6216, or email her at joan.electricearth@gmail.com.

Things To Do In The Region

EVENTS, Continued from page 17

Tuesday, Aug. 4
ARTS, MUSIC & THEATER

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

FAMILY FUN

National Night Out 5-8pm. Monadnock Community Hospital Campus, 452 Old Street Rd., Peterborough. Fun-filled evening of building connections, strengthening community ties, and supporting police, fire, and EMS community partnerships. Fun activities for families and children, entertainment, and opportunities to meet local law enforcement & first responders. 603-924-7191. www.MonadnockHospital.org.

Wednesday, Aug. 5
FAIRS & SALES

First Church in Jaffrey 109th Fair 1-4pm. First Church in Jaffrey, 14 Laban Ainsworth Way, Jaffrey. Venues include antiques and collectibles, fine art – painting, prints, and photographs, “white elephants,” vintage and craft jewelry, decorative linens, and the garden center. A Bakery Buffet tempts buyers with cakes, pies, cookies, breads, and dessert sauces. Pauline Brackett: www.firstchurchinjaffrey.org/.

Coffee With
The Classics

Conant Public Library will host its Coffee With the Classics Book Club on Wednesday, August 5th, at 6 p.m. The group will discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. Copies are available to check out at Conant and Richmond Public Libraries.

For more details, contact Conant Public Library at 603-239-4331 or visit conantlibrary.org.

PAINTING

Call Keene Painting Pros!
Residential & Commercial
603-852-6891
KeenePaintingPros.com

\$100 OFF 4 TIRES
OR \$50 OFF TWO TIRES
OIL CHANGE \$49.95
ANNUAL INSPECTION \$25.00

COUPON MUST BE PRESENT AT TIME OF PURCHASE. UP TO 5 QTS. WASTE OIL EXTRA. INCLUDES FILTER. MOST VEHICLES. TIRES MUST BE PURCHASED & INSTALLED AT CITY TIRE. CANNOT BE COMBINED WITH ANY OTHER OFFER. SOME RESTRICTIONS APPLY.

SCAN THE QR CODE TO
SCHEDULE YOUR
APPOINTMENT ONLINE

City Tire
124 MAIN ST.
KEENE, NH 03431 603-357-1332
WWW.CITY-TIRE.COM
MON-FRI 7:30-5:00 SAT
7:30-12:00 SUN CLOSED

HD Harrisville Designs
RETAIL STORE & STUDIO
harrisville.com
4 Mill Alley, Harrisville, NH
Open Tues-Sat, 8:30-5:30 | 603-827-3996

SIGN UP NOW FOR
SUMMER LESSONS
DRUMS • GUITAR
KEYBOARD • BRASS
PERCUSSION • STRINGS
ROUSSEAU'S MUSIC
124 Main St. • Jaffrey
603-532-4311
rousseauismusic.com

For Every
Man's Wardrobe

BOOTLEGGER'S
FOOTWEAR CENTERS
425 West St., Keene • 603-352-5201

Find us on **facebook**.
Giveaways • Stories • Local Events

Read the **MSN online**: www.shoppernews.com

UNMATCHED EXPERIENCE.
UNMATCHED RESULTS.

RANGER CURRAN

DEBBIE LUCEY

VINCE DOLAN

ALEJANDRA SPRUILL

CONNIE JOYCE

BERT INMAN

CLARK WULFF

TERE CLARKSON

MARY RAISEN

NICK CELENTANO

JOSHUA BENNER

RE/MAX
TOWN & COUNTRY
117 WEST ST. KEENE, NH 03431 (603) 357-4100 • www.mykeenehome.com

Maple Hill Nursery
EST. 1984 • GREENHOUSES • **We Deliver!**
NURSERY STOCK & GREENHOUSES ON 6 ACRES
Locally Owned & Operated for Over 42 Years

GET YOUR POLLINATOR PLANTS HERE!

HANGING BASKETS
TREES & SHRUBS
PERENNIALS
ANNUALS

ORNAMENTAL GRASSES

EMERALD GREEN ARBORVITAE

THURS.-SUN.
these 2 items only
10% OFF
IN CONTAINERS

6 COLORS of BARK MULCH
BAGGED OR BY THE YARD **CEDAR MULCH** 3 BAGS FOR **\$15**

COMPOST
Suitable for food gardens BY THE YARD

OCEAN COMPOST • FERTILIZER • POTTING SOILS • GRASS SEED
Rt. 10 South, Swanzey, NH 1 Mile South of Market Basket • Open 7 Days
603-357-2555 • www.maplehillnursery.com

STOCK WATCH					
Listings At Close of Market July 24, 2026 • Courtesy of RBC Wealth Management					
Dow Jones Closed 51,947.25 (199.17) • Prime Rate 6.75% (0.00)					
	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	243.15	18.13	Danaher Corp. (Kollmorgen)	191.50	(12.33)
Becton Dickinson (C.R. Bard)	156.36	(1.81)	Merck (Hubbard Farms)	131.07	3.57
Toronto Dominion Bank (TD Bank)	119.78	(3.82)	Deluxe (NEBS)	26.02	(0.03)
PC Connection	81.23	2.26	Teleflex (Jaffrey)	132.10	(2.51)
Bank Of America (Fleet)	62.05	0.78	Timken (MPB Corp.)	141.30	3.52
Corning Inc.	146.65	(7.96)	M&T Bank Corp. (People's United)	249.60	0.36
Ametek, Inc. (Precitech)	237.00	0.00	Dover Corp. (Markem)	214.18	0.00
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	58.43	2.24	Wheat (cents per bushel)	679.00	(5.75)
Gold (\$ per ounce)	4,055.60	45.90	Corn (cents per bushel)	487.25	19.00
Platinum (\$ per ounce)	1,592.74	(1.00)	Soybeans (cents per bushel)	1,252.50	50.00
			Cattle (cents per pound)	222.58	1.95
			Crude (\$ per barrel)	90.17	8.06

RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC
Investment and insurance products offered through RBC Wealth Management are not insured by the FDIC or any other federal government agency, are not deposits or other obligations of, or guaranteed by, a bank or any bank affiliate, and are subject to investment risks, including possible loss of the principal amount invested.



THE CHIMNEY SPECIALISTS, INC.

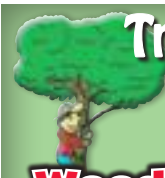
Chimney Sweeping • Construction • Relining
Repairs • Installations • Inspections • Waterproofing

Serving the Monadnock Region for over 45 Years
(603) 357-4159 • www.chimneynh.com • info@chimneynh.com

VISION BOOKKEEPING

- Full charge bookkeeping using Quickbooks
- 25+ yrs. experience
- Bookkeeping clean up

(802) 276-0356 • Swanzey, NH



Treehugger Farms Stove Shop

Rt. 12, Westmoreland

Wood, Gas & Pellet Stoves

Federal tax credits available!

Green or Kiln-Dried Firewood

Pick up or Delivered

Order online or Call
603-399-8454

TREEHUGGERFARMS.COM
Mon-Fri 10-4, Sat 9-1



DAN'S WATER TREATMENT SERVICE

"Solving Your Water Quality Problems"

Over 37 Years' Experience
SALES OF NEW SYSTEMS
Most Existing Systems Serviced

- Water Softeners
- Neutralizers
- Iron Filters

888-679-6059 or 603-756-4398
DAN WATERMAN



Joseph D. Durell, CFP®, MBA

Senior Vice President – Financial Advisor
Senior Portfolio Manager – Portfolio Focus

70 Main St., Suite 300 | Peterborough, NH 03458
(603) 924-4816 | joseph.durell@rbc.com
www.joedurell.com



Investment and insurance products: • Not insured by the FDIC or any other federal government agency • Not a deposit of, or guaranteed by, the bank or an affiliate of the bank • May lose value
© 2021 RBC Wealth Management, a division of RBC Capital Markets, LLC, registered investment adviser and Member NYSE/FINRA/SIPC. All rights reserved. 21-PT-0184 (10/25)



Celebrate their lives

Honor your loved ones with a photo in the Shopper.
Call 603-352-5250, email obituaries@shoppernews.com
or ask your funeral director for details.





The Insurance SOURCE

YOUR NEIGHBORS FOR INSURANCE THAT WORKS

- ✓ Life Insurance
- ✓ Home Insurance
- ✓ Auto Insurance
- ✓ Business Insurance

Request a Quote Today!
InsuranceSource.com

The UPS Store In Keene – Packing And Shipping, Professional Printing, Notary Services, Passport Photos, Mail Services, And Other Business Support Solutions

UPS STORE, Continued from page 1

cards, brochures, flyers, postcards, and presentations. In addition to the many offerings, there are direct mail services, notary services, passport photos, and other business support solutions.

The UPS Store is not the same company as UPS, the shipping company. While they do work closely with UPS and provide access to UPS shipping services, the store is independently owned and operated by Rosie and Kevin Morse as a local retail business. Unlike UPS shipping services, The UPS Store does not deliver packages to homes and businesses.

When entering the store, customers will find a designated area for private mailbox rentals (with a real street address) that can be accessed 24/7, as well as easy drop-off/return kiosks and a useful document-shredding station.

“Our goal is to make it easier for residents and businesses to accomplish more in one convenient location,” Rosie states. “We take time to listen, understand what each customer needs, and recommend practical solutions. Whether someone is shipping something valuable, preparing materials for an event, printing marketing pieces for a business, or managing day-to-day document needs, we want every customer to feel confident that they are receiving knowledgeable, dependable, and personal service.”



Kevin Morse helps a customer with returns on purchased items. Returning items is an easy process at the new UPS Store in West Street Shopping Center in Keene.

At the center of all of these services is the focus on making the process easier, clearer, and more reliable for the customer. “We were drawn to The UPS Store because it gave us a strong foundation: a respected brand, proven systems, extensive training, and a broad range of services that meet real needs for individuals and businesses. At the same time, we know that being locally-owned matters. Our success depends on relationships, consistency, and the way customers feel when they work with us,” she says.

Rosie continues by saying that as a military veteran, she brings the values that shaped her service – integrity, accountability, attention to detail, reliability, and a commitment to serving others – into the way that they operate the store. “For us, this business is not simply a place where people can ship packages. It is a locally owned business services hub backed by the strength, training, and resources of a nationally recognized brand.”

To get the word out about the many services offered at The UPS Store, the advertisements in *The Monadnock Shopper News* will highlight different products, services, and special offers, so people understand all that this locally owned and operated store can provide.

“We also plan to use our website and social media channels to share updates about current promotions, seasonal specials, service reminders, and new offerings,” she adds. “Our goal is not only to promote the store, but also to educate customers about the many ways we can help them save time and complete important projects.”

The UPS Store opened in May of this year, and by June, they already received a Net Promoter Score of 88 based on customer surveys. This score measures how likely customers are to recommend a business to others, and a score of 88 reflects a very high level of customer satisfaction.

“For us, that feedback is both encouraging and motivating. It tells us that our focus on service, professionalism, and attention to detail is making a difference,” she says.

Rosie continues: “We care deeply about the experience customers have when they walk through our doors. At the same time, our team benefits from the training, tools, and support of a nationally recognized brand. That combination allows us to offer both convenience and expertise. Customers can rely on us for professional guidance, whether they need help choosing the right shipping option, packing a fragile or valuable item, printing materials, setting up a private mailbox, or planning a direct mail campaign. We do not believe in a one-size-fits-all approach. We listen first, then help customers find the best solution for their specific need.”

The UPS Store is open every day: Mondays through Fridays from 8 a.m. to 6:30 p.m., Saturdays from 9 a.m. to 2:30 p.m., and Sundays from 10 a.m. to 3 p.m. For more details, call 603-372-4230 or email store8172@theupsstore.com.

SPECIALIZING IN AUTOMOTIVE ACCESSORIES AND PERFORMANCE PARTS

ALTERNATIVE DETAILING SOLUTIONS

257 Rt 10, Gilsum • (603) 358-3300



We Install Heat Pumps of all Types

REDUCE YOUR YEARLY HEATING COSTS TODAY.

- ✓ Expert Rebate Assistance
- ✓ Locally Owned & Operated
- ✓ High-Efficiency Heating & Cooling
- ✓ Year-round Comfort
- ✓ 12 Year Warranty
- ✓ Zero Emissions = No Air Pollution

Scan me to find out how!



802-289-5222

UnityHeatPumps.com



MONADNOCK APPLIANCE

MonadnockAppliance.com

Your local service provider since 2010 is now also your NEIGHBORHOOD APPLIANCE RETAILER.

- Refrigerators • Freezers
- Dishwashers • Stoves • Cooktops
- Washing Machines • Dryers
- Dryer & Vent Cleaning Service

603-899-9999

Come visit our NEW STORE
497 US-202 #1
Rindge, NH 03461
(near Market Basket)



DRONE Photography

Real Estate • Aerial Mapping
Video & More

Part 107 Licensed & Insured

603-608-3487 • gabeshakourfilms.com

Harvesting, Planting, And Maintenance

August in New Hampshire is a busy month for gardeners requiring a mix of harvesting summer crops, planting succession crops for fall, and starting fall maintenance.

It's time to sow cool-season fall crops like spinach, lettuce, kale, radishes, and mesclun for a second harvest before the first frost, and pick tomatoes, cucumbers, green beans, and summer squash to encourage continued production. Cut back or remove any spent, diseased, or crispy summer crops. Stop fertilizing shrubs so new growth isn't damaged by early freezes, but water evergreens and new plantings deeply. Prune spent raspberry and blackberry canes. Divide or transplant crowded spring-blooming perennials like irises and peonies.

Also, potatoes and onions will be ready for harvest as soon as the plants' foliage turns brown and falls over. Carefully dig around each plant and lift the crop from the soil. After digging, use pruning shears to cut off the dead foliage. Then, move potatoes and onions to a shaded, well-ventilated location for a week to 10 days to cure. The curing process toughens the skin and extends storage life. After curing, carefully brush away any excess soil still clinging to the skin.

Woods and Gardens

with Rose Kowaliw



Store potatoes in well-ventilated baskets or bins in a dark room. If they're exposed to light, the stored potatoes will turn green and be unusable. Onions can be stored in mesh bags hung from the ceiling in a cool, dark room.

This is the best time to dig and divide perennial flowers in your garden (such as hosta, Oriental poppy, lily, daylily, ornamental grasses, and iris). Use a spade to lift the plant from the ground being careful to damage the root ball as little as possible. When the clump is out of the ground, use a large garden knife or spade to cut it into smaller pieces. Then, replant the smaller pieces or divisions as soon as possible.

Give your flower border a late-summer injection of color by adding a generous helping of chrysanthemums. Available in an almost unlimited selection of colors and shapes, they go well with any garden décor. Plus, because they are sold in bud or bloom, they'll add instant impact to pots, planters, or flower borders. Their nectar-rich flowers attract a variety of colorful pollinators including migrating Monarch butterflies. Mix single- and double-flowering varieties with asters, pansies, and other fall bloomers.

By late summer, some annual flowers may look a bit worn out. Give your pots and planters a make-over by tucking in fresh, ready-to-bloom cool season annual flowers that will keep the color show going through the fall. Just gently pull out dead or dying annuals, mix in a bit of fresh soil, and drop in the replacement. It's that easy.

If you've been putting off weeding chores in the garden, now is the time to finally get busy. That's because, as the growing season winds down, both annual and perennial weeds start to produce thousands of seeds that will germinate in your garden

next spring. If left unchecked, these pesky invaders become extremely difficult to eliminate. The best time to weed is right after a rain when the soil is still moist. If it hasn't rained recently, irrigate your garden thoroughly the night before you start your attack. You can pull weeds by hand or use a hoe, just be sure to remove the roots. Weeds such as crabgrass or purslane quickly regenerate from any root left in the soil. As soon as you have the weeds removed, cover the area with a thick mulch of compost, straw, leaves, or shredded bark.

Be sure to keep evergreen trees and shrubs hydrated. Because plants such as yew and arborvitae never go completely dormant, their roots should be slightly moist to help the plant survive drying winter winds. If you start watering evergreens now, they will have plenty of soil moisture around their roots before freezing temperatures make irrigation impossible. Newly planted evergreens are particularly susceptible to dry soil, so make sure they get at least an inch of water a week.

Although herbs can be harvested throughout the summer, the oils responsible for the most intense flavor and aroma are at their peak in late summer, just before the plants flower. Clip foliage in the early morning after the dew dries, but before the day heats up. One of the easiest ways to store herbs is to rinse them under cold water, chop them coarsely, and place them in water-filled ice cube trays. Then place the trays in the freezer and pop out the herbs as you need them. Stop pruning perennial herbs such as tarragon, lavender, sage, oregano, and thyme at least one month before your last expected frost. Pruning encourages new growth that won't have time to harden before cold weather hits.

As you can readily see, gardeners have quite a few chores to do in late summer, but the variety makes it interesting and the rewards are endless. Happy gardening!

Rose Kowaliw has enjoyed gardening for over 40 years and also has a variety of houseplants, including a few she's had for over 20 years.

CUSTOM WINDOW TREATMENTS

Shades • Shutters • Blinds
Drapery • Home Automation



MONADNOCK SHUTTER & SHADE
603.352.0511
MONADNOCKSHUTTERANDSHADE.COM

BUS TRIP

Maine Beach Days

8/5, 8/12



Alpha & Omega Transportation
603-352-8340

Book your seat at:
aotransportation.biz

C.M. MINKLER

SEAL COATING

"Think Mink"

• Paving	• Line Striping	• Excavating & Dirt Work
• Driveways	• Rumble Strips	• Cold Patch
• Hard Pack	• Cold Patch	• Trucking
• Patch Work	• Drainage	
• Oil & Stone	• Site Work	
• Seal Coating	• Asphalt Removal	

FREE ESTIMATES
603-414-7997

Veteran Owned • Fully Insured • Serving VT, NH, MA

Q&A Armory



New & Used Firearms
Ammunition • Accessories

6 Brakehill Rd., Gilsum, NH
603-439-0155
qandaarmory@gmail.com

Our local mortgage team has A GREAT DEAL TO OFFER.

\$1,000 off closing costs!*

Now through July 31, take \$1,000 off our already-low closing costs for your home purchase.*

You'll work with a local mortgage expert who will guide you every step of the way. Because at Savings Bank of Walpole, we're here for our customers. Here for our community. Here for good.

Call our home loan team at (603) 352-1822 or visit walpolebank.com.





Savings Bank of Walpole

since 1875

L to R: Christine Greenwood-Smart NMLS# 865412, Samantha Monson NMLS# 2126877, Sarah Rosley NMLS# 1722915, Michelle Bianchi NMLS# 2696027

* This closing cost credit offer is available for loan applications submitted on or before July 31, 2026, and loans must close on or before December 31, 2026, to qualify. The credit is valid for purchase transactions only and applies to primary residences, second homes, and investment properties. Pre-qualification requests do not constitute a completed loan application and are not eligible for this offer. This offer is not available for refinance transactions, land loans, home equity loans or lines of credit, personal loans, consumer loans, commercial loans, or any loans that will not be serviced by Savings Bank of Walpole. This closing cost credit may not be combined with any other offers, discounts, or promotions. All loans are subject to credit approval, underwriting guidelines, and program eligibility requirements. Additional terms and conditions may apply and are subject to change without notice.



walpolebank.com | Bank NMLS #466063 |  Mutuals Matter

The Big "C" Revisited

HEALING, Continued from page 20

the women doing the tests) to make sure my body was up for the surgery, we went to Isabella Stewart Gardner's Museum. We walked from the hotel to the museum. Watching the city sights is rare for us and most interesting. At the museum we had a leisure gourmet dinner. A true delight to the palate and the senses. Then we strolled through the museum for a couple of hours. The flowers and the art and the imagery were nourishing for the souls. I then had a great nights sleep. I asked the doctor on her routine visit before surgery if she would please do a blessing over the body. She said, of course. All went well. My husband upon coming in to post op said I never looked so bad. "For better or for worse." I may not have looked good, but I was certainly relieved to have a good report about the surgery.

The world needs us, and needs us to find peace within. Once we can find and hold that peace within, then we can have peace in our family, and in our community. The Big C gives us nudges.

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



Find us on facebook.

Giveaways • Stories • Local Events



SELAH
CLEANING COMPANY

"Serenity through cleanliness"

Bringing peace to your space!

Residential & Commercial Services
Services offered: Deep Clean, Standard Clean, Move-in/Move-out, Construction & Commercial Cleaning

\$50 OFF
Your First Cleaning!
Good thru 7/31/26

Background-checked cleaners • Fully Insured • Local • Woman owned

Call: 603-634-9495

Pride, Safety, and Excellence separates me from the rest!



- Licensed in NH & VT
- Fully Insured
- 10 Years Experience

Don't pay the big company's rate, pay the working man's rate!

MORE POWER ELECTRIC CO., LLC
John Edwards, Master Electrician
603-499-3962

CELEBRATE LOCAL

Taste The Local Flavors

By Deb Paul

There's been plenty of talk lately about maintaining the "rural lifestyles" of our communities while the population density is on the rise. One of the hallmarks of a rural community and of the New Hampshire countryside is that local farm stands and farmers' markets are thriving in our area.

In recent years, farmers' markets have sprung up in the downtown heart of big cities. We can find them in Portsmouth and Keene, and that's a blessing to residents who want fresh, local fruits and vegetables and either don't have enough land to grow their own or can't get into the countryside to buy them at the source. We don't have to worry about that.

There's something particularly satisfying about residents getting together for a couple of hours a week to shop outdoors. It's not certain what you will find – flowers, fresh breads, fruits, vegetables, homemade soaps, organic dog

biscuits, maple syrup, live music and entertainment, or crafts for kids – there is something new every week.

Local products and local people come together at all of these ventures, turning shopping for food into a time to visit with friends, maybe find a couple of new recipes, learn about fruits and vegetables that aren't so common, and get healthier in the process.

If you like supporting your neighbors and keeping your dollars local, then farm stands and farmers' markets are an ideal way to patronize small businesses and strengthen the local economy, cutting out the middle man in the process.

The farm stands and farmers' markets harken back to the market days of past centuries, when area residents would come to town to do their weekly shopping and visit with their neighbors.

Living where we do, we don't have to reinvent the wheel to find community and good eating close to home.

86 Acres Forever Conserved In Fitzwilliam

The Monadnock Conservancy has accepted the donation of a conservation easement covering two tracks of land, totaling 86 acres, along Upper Troy Road in Fitzwilliam. The land sits on the northwestern slope of the second highest peak in Fitzwilliam, known locally as The Pinnacle. Peter Smith of Newton, MA donated the conservation easement and covered the costs associated with the project. He has owned the land since 1988, and his family has owned the property since the 1940s.

These 86 acres are forested and contain ideal wildlife habitat, accord-

ing to the New Hampshire Wildlife Action Plan. The parcels are located near other large swaths of conserved land and undeveloped land, including the over 2700-acre Rhododendron State Park, other properties under easement with the Monadnock Conservancy, and land owned by the Town of Fitzwilliam. Conserved land that sits near other swaths of conserved and undeveloped land helps to create a wildlife corridor – especially important for animals as they adapt to a warming climate in the Monadnock Region.

DALE BLANCHARD
DRYWALL

Drywall & Interior Painting Services
2-in-1 – Get it done!



CALL ME
for
Summer Projects

40+ YEARS' EXPERIENCE
I DO WHAT I SAY WHEN I SAY!
100s OF SATISFIED CUSTOMERS
603-499-2006

NOW OPEN
SATURDAYS 9-2

DESIGN • BUILD • INSTALL
ALL UNDER ONE ROOF
STOP IN. GET IDEAS. START YOUR PROJECT.



HOMESTEAD
COVERED BRIDGE
KITCHENS & DESIGN

NO MORE EXCUSES.
GET YOUR DREAM KITCHEN!

603-207-1200
Open Mon-Fri 8-4 Sat 9-2
93 Monadnock Hwy, N, Swanzey NH 03431
HCBKitchens.com



Find us on **facebook**.
Giveaways • Stories • Local Events

Trex Decking

Select Pebble Gray & Select Classic Rail



Trex
OUTDOOR LIVING. ELEVATED.

See Store for Pricing & Details!



HAMSHAW
LUMBER INC.

OPEN DAILY

Rt. 10 South, Keene, NH • (603) 352-6506 • 68 New Athol Rd., Orange, MA • (978) 544-8211

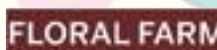
SUMMER PERENNIAL DISCOUNT PROGRAM



CHESHIRE

PURCHASES AT THE FOLLOWING LEVELS -
(based on a single purchase and not cumulative)

- Buy \$100, get **10% OFF**
- Buy \$150, get **15% OFF**
- Buy \$200, get **20% OFF**
- Buy \$250, get **25% OFF**



FLORAL FARM

One of the best selections of locally grown House Plants in the area.

SUMMER HOURS, 6/29-8/31: FRI-SUN, 9-6;
MON-THU, SELF-SERVE, BY CHANCE, OR APPOINTMENT.
92 PLEASANT ST., MARLBOROUGH, NH
603-355-7930 • CheshireFloral@gmail.com

SHOP CLEARWATER POOL AND SPA'S
HOT TUB SALES EVENT

GET 0% FINANCING FOR 60 MONTHS*





CLEAR WATER
POOL AND SPA OF NEW ENGLAND

HURRY! LIMITED TIME ONLY!

IN STOCK SPAS ONLY!

231 MONADNOCK HWY
SWANZEY, NH 03446
603-357-5874

*With approved credit. Some exclusions may apply. See store for details.

CELEBRATE LOCAL

Local And Regenerative: Rethinking Our Food System

LOCAL, Continued from page 1

What Do We Mean by a Food System?

Our food system is a complex network of people, resources, and processes that grow and deliver food from the farm to your plate. It includes soil health, the hard work of farm workers, transportation networks, bustling markets, and much more.

As many people work tirelessly to support our food system, what vision inspires us to make good choices today to positively impact our future? Can you see what success would look like? Can you taste that vision?

Here's a vision of 2050 from our friends at the National Western Center in Denver, CO: "Rural farmers and ranchers are hailed as heroes for battling climate change by sequestering carbon in soil... Food is richer, tastier, and more nutrient-dense. As a result of more efficient and equitable distribution, food waste is eliminated, healthful and local food is more accessible, and farmer prosperity is at an all-time high. Food security is assured for all Colorado families." Read on at bit.ly/eil26.

Marty also shared his vision, "I imagine lamb, beef, and poultry raised under the shade of nut trees, chestnut mills providing flour to local bakeries, hickory nuts pressed into oil, pigs raised on acorns, and hedgerows lined with high-nutrient berries like aronia, currants, and bush cherries. When we gaze upon the landscape,

the transition between farm and forest and yard and garden (is)seamless, with highly productive natives or (ecological proxies) defining the backbone of a regionally appropriate diet, offering both a degree of food sovereignty and cultural pride."

What's your vision of our food system in 2050? Share it with us at jenrisley@amiba.net.

Why Envision a Strong Local Food System?

A strong local food system keeps our communities vibrant, our economy growing, and our landscapes healthy. When we purchase local food, our dollars ripple throughout the community, helping local farms and other small businesses thrive.

Building a Stronger Local Food System in Practice

Purchasing local food goes beyond what's on your family's dinner plate to include what's on your children's school lunch tray. New Hampshire's Local Food for Local Schools Purchasing Incentive Pilot Program reimburses participating schools \$1 for every \$3 dollars spent on New Hampshire-grown, caught, and produced foods. The first cohort of participating schools includes SAU 47, Jaffrey-Rindge, and runs for two years. Learn more: nh-farmtoschool.org.

"The NH Farm to School Network estimates the Local Food for Local Schools Reimbursement Pilot Program will annually inject \$420,000

LOCAL, page 12



CONSIGNMENT CABIN
CONSIGNMENT • ANTIQUES • GROUP SHOP

Antiques • Decor • Jewelry • Local Artisans
Now accepting summer & outdoor items
Contact: info@consignmentcabin.com
or Walk-In on Wednesdays

HOURS: SUN-MON & THU 10-4 • WED & FRI-SAT 10-6
1 Main St., Marlborough • 603-876-3352

ESTABLISHED 1987

**Metal & Asphalt Roofing
Insulated Vinyl Siding Systems
Energy Efficient Windows & Doors
Custom Builder**

Call us at (603) 880-1809
www.donaghueconstruction.com

Committed to Excellence



**MONADNOCK
REGION'S
FLOORING LEADER
SINCE 1995**

**CARPET CLEARANCE
WAREHOUSE**

178 Emerald Street, Keene • 358-3934
Monday-Friday 9-5, Saturday 9-3
Sunday Closed
www.carpet-clearance.com



SELF STORAGE
JAFFREY & PETERBOROUGH

**BEST MOVE-IN
RATES IN THE AREA**

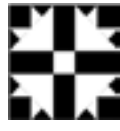
NOW OFFERING CLIMATE-CONTROLLED UNITS!

Unlike most of our competitors, we offer:

- Working security gates
- Unit doors kept shoveled in Winter for easy access
- No Insurance required
- We accept Cash, Checks, Credit Cards, & ACH Debits
- In-house customer service

Pest Control also provided!

55 Hadley Rd. Jaffrey & 451 Hancock Rd. (RT 202N) Peterborough
603-532-7760 www.selfstorageofjaffrey.com



**Quilt Shop,
Fabric Store &
Home Decor!**

17,000 Sq. Ft. of fabric
for all your quilting,
sewing and home
decor projects!



A Keene Tradition for over 90 Years!
Stop in to see what's new!

Gift Cards Always Available!



**NEW ENGLAND
FABRICS**
& Decorating Center

55 Ralston St. Keene, NH 603-352-8683
www.newenglandfabrics.com



J.A. Hutchins Tree Service
Family Owned & Operated
603.446.0185
Residential • Commercial • Municipal

Jay & Josh
Hutchins

**FREE
ESTIMATES
FULLY
INSURED**

j.a.hutchinstreeservice@gmail.com
www.j-a-hutchinstreeservice.com

**ATTENTION
AIRBNB & VRBO
OWNERS!**



*Formerly Scott's Cleaning Service, LLC
Call today to schedule a **FREE** quote! Excellent References!
Same day services available! 603-808-1206
Professional Cleaning & TURNOVER Services
Short-Term Rental - Residential - Commercial

Find us on social media
[@qualitycleansllc](https://www.instagram.com/qualitycleansllc)



Expert Service Done Right!



**From Kitchen to Laundry
We've Got You Covered!**

From energy-efficient refrigerators and cooking essentials
to reliable washers and dryers - all at prices you'll love!



**MONADNOCK
APPLIANCE**
Family Owned. Local. Done Right.

(603) 899-9999 | 479 US-202 #1 • Rindge, NH

SWITCH & GET \$100 CREDIT FOR YOUR FIRST FILL!

Tired of propane hassles? Switch to Davis Oil for seamless service and a \$100 credit toward your first tank fill. Enjoy reliable, friendly local service.



CALL NOW!
603-352-1306
559 MAIN ST., KEENE

Safe service with our professionals
24-hr Watchdog Service since 1926
WWW.DAVISOILANDPROPANE.COM

WE LOVE OUR COMMUNITY



PRIME ROAST COFFEE CO.
16 MAIN STREET PRIMEROASTCOFFEE.COM



New Location
106 Main Street
Keene, NH
Free Parking In Back on Eagle Ct., with a Back Entrance!

Tango Mango

CLAY'S
Get Comfortable
Mon-Sat 10-6 • Sun 12-5
603-357-2919
claysclothing.com
clays_clothing

SUMMER SALE
NOW IN PROGRESS

ALL SUMMER ON SALE!

CELEBRATE LOCAL

Local And Regenerative: Rethinking Our Food System

LOCAL, Continued from page 11

federal and state funds directly into New Hampshire's farm and food economy," says Laura Alimayu, NH Farm to School program coordinator. "Additionally, through the reimbursement pilot program, farm to school advocates, parents, teachers, farmers, and community members believe it will foster school-farmer relationships, lessening supply chain disruptions, and increasing food security, educate students, teachers, and school staff about local foods and the importance of supporting local agriculture, and increase profitability for New Hampshire and New England farmers, fishermen, and food producers."

Why Envision a Regenerative Food System?

Permaculture calls for building regenerative systems that work with nature to create healthy, productive landscapes and communities.

"In the face of increasing economic and environmental uncertainty, it's more important than ever to consider what land use patterns and perennial systems are most productive, not just in terms of food production, but in terms of ecological services and other outputs (such as fuel and building materials)," shared Marty. "I'd love to see more intersection and collaboration between conservation efforts, agroforestry (forest-based food production), and regional processing of forest-based foods. Our work at Earthcraft Design is to place these types of patterns in publicly accessible spaces."



Earthcraft Design LLC in Alstead is creating a more local and regenerative food system in our region through projects like the outdoor edible cafe at Brewbakers in Keene. The cafe features gardens, water-catchment features, benches, planters, and an arbor made from local hemlock and white cedar.

(Photo by Marty Castriotta of Earthcraft Design LLC)

"We are on a mission to shift the American dream from manicured, resource-intensive lawns to thriving, food-producing gardens," states Gemmo Forest's website. "By repurposing even a small portion of our lawns, we can create sustainable urban ecosystems that support both people and pollinators."

Stay tuned for part two of our Rethinking Our Food System article in late August, where we'll share more about envisioning a fair and regional food system, along with food system updates from Cheshire County Conservation District, Monadnock Food Co-op, and more.

Now, get out there and enjoy our local food and farms! Monadnock Farm and Community Coalition—now called The Monadnock Grown Coalition—invites you to their 2026 Monadnock Grown Farm Tour, celebrating local food and farms on Saturday, August 15th from noon to 5 p.m. Visit working farms, meet the people behind your food, and learn about the essential role agriculture plays in our local economy, environment, and quality of life. Tickets are \$10 per vehicle. Learn more at 26mgfarmtour.eventbrite.com. Discover more local food and farming events at tlcmMonadnock.com/NHEatLocal.

Thank you to all the individuals, programs, policies, and initiatives that continue to develop a stronger local and regional food system in our part of the state and throughout New England. Together, we're cultivating healthier citizens, communities, and economies.

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

Celebrate Local
with Jennifer Risley



Building a More Regenerative Local Food System in Practice

You may have noticed the work Marty mentioned above happening next to Monadnock Food Co-op's parking lot in Keene. Earthcraft Design LLC, the design and installation arm of Village Roots Permaculture, specializes in edible landscapes, ecological restoration, agroforestry services, water solutions, and farm infrastructure. They cultivate food security in our region by increasing the production of perennial crops, regional food aggregation, and processing.

The project at the co-op joins others, such as the outdoor edible cafe at Brewbakers and the growing forest garden at the Hundred Nights Shelter, along with future projects: earthcraftdesign.wixsite.com/earthcraft-designs.

Gemmo Forest in Keene also practices permaculture on 12.5 acres, "growing plants, trees, and shrubs for not only their medicinal benefits but also for the vitality and well-being of all who interact with it." Northeast Organic Farming Association of NH invites farmers and growers to its Field Day at Gemmo Forest on August 18th from 4 to 6 p.m. Learn more and register at nofanh.org/events/gemmo-forest. Also, get inspired by Gemmo Forest's More Food, Less Lawn initiative: gemmoforest.com/more-food-less-lawn.



DANA'S
CONTAINER SERVICE

Variety of rolloff dumpster sizes
Clean-out services
No job is too big or too small — from a single item to an entire building.
FREE ESTIMATES • FULLY INSURED
603-352-5981
www.danasrolloffdumpsters.com

Steele's has it!

Unique Gifts • Stationery & Pens
Greeting Cards • Gift Wrap • Puzzles
Art Supplies • NH Goods • Cigars



40 Main Street • Peterborough
Mon. - Sat. 9-5
924-7203 • steelestationers.com

Student Saver Certificate



4%
12-Months

- Add funds during 12 month term
- \$100 to open certificate
- For those 18 and under



*APR Annual Percentage Yield. GFA Membership required. requires a \$10 balance in a savings or checking account. 18 or under may open this product. Penalties for early withdrawal calculated as 90 - 365 days simple interest. Rates subject to change without notice.



Read the MSN online: www.shoppernews.com

CELEBRATE LOCAL

Win \$50 Gift Certificate To One Of These Businesses

To enter, find these words (they relate to Jen Risley's column) in the word search.

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

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

Deadline is Friday, August 14th.

Last month's winner was Kelly Erunski, who chose a \$50 gift certificate to Consignment Cabin.



Word Bank:

food • permaculture • gardens
farms • ecosystems • network
markets • vibrant • growing
healthy • regenerative
conservation • community

Name _____

Phone _____

Preferred Gift Certificate _____

LICENSED MASTER PLUMBER
JUSTIN BREDA

Now Hiring LICENSED PLUMBERS

- Fully Insured
- Remodels
- Oil Heating & Maintenance
- Residential/Light Commercial
- Plumbing Service & Installations
- Water Conditioning & Filtration

NOW HIRING LICENSED PLUMBERS & OFFICE HELP

603.831.2674

justintimeplumbingnh@gmail.com

Norm's
SKI & BIKE SHOP

Your Pro Shop for
The Whole Family!
Since 1968

62 Martell Ct., Keene NH 03431
603-352-1404 | contact@normsskibike.com
www.normsskibike.com

OWN A MASTERPIECE

Services

- Jewelry Repair
- Laser Welding
- Casting & Design
- Engraving
- Appraisal Service
- Pearl & Bead Stringing

Fine Jewelry

- Engagement Rings
- Wedding Bands
- Diamond Jewelry
- Gemstone Jewelry
- Watches & Batteries
- Watch Bands

Free Repair Estimates - Free Ring Cleaning

Stoneman
CUSTOM JEWELERS

Over 70 Years
Combined Experience

82 Washington St.
Keene, NH • 352-0811

www.stonemancustomjewelers.com

JEWELRY REPAIR

GOLD

Best of Monadnock 2025
Readers' Choice Awards

Sculpting Memories, Framing Art

INDIAN KING FRAMERY

PICTURE FRAMING AT ITS BEST

12 Main Street • Keene, NH
603.352.8434 • indiankingframery.com

VOTED #1 FRAMING SPECIALIST!

Mia Capelli Salon

HAIR LOCAL, DONE LOCAL!

603-358-0030 382 West St., Suite 104, Keene
Walk-Ins Welcome • Gift Certificates Available

Local and reliable craftsmanship
SINCE 1909

BERGERON CONSTRUCTION

358 Matthews Rd • Swanzey, NH • 603-352-4447
www.bergeronconstruction.com

KORVIN
APPLIANCE

65 Roxbury St. • Keene, NH

The Area's Only Locally Owned Full Service Appliance Store!

#1 APPLIANCE SALES & SERVICE

603-352-3547 • www.korvin1.com • Monday-Friday 8-5 • Saturday 9-2

PHIL'S
TREE SERVICE

Keene, NH 03431
philstreeservices.com | 603-352-0202

Our professional team is ready to take on all your tree needs:

- ✓ Tree Pruning/Trimming
- ✓ Hazardous Tree Removal
- ✓ Stump Grinding
- ✓ Land Clearing
- ✓ View Cuts
- ✓ Storm Damage
- ✓ Crane Serves

You can put your trust in Phil's Tree Service!
Award Winning Tree Service!
Locally owned and operated for 30+ years!

GIVE US A CALL TODAY FOR A FREE ESTIMATE!
603-352-0202

\$5.00 OFF



6 Main Street, Hinsdale, NH

*Offer good Tuesday through Friday, with this coupon, on orders of \$25 or more. One coupon per person. Expires on 8/28/26. Not redeemable for cash.

DINE LOCAL





FREE SMALL FRY

with purchase of any burger

Must present coupon. Exp. 8/15/26.

LOCAL

82 Main Street, Keene • 603-355-3993 • localkeene.net

HAPPY HOUR EVERY HOUR

at PIZZA PIE

Medium Triple Cheese Pizza Only \$9

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

815 Court Street - Keene, NH • 603-357-2500

www.PizzaPieKeene.com

EST 1989

DEL ROSSI'S TRATTORIA

Great Food Music Times

Music Fridays & Saturdays

Hours: Thur, Fri & Sat 5-8, Sun 4-7

Reservations: (603) 563-7195

73 Brush Brook Rd (Rt.137), Dublin NH

www.delrossistrattoria.com

monadnock FOOD CO-OP

good. local. food.

34 CYPRESS ST | KEENE NH

EVERYONE IS WELCOME

603.355.8008 | MONADNOCKFOOD.COOP

CELEBRATE LOCAL

ARCHBOLD FURNITURE

Furniture Built to Become Part of Your Family's Story



SAVE 20%

ON ALL ARCHBOLD FURNITURE

NOW THROUGH AUGUST 17

AMERICAN BUILT • SOLID WOOD • CUSTOM AMISH FINISHES

ARCHBOLD HERITAGE DAYS

Frazier & Son FURNITURE



233 Old Homestead Highway (Route 32, south of the airport) Swanzey, New Hampshire

Monday - Friday 10 to 6 Saturday 10 to 5 • Sunday Closed

(800) 494-3876 • (603) 352-0337

www.frazierandsonfurniture.com

Your Local Travel & Insurance Professionals!



Call today about exclusive offers for AAA members!

429 West St. • Keene, NH 603-358-0460



Northern New England

Bra Fitting, Sleepwear, Solutions, Gifts

Expert Fit. Focused on You.

21 West Street, Keene 603-354-3137



Supporting the Keene Community since 2022

La Pêche LINGERIE



Bring A Cake To Share...

From Massachusetts to Australia people are celebrating cakes this year at a global event known as “Cake Picnic.” The brain-child of baker/cookbook author Elisa Sunga’s 2024 Instagram post for folks to bring a cake to a San Francisco park and share in a community feast has since grown to include bakers by the thousands in a multitude of communities. If you love cake, why not tap into this idea and host your own cake sampling party for your friends, neighborhood or extended family. Pick a time for your gathering, plan if it will be in or outside your home, decide if you want a no-rules cake sharing or prefer to set a few parameters, and then invite as many guests as you’re comfortable with to bring a cake, labeled and plated for the sampling table. Cooking Corner this week shares some various cakes for you to share – whenever, wherever.

Cooking Corner

with Nancy Adams



Victoria Sponge Cake

This cake method requires you to have a scale in order to weigh the eggs and then use the same amount of flour, sugar and butter. A light two-layer cake, filled with apricot jam and spread with buttercream frosting or whipped cream – a happy result!

Ingredients:
4 large eggs
the same weight of eggs in: sugar, butter and self-rising flour
1 teaspoon baking powder
1 teaspoon vanilla
apricot jam for spreading between layers

Preheat oven to 325 degrees. Grease and line with parchment paper two (eight-inch) cake pans. Weigh four eggs in their shells and note the weight; use that exact weight of sugar and butter and cream together until it starts to get light and fluffy. Add in the eggs (obviously no longer in their shells) along with vanilla and mix well. Weigh the same amount of self-rising flour out and sift with the baking powder; fold thoroughly into the egg mixture. Divide batter between the two pans and bake for about 20 to 25 minutes or until it lightly bounces back if you touch the top or a skewer comes out clean, leave to cool out of their tins on a cooling rack. Once completely cool, spread apricot or other favorite jam between two layers of cake. Frost and decorate as desired or serve plain.

Party Carrot Cake

Bake this in a 9x13-inch pan or two 12-cup muffin pans or a Bundt pan. For a party look, top it with a confectioners’ sugar frosting and decorate with multi-colored sprinkles.

Ingredients:
1 (15 oz.) can pumpkin purée
1 (20 oz.) can crushed pineapple
1½ cups grated carrots
4 large eggs
1½ cups sugar
1/2 cup unsweetened applesauce
1/4 cup canola oil
4 cups flour
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 to 1 teaspoon cinnamon, as desired

Preheat oven to 350 degrees. Spray or grease your choice of pan; set aside. In large bowl, combine pumpkin, pineapple, carrots, eggs, sugar, applesauce and oil. Mix well with wooden spoon or electric mixer on medium speed. In separate bowl, mix flour, baking soda, baking powder, salt and cinnamon. Stir into pumpkin mixture until well blended. Pour into prepared pan and bake until toothpick inserted comes out clean, about 60 to 70 minutes for cake, 35 to 40 minutes for cupcakes. Cool on wire rack. When cool, spread as desired with your choice of frosting and decorations.

Red Wine Cake

Wine added to a cake helps tenderize the crumb and enhance the chocolate flavor. Use any red table wine. Bake this in a round cake pan or in a bread loaf pan.

Ingredients:
6 tablespoons butter, softened
1/2 cup brown sugar

2 tablespoons white sugar
1 large egg + 1 egg yolk
3/4 cup red wine
1 teaspoon vanilla
1 cup + 1 tablespoon flour
1/2 cup cocoa powder
1/8 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon cinnamon

Preheat oven to 325 degrees. Line a nine-inch round cake pan or 9x5-inch loaf pan with parchment paper and grease it with a bit of butter or shortening. In a bowl, cream together butter and brown and white sugars with electric beaters or by hand. Then, add the egg, red wine and vanilla. Combine the flour and remaining dry ingredients in another bowl. Then, add the dry ingredients to the sugars and red wine mixture bowl. Mix until three-quarters combined, then use a spatula to fold the rest together.

Spread batter into pan. Bake 25 to 30 minutes for round cake pan, 45 to 60 minutes for a loaf pan. Test for doneness with a toothpick and cool cake on wire rack. When cooled, frost as desired with whipped cream or frosting of your choice. For loaf pan, if desired split into half lengthwise, spread with raspberry jelly or jam, top with other half and dust with XX sugar; or spread with whipped cream or frosting. Decorate cake as desired, perhaps with a few edible flowers.

‘Cheater’ Rum Cake

While most everyone likes eating cake, not everyone likes to bake them. This recipe is for those who prefer to start with a store-bought cake mix and enhance it a bit. These cakes were widely popularized in the 70s and remain favorites with many home bakers.

Ingredients:
2/3 cup chopped walnuts
1 boxed yellow cake mix
1 package instant vanilla pudding
4 large eggs
1/2 cup water
1/2 cup vegetable oil
1/2 cup light or amber rum

Preheat oven to 350 degrees. Grease or butter an angel food cake pan well. Sprinkle chopped nuts on bottom of the pan; set aside. In large bowl, combine boxed cake mix with remaining ingredients mixing well with each addition. Pour batter into prepared pan and bake for one hour. Just before the cake is done, combine the following in a small pan for a

Topping: 1 cup sugar, 1/4 cup water, 1/4 cup butter. Put topping on to boil until sugar dissolves; remove from heat and stir in 1/4 cup additional rum.

When cake is done, pierce the top with a toothpick all over and pour glaze over the top. Let cake sit 20 minutes, then turn out of pan onto wire rack. This cake tastes best made a day ahead of time and keeps up to one week. When served, cake may be covered with a whipped cream and topped with decorations as desired.



SATURDAYS

9AM - 1PM
Gilbo Avenue, Keene
Across from Lindy's Diner

Plants & Cut Flowers • Produce • Breads & Pastries
Jewelry • Alpaca Fiber Products • Soaps • Raw Goat Milk
Bird Feeders & Houses • Herbs & Herbal Body Care
Maple Syrup • Wooden Chairs • Honey • Pottery

facebook.com/keenefarmers



Pete's Stand

Fresh Picked Local Produce!

Peaches • Blueberries • Spinach • Lettuce
Salad Turnips • Radishes • Beets • Carrots
Chard • Kale • Summer Squash • Zucchini
Asparagus • Pickling & Slicing Cukes
517 Main St., Walpole • Open 9-6 Daily
www.facebook.com/PetesStand

PICTURE PERFECT, NOW

WAIT UNTIL YOU TASTE IT



Butcher's Classic Pack **SAVE 60%**

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 PureGround® Filet Mignon Burgers (6 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 6 FREE Omaha Steaks Burgers (4 oz.)**

81081XEL separately \$229.99
SPECIAL INTRODUCTORY PRICE \$129.99

OmahaSteaks.com/ClassicPack7399 | 1.833.897.4133
Ask for your FREE burgers with offer 81081XEL

Scan Now To Order



OmahaSteaks.com/ClassicPack7399

Savings shown over aggregated single item base price. Photos exemplify product advertised. 6 free 4 oz. burgers will be sent to each shipping address that includes 81081XEL. Limit 2. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 12/31/26. 25AM031 | Omaha Steaks, LLC

Dube's Tire

TIRE & ALIGNMENT SPECIALISTS

- Walker Exhaust Center
- Monroe Shocks & Struts
- Raybestos Brake Center
- Air Conditioning Services
- Transmission Services
- Gas Tanks & Radiators
- Computer Diagnostics
- Welding & Frame Work
- State Inspection Station
- Tune Ups & Oil Changes

FREE VEHICLE SAFETY INSPECTION

WITH ANY OF OUR MANY SERVICES

Family Owned 50 Years!



300 PARK AVE, KEENE, NH
FREE ESTIMATES • 603-352-1445

FREE Computer Alignment

with purchase of 4 New Tires

All Prices Include: Mount & Balance • Old Tire Disposal • Free Tire Rotations



ALTIMAX™ RT45

Stylish touring all-season tire supplies a quiet, comfortable ride combined with year-round traction and extended treadlife.



CALL FOR PRICING

MANY BRANDS AVAILABLE

BRAKE SPECIAL  25% OFF MUST PRESENT COUPON	WALKER EXHAUST SYSTEMS OUR LIFETIME WARRANTY COVERS THE MUFFLER, AND PIPES, TOO! 25% OFF MUST PRESENT COUPON	COMPUTER DIAGNOSTICS - Check engine light on? - Vehicle running rough? - Vehicle stalling out? Come see us for a diagnostic check-up! FREE Reg. \$79.95 MUST PRESENT COUPON
ALIGNMENT LASER SYSTEM COMPUTER 4-WHEEL ALIGNMENT by Hunter Engineering \$99.95 MOST VEHICLES MUST PRESENT COUPON	SHOCKS & STRUTS Monroe Shocks & Struts 25% OFF Call for details. MUST PRESENT COUPON	OIL & FILTER FULL SYNTHETIC OIL & FILTER CHANGE Reg. \$109.95 \$89.95 MOST VEHICLES MUST PRESENT COUPON

TOP QUALITY

Auto • Marine • Lawn & Garden



USE THIS \$50 COUPON



GREAT CLOSEOUT PRICES! CALL GARY!

AS CASH AT DUBE'S TIRE TOWARDS ANY "NEW" 4 TIRE PURCHASE. Exp. 8/31/26



34 CYPRESS ST | KEENE NH **EVERYONE is WELCOME** 603.355.8008 | MONADNOCKFOOD.COOP

18" Family-Size Pizza

VALID MONDAY AUGUST 3, 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

SENIOR DISCOUNT TUESDAY!
15% OFF YOUR ORDER

*Age 65+. Cannot be combined with any other discounts. Excludes delivery.

ENTERTAINMENT

and DINING



Visit our Historic Mill in action this summer!

See our website for info on tours of the Mill, lectures, arts & crafts and woodworking classes!

www.chasesmill.org

CHASE'S MILL

WATERPOWER SINCE 1795

801 Forest Road
Alstead, NH





THE AMOS FORTUNE FORUM

Celebrating 80 Years!

Fridays, 7 p.m. In person & recorded for YouTube

Jaffrey Center Meetinghouse

July 31: DUNCAN WATSON

Everyone's Trash: Where We've Been, Where We Are, Where We Could Go

Aug. 7: MARIE YOVANOVITCH

Insights on Ukraine: A Conversation with Ambassador Marie Yovanovitch

Aug. 14: CHRISTINE GUTH

Joseph Lindon Smith: Dublin's Peripatetic Painter

Aug. 21: TOM SMITH & COSY SHERIDAN

Two Songwriters at the Kitchen Table

Visit amosfortune.org for topic details and speakers' bios.

As always, lectures are free and donations are welcome.

JAFFREY CIVIC CENTER

60TH ANNIVERSARY CELEBRATION!

Opening Reception: Fannie Hillsmith 1911 - 2007

Saturday, August 1st 5:00 pm - 8:00 pm

Opening Reception: Clay, Steel, Paint & Ink by Kim & Scott Cunningham

Saturday, August 1st 5:00 pm - 8:00 pm

Opening Reception: 60th Anniversary Jaffrey Civic Center Through the Years 1966 - 2026

Saturday, August 1st 5:00 pm - 8:00 pm

Opening Reception: The Jaffrey Murals & Sean Driscoll Talk on "Civic Center Through the Years"

Saturday, August 15th 4:00 pm - 7:00 pm

 jaffreyciviccenter.com

 Jaffrey Civic Center
40 Main Street
Jaffrey, NH 03452

 info@jaffreyciviccenter.com

 603.532.6527

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 August 19, 2026.





marcopolonh.uorder.io • 601 Main St., Rt. 12, Keene

Edge Ensemble's American Buffalo

The Edge Ensemble Theatre Company will present a staged reading of David Mamet's *American Buffalo* on Saturday, August 1st, at 7:30 p.m. and Sunday, August 2nd, at 2:30 p.m. at The Edge Theater, 310 Marlboro Street, Suite 112, Keene.

The production is directed by Scott Rodenhauser and features Damien Licata, Bruce Holloway, and Jonathan Benney. Mamet's play follows three protagonists whose lives revolve around the value of a rare American buffalo nickel, told in a blunt, profane vernacular.

Admission is \$12, \$10 for students and seniors. Tickets are available at the door, cash or checks accepted. Viewer discretion is advised. For more details, contact The Edge Theater at theedgeensemble@aol.com.

Wed., Jul. 29

ARTS, MUSIC, THEATER

Proof 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. Poignant Drama. Performances through August 9th. Saturday & Sundays at 4. **603-924-7585**. www.peterboroughplayers.org.

Artisan Market 10am-4pm. Mariposa Museum, 26 Main St., Peterborough. **603-924-4555**. www.mariposamuseum.org/.

DINING PLEASURES

Adult Community Potluck Luncheon 11:45am-1:15pm. First Congregational Church of Swanzey, 679 Old Homestead Hwy. Bring a dish to share- salad, main course, or dessert. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

FAMILY FUN

SwampBats vs. Upper Valley Night-hawks: Inclusion Night 6:30pm. Alumni Field, Arch St., Keene. Snack bar open with a healthy menu. Happy Tails Night & Bobblehead Night. Milla's Magic Treasures, Doug the Devil Stick Man. www.swampbats.com.

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

MISCELLANEOUS

Introducing Hancock Alerts 2pm. Hancock Town Library, 25 Main St., Hancock. Learn all about the town's new platform which will send alerts out to residents. Alerts would include general notifications like a water main break or Emergency alerts such as threats to public safety.

Keene State Dining: Job Fair 4-7pm. Chartwells, Keene State Dining, 24 Madison St., Keene. Hiring cooks, dishwashers, cashiers, and supervisors.

Writers Group 6pm. Conant Public Library, 111 Main St., Winchester. The CPL Writing Group is a prompt driven group, aimed at helping writers of all levels improve writing skills and develop community. **603-239-4331**. www.conantlibrary.org/.

Keene State Dining: Job Fair 10am-1pm. Chartwells, Keene State Dining, 24 Madison St., Keene. Hiring cooks, dishwashers, cashiers, and supervisors.

Thurs., Jul. 30

ARTS, MUSIC, THEATER

"Free Open Paper Crafts Studio" 6-8pm. Chase's Mill, 801 Forest Road, Alstead. Thursdays in July & August. Each week offers instruction in a different paper art. Follow along or use the space and tools to do your own thing. Details at www.chasesmill.org.

Artisan Market 10am-4pm. Mariposa Museum, 26 Main St., Peterborough. **603-924-4555**. www.mariposamuseum.org/.

FAIRS & SALES

Cheshire Fair Opens: Agricultural & 4-H Exhibits 8am-10pm. Cheshire Fairgrounds, 247 Monadnock Hwy., Swanzey. Midway opens at 10 daily. Four days of agricultural showcases, family entertainment, live local music, and classic fair attractions. \$15; Ages 11 and under, \$5; Ages 4 and under, free; Seniors 62 and over, \$5. Through Sunday, August 2nd. **603-357-4740**. info@cheshirefair.org. www.cheshirefair.org.

LECTURES & WORKSHOPS

"What's Your Story?": Author Veronica Francis 6-8pm. Gay-Kimball Library, 10 South Main St., Troy. This program is a storytelling presentation and workshop that highlights how stories connect us. Free. **603-242-7743**. www.nhhumanities.org/.

Friday, Jul. 31

ARTS, MUSIC, THEATER

Free-Draw Sketch Night 6pm. Conant Public Library, 111 Main St., Winchester. Artists of all ages and levels welcome for a community drawing night. Draw a still-life or work on a personal project. Personal sketch pads and pencils are encouraged, though basic materials provided. **603-239-4331**. www.conantlibrary.org/.

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/.

FAMILY FUN

Homeschool Library Day 11am. Conant Public Library, 111 Main St., Winchester. A time when homeschool families can meet, find resources, and have fun. Come on in and make a craft, check out a book, and hang with other homeschool families. **603-239-4331**. www.conantlibrary.org/.

LECTURES & WORKSHOPS

Anam Dance: Celebrating Lughnasa (1st Harvest) 7-8:15pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Experience the transformative power of Lughnasa - Anam Dance, a free form movement practice that harmonizes the soul and body. **603-762-3129**. josephine@alohakeene.com. www.alohakeene.com/workshops-events/.

Sat., Aug. 1

ARTS, MUSIC, THEATER

Reception: Security Blanket: A Collaborative Women's Art Project 2-4pm. Hancock Town Library, 25 Main St., Hancock. The exhibit, titled 'Security Blanket' will be on display through Saturday, August 1. www.securityblanket.art/.

Opening Reception: Fannie Hillsmith 1911-2007 5-8pm. Jaffrey Civic Center, 40 Main St. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Opening Reception: Clay, Steel, Paint & Ink by Kim & Scott Cunningham 5-8pm. Jaffrey Civic Center, 40 Main St. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Opening Reception: 60th Anniversary Jaffrey Civic Center Through the Years 1966 - 2026 5-8pm. Jaffrey Civic Center, 40 Main St.. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Electric Earth Concerts: Light & Shade 7pm. First Church in Jaffrey, 14 Laban Ainsworth Way. \$30. Joan Epro: **603-499-6216**. www.electricearthconcerts.org.

Monadnock Tri-State Dance Club & Potluck 7-10pm. ELMM Memorial Community Center, 21 Durkee St., Winchester. Live music by "NH Visitors." Everyone welcome. Potluck at 5:30 p.m. \$12. Refreshments available, 50/50 raffle. Barbara: **603-392-0447**.

Season Sponsor

35th Anniversary

PETERBOROUGH PLAYERS

PROFESSIONAL THEATRE • EST. 1933

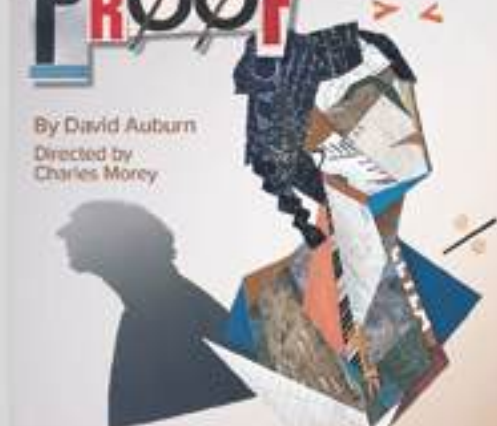
www.peterboroughplayers.org

July 29–August 9

Proof

By David Auburn

Directed by Charles Morley



Box Office (603) 924-7585

A recent Broadway hit! A brilliant young woman explores love and legacy through her relationships with her erratic genius father, straightlaced sister, and a smitten suitor. Powerful and gripping.

55 Hadley Rd,
Peterborough, NH 03458



DINING PLEASURES

Buffet Bean Supper 5-6pm. The United Church of Winchester, 99 Main St., Winchester. Hot dogs, two kinds of baked beans, coleslaw, potato salad, with dinner rolls and assorted homemade pies. \$12/\$6 children under 12. To preorder take home meals call before 3pm. **603-239-4465**.

FAIRS & SALES

Wyman Tavern Brew Fest 1pm. The Wyman Tavern, 339 Main St., Keene. Keene's favorite backyard party. Music, munchies, CJ the DJ and more. VIP ticket holders arrive at noon. **603-352-1895**. www.hscnh.org.

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/.

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.

LECTURES & WORKSHOPS

"Connecting Through Collage to Your Animal Guide" 1-4pm. Chase's Mill, 801 Forest Road, Alstead. Using the Animal Medicine Card Deck, participants will create collages of their spirit animals. Register at www.chasesmill.org.

"Writing Portrait Stories" 9am-12pm. Chase's Mill, 801 Forest Road, Alstead. Writing workshop using antique portraits as prompts. Register at www.chasesmill.org.

Shamanic Journeying: Celebrating Lughnasa 10:30am-12pm. Aloha Keene Yoga Studio, 83 Court St., Keene. Through rhythmic drumming, visualization, and intention, you'll access your inner landscape, meet spirit allies, and uncover messages to illuminate your path. **603-762-3129**. josephine@alohakeene.com. www.alohakeene.com/workshops-events/.

MISCELLANEOUS

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

show participants how to decide which trees to leave and which trees to cut during forest management based on the landowner's stewardship goals and interests. Free. Donations are welcomed & encouraged. **603-904-3011**. info@cheshireconservation.org.

MISCELLANEOUS

100+Women Who Care-Cheshire County 6-7pm. Monadnock Covenant Church, 90 Base Hill Rd., Keene. Refreshments & socializing 5:30 - 6. If you are not a current member and would like to join, go to the website at www.100pluswomencheshirecounty.com.

EVENTS, page 7



Upcoming HOME GAMES

All Games Start at **6:30 pm**
at Alumni Field • Arch Street, Keene

Snack Bar Open with a Healthy Menu!

WEDNESDAY, JULY 29TH

VS. UPPER VALLEY NIGHTHAWKS

Happy Tails Night & Bobblehead Night

Sponsored by Fidium Fiber, C+S Wholesale Grocers, & Monadnock Humane Society
Milla's Magic Treasures, Doug the Devil Stick Man

www.swampbats.com

DOUBLE FEATURES

SHOWN WED.-SUN.
(CARLOAD PRICE!)



WWW.MILFORDDRIVEIN.COM

Sunday, Aug. 2

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.

LECTURES & WORKSHOPS

"Fix and Tune Up Your Bicycle" 1-4pm. Chase's Mill, 801 Forest Road, Alstead. Register at www.chasesmill.org.

Monadnock Summer Lyceum: Hadley Bates, Ava Cronin, Clara Wilsher 11am. Peterborough Unitarian Universalist Church, 25 Main St. On Growing Up Today. www.monadnocklyceum.org.

Monday, Aug. 3

LECTURES & WORKSHOPS

Forest Stewardship Workshop: Choosing and Using on a Small Woodlot 3-5pm. 177 Anderson Rd., Alstead. During this workshop, foresters and the landowner will

The First Church in Jaffrey's 109th Summer Fair

Funds raised help support local social service organizations & scholarships for Conant grads

Wednesday, August 5th • 1-4 PM

FINE ART

GARDEN CENTER

JEWELRY

ANTIQUES & COLLECTIBLES

WHITE ELEPHANTS

BAKERY BUFFET

ALSO: LINENS • MUSIC TENT

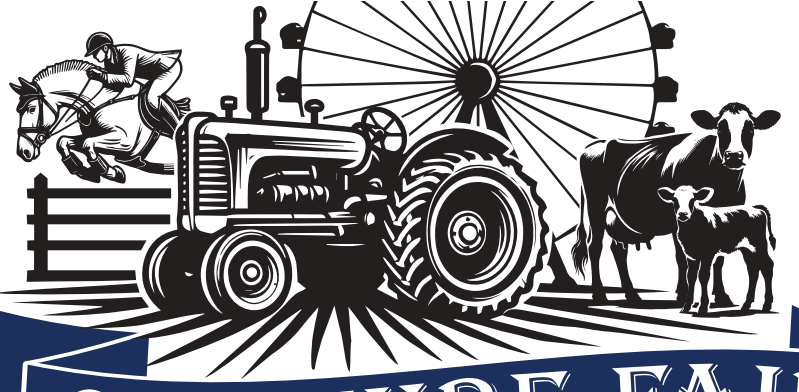
Plus... CHILDREN'S FAIR

GAMES, PRIZES, & MODEL T RIDES

HOMEMADE PICNIC LUNCHES
Available at 12:30
Snack bar with hot dogs, sodas & more opens at 12:30.

Held in and around First Church and Jaffrey Meetinghouse
Jct. Rte 124 & Laban Ainsworth Way
www.firstchurchinjaffrey.org





CHESHIRE FAIR

★ ESTABLISHED 1938 ★

MIDWAY OPENS AT 10 AM DAILY
BUY YOUR WAISTBANDS:
www.fanelliamusements.com

Gates Open at 8 AM ★ General Admission \$15 ★ Kids (5-11) \$5

Thursday, 7/30: Kids under 11 FREE ★ Sunday, 8/2: Seniors over 62 FREE

Free admission for MILITARY every day! ★ FREE PARKING

DEMO DERBY Sun ★ Tractor Pulls Fri & Sat ★ Truck Pulls Sat ★ Horse Pulls Fri & Sat

247 Monadnock Highway • Swanzey, NH 03446 • 603-357-4740
visit www.cheshirefair.org for full shedule of events





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.

463 West Street, Keene
603-354-3123
mijalisco1nh.com
Open Daily

DEBUSSY, SAINT-SAENS, BRAHMS



Thursday, August 13 • 7pm
First Church in Jaffrey • \$30
Students may attend for free.

LIGHT & SHADE



Saturday, August 1 • 7pm
First Church in Jaffrey • \$30
Students may attend for free.



ELECTRIC EARTH CONCERTS
ElectricEarthConcerts.org

Tickets also available at door (cash or check).

In our effort to bring music to young audiences, this season EEC will admit kids and their parents FREE of charge to our concerts.

CLASSIFIEDS

NEW ENGLAND FABRICS
is looking for help!

If you love to sew and quilt and enjoy helping people, this job may be for you.

5 days per week, including Saturdays
Please email us at info@newenglandfabrics.com

Autos Wanted
DONATE YOUR CAR to Veterans Today! Help and Support our Veterans. Fast-Free pick up. 100% tax deductible. Call 800-245-0398 N

Financial
WESLEY FINANCIAL GROUP, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free Consultations. Over 450 positive reviews. Call 877-621-7517 B

 Please, recycle this newspaper.

Firewood/Pellets
WWW.TREEHUGGERFARMS.COM
Green or Kiln-Dried Firewood
Pick Up or Delivery.
Order online or call
603-399-8454

David Bourgoine
Cordwood, Logging, Land Clearing & Whole Tree Chipping

Seasoned Firewood
Buying Standing Timber
924-9759

For Sale
MODULAR HOMES
Free Appliances
\$175 psf
Turnkey Free plans + quotes
Your plans or ours
Call 802-591-1585

FOR SALE: 35,000 SQUARE FOOT OFFICE/LIGHT INDUSTRIAL BUILDING on 4.5 acres of land in Concord, MA. Situated at the end of a cul-de-sac, this property is 15 minutes from Rte. 128 and 20 minutes from Rte. 495. Not only is there town water and sewer but the town of Concord has its own electric company. In addition, Concord has underground Concord fibre optic internet. 7 minutes from historic Concord center, enjoy Walden pond, Louisa May Alcott's house and many other historic sites as we celebrate the 250th anniversary of the United States of America. Use the entire building or keep some of the tenants already occupying the building. Mowing, plowing, and other maintenance already in place could remain. Call with any questions 978-580-1895 B

Home Services
GET DISH SATELLITE TV + INTERNET! Free install. Free HD-DVR Upgrade. 80,000 On-Demand Movies, Plus Limited Time Up To \$600 in Gift Cards. Call Today! 866-299-7135 B

Miscellaneous
REACH MILLIONS OF HOMES nationwide with one easy, affordable buy in the ADS Network! For more information www.communitypublishers.com/category/all-products N

PEACE OF MIND & EARLY DETECTION. Now more than ever, it's important to get screened for Stroke & Cardiovascular Disease risk. Life Line Screening is simple & painless. 833-970-4172 N

CONSUMER CELLULAR - same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees free activation. All plans feature unlimited talk & text, starting at just \$20/mo. Call 877-751-0866 N

TOP DOLLAR PAID for old vintage guitars! Gibson, Fender, Martin, Greesch, Rickenbacker, Epiphone, Etc. 1930's to 1980's. Call 866-433-8277 N

NO MORE CLEANING GUTTERS. GUARANTEED! LeafFilter backed by no-clog guarantee & lifetime warranty. Get 15% off your entire order. Military & Seniors get additional 10% off. Limited time. Restrictions apply, see rep for details. To schedule FREE inspection/estimate call 833-610-1936 N

TOP DOLLAR PAID for old vintage guitars! Gibson, Fender, Martin, Greesch, Rickenbacker, Epiphone, Etc. 1930's to 1980's. Call 866-433-8277 N

Miscellaneous
BECOME A PUBLISHED AUTHOR. We want to read your book! Dorrance Publishing trusted since 1920. Consultation, production, promotion & distribution. Call for free author's guide or visit website 877-729-4998 www.dorranceinfo.com/ads N

Pets
COCKER SPANIEL RESCUE OF NEW ENGLAND Has all ages and colors available, neutered. All shots. Adopt fee req. Save a life; adopt a Rescue Cocker **603-547-3363** www.csrne.org

DOBERMAN RESCUE UNLIMITED Has many wonderful Dobermans looking for homes. **603-887-1200** www.dru.org

GREYHOUNDS FOR ADOPTION! Make a Fast Friend. Several sweet ex-racers waiting for good homes. **603-355-1556**

WANT A NEW FELINE FRIEND? Cats and kittens of all kinds available for a reasonable fee. Fundraising & shelter volunteers needed. **603-532-9444** www.KittyRescueNH.org

Services

K&J DEAN BUILDERS, INC.
Turn-Key Pkgs. • Log Homes • Custom Framing Siding • Decks • Garages • Kitchen & Bath • Renovations
FREE ESTIMATES • FULLY INSURED • ALL CALLS RETURNED PROMPTLY!
603-499-3561 or 603-252-9530

J&R ODD JOBS
Clean-ups, lawn mowing, mulch work, brush work, light carpentry, hedge & tree trimming. Plus more. Serving Cheshire County.
603-762-5634 or 603-757-6839

Services
TRACTOR WORK Driveways/Grading, Drainage/Stonewalls, Handyman Services, & Yard Maintenance. **R&L Property Improvements.** **603-290-4063**

THE NEXT BEST THING The Odd Job Guru-You Name It, We Can Do It Cleanouts: Construction, Home Improvements, Basements, Attics, Garages, Etc. Scrape & Paint •Moving•Hardpack Driveways•Landscaping & Simple Lawn Care. Roofing•Pressure Washing•And More! **10% off the first job!** **603-313-8021 or 603-313-8105**

FREE SCRAP METAL PICK-UP Appliances, refrig., metals, A/C units, ride/push mowers, gym equip., bikes, car batt., cars, ext. cords, fencing, grills **603-352-0736**

KERNOZICKY Interior/exterior painting, sheetrock, carpentry, laminate & tile. No job too small. Insured, free estimates. **603-852-2479**

House & Roof Cleaning
Soft Wash Specialists
Remove Mold, Mildew & Algae
10% Off All Services
603-835-6760
PowerWashNH.com

Chair Seat Repair
Cane • Splint • Rush
Chairs Repaired • Canoe Seats
Meg Kupiec
1479 County Rd. • Walpole, NH
603-756-3208
m.kupiec@yahoo.com

VACUUM REPAIRS
603-352-5085

 Find us on **facebook**.
Giveaways • Stories • Local Events

 **WARNER TOOL CO** **WE ARE HIRING**

Come grow with us!

Machinist Position Available

Warner Tool Company manufactures critical components for Aerospace & Defense as well as a unique OEM product line.

The qualified candidate(s) will have:

- a basic understanding of trigonometry, geometric dimensioning and tolerancing
- a basic knowledge of machining practices
- experience in CNC & manual turning is a plus
- experience in CNC & manual milling is a plus
- experience in surface and cylindrical grinding is a plus
- diversified experience in all of the above is even better

Other requirements:

- Must be a U.S. citizen or permanent resident without a criminal record
- High school diploma or equivalent
- Competitive wage commensurate with skill level(s)
- Flexible hours, paid vacations and holidays.

Email resume and questions to:

info@warner-tool.com.

Located in Swanzey, NH

CLASSIFIED ADVERTISEMENT ORDER FORM

PERSONAL AD • 15 words • \$15.00 for 2 weeks
Each Additional Word = 25¢ • Each Additional Week = \$7.50 • Expires 10/31/26

BUSINESS AD • 1" (25 words) • \$15.00 per week
Each Additional 1/2" (12 words) = \$7.50 • Expires 10/31/26

First Name: _____ Last: _____
Company Name (if Business Ad): _____
Phone: () _____ Lxt. _____ Use in Ad? (1 word) Yes ☐ No ☐
Phone: () _____ Lxt. _____ Use in Ad? (1 word) Yes ☐ No ☐
Website: _____ Use in Ad? (1 word) Yes ☐ No ☐
Email: _____ Use in Ad? (1 word) Yes ☐ No ☐
First Issue to run (Wednesday date): / / Run it for _____ weeks
Category: _____ Ad: _____
Total # Words: _____

603-352-9250 DEADLINE: Friday noon prior to issue. Please mail this form, along with payment to MSP, PO Box 487, Keene, NH 03431 or place envelope in our back door drop box at 445 West St., Keene by 8am Friday.

FIND YOUR FUTURE AT KEENE STATE DINING

JOB FAIR

AND LOVE WHAT YOU DO



APPLY TODAY



TEXT 'KEENE' to 75000

HIRING COOKS, DISHWASHERS, CASHIERS, SUPERVISORS

JOB FAIR DAY
7/29
10a-1p & 4p-7p

KEENE STATE DINING
Chartwells

24 Madison St. Keene, NH 03431 (At Keene State College)

Services

RUSSELL TREE LLC.
Over 15 years experience. Fully insured. Free estimates! Safe, expert tree care. Bucket truck/chipper/expert climber/operator. Stump grinding, crane tree removal. Locally owned.
603-313-0736

Wanted

\$\$ CASH PAID \$\$ FOR OLD TOOLS
Planes, axes, Stanley tools, etc. 1 tool or entire collection.
802-579-5891 or 802-732-8071

Tucker Transportation
Seeking part-time minivan school bus drivers
25-30 hours per week, paid holidays and sick days.
Clean driving/criminal record required.
Call Todd at: 603-313-2567



Dube's Tire & Auto Repair
☆ Walker Exhaust Center
☆ Monroe Shocks & Struts
☆ Wagner Brake Center
☆ Air Conditioning Services
☆ Interstate Batteries
☆ Gas Tanks & Radiators
☆ Computer Diagnostics
☆ Welding & Frame Work
☆ **State Inspection Station**
☆ General Auto Repairs
☆ Starters and Alternators
*** Free Estimates * Affordable Labor Rates ***

FREE VEHICLE SAFETY INSPECTION
WITH ANY OF OUR MANY SERVICES
*** COMPUTERIZED * FOUR WHEEL ALIGNMENT * Family Owned Over 50 Years ***
352-1445
300 PARK AVE.
KEENE, NH 03431

Established 1972

**SAU 29 Schools**
Serving the School Districts of:
• Chesterfield • Hanisville • Keene • Marlborough • Marlow • Nelson • Westmoreland

Hiring Now for 2026-2027 Classroom Assistants
• No Degree Needed!
• School schedule with stability and community-focused atmosphere
• Support classroom teachers in a safe positive learning environment
See more information and apply at www.sau29.org
Questions? Call us at 603-357-9007 *3 or email at hr@sau29.org.
SAU29 is an Equal Opportunity Employer

ERIE HOME
Trust the Nation's #1 Roofing Contractor
Award-Winning Roofing and Customer Service
Erie Roofing Since 1978

LIMITED TIME OFFER 50% OFF Installation
FREE ESTIMATE SCHEDULE TODAY! Call 1.833.370.1234
CALL TODAY! 1.833.370.1234
New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction (Mid-West), Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated dialing technology. If you opt-in, DO NOT CALL, list or register. Please review our Privacy Policy and Terms of Use at www.erieconstruction.com. All rights reserved. License numbers available at eriehome.com/licenseslist/

GENERAC
#1 standby generator worldwide
Get whole-home power, automatically.
Call 866-643-0438 to schedule your free quote today!
*Terms & conditions apply



**the MELANSON company**
ROOFING & SHEET METAL SINCE 1932

Commercial • Industrial • Residential • Service
Keene, NH • (603) 352-4232 • Bow, NH • (603) 224-0444
www.melanson.com

Affiliates
Vermont Roofing Company
Rutland, VT (802) 775-4386 • Bennington, VT (802) 442-2899
www.vermontroofing.com
A.C. Hathorne Company
Williston, VT (802) 862-6473
www.achathorne.com



THE STATE OF NEW HAMPSHIRE JUDICIAL BRANCH NH CIRCUIT COURT
8th Circuit - Family Division - Merrimack
4 Baboosic Lake Road Merrimack NH 03054
Telephone: 1-855-212-1234
TTY/TDD Relay: (800) 735-2964
<https://newcourts.nh.gov>

NOTICE OF HEARING
DANIEL DOUGHTY
4 CHURCHILL COURT
BEDFORD NH 03110

Case Name: In the Termination of Parental Rights of Meagan Liberty over Alana Doughty
Case Number: 657-2026-TR-00004
The above referenced case(s) has/have been scheduled for:
Preliminary Hearing
Date: August 19, 2026
Time: 1:30 PM
Time Allotted: 30 Minutes
If you are unable to appear at this scheduled hearing, you must request a continuance from the Court in writing which, except for good cause shown, shall be filed within ten (10) days from the date of the mailing of the notice of a hearing. You must also send a copy of the request to the opposing party, unless restricted from doing so. Motions to continue filed fewer than 10 days in advance of hearing will only be granted if the Court finds that an emergency or exceptional circumstance exists. You must appear on the scheduled date unless you receive notification from the Court that a request to continue the hearing has been granted.
NOTICE OF APPELLATE RIGHTS
Juvenile cases may not be appealed until after the issuance of a dispositional order. Any party may appeal the decision of the Family Division. CHINS cases may be appealed to the Superior Court for a new trial. Abuse/neglect and Delinquency cases may be appealed to the New Hampshire Supreme Court. The party who intends to appeal must appeal the decision of the Family Division within 30 days of the dispositional order.
If you will need an interpreter or other accommodations for this hearing, please contact the court immediately.
Please be advised (and/or advise clients, witnesses, and others) that it is a Class B felony to carry a firearm or other deadly weapon as defined in RSA 625:11, V in a courtroom or area used by a court.
July 08, 2026
(T143):
C: Jennifer Dassau; Meagan Liberty; Meagan Liberty
NHJD-2026-F (JCOH2026)

4 Baboosic Lake Road Merrimack NH 03054

CAUTION
READERS ARE CAUTIONED that we occasionally run ads that require an initial investment or money in advance. We urge our readers to “do their homework” before responding to any ad. Check out the advertiser thoroughly and verify their claims to your total satisfaction. Only then should you proceed at your own risk.
We try to screen ads that require you to send money before receiving a product or service. But these efforts are no substitute for your own investigation, and we don’t endorse or guarantee any claims made in any of the ads we publish.
If you want more information about claims made in ads on subjects such as work at home opportunities, travel or vacation specials, purchasing land or vehicles from government surplus or below wholesale, loans or other credit opportunities (including credit repair), or weight loss and other health products and services, we urge you to contact the Better Business Bureau, Inc., 25 Hall St., Suite 102, Concord, NH 03301; (603) 224-1991; or bbbnh.org; or the Office of Attorney General, Consumer Protection and Antitrust Bureau, 33 Capitol Street, Concord, NH 03301 (603-271-3641).

REAL ESTATE

Apt For Rent
THM
Property Management Services
Heatherbrook Apartments
Corner of Union & Wilder Streets
Across from Nature's Green Grocer
Peterborough, New Hampshire
CONTINUE TO ACCEPT APPLICATIONS
Utilities included (except for Telephone/Cable)
Laundry Facility on premises for tenant use only
Off-street parking
On-site mail delivery
For more information, call or write to:
THM PROPERTY MANAGEMENT
129 Lincoln Avenue
Manchester Center, VT 05255
1-802-367-5251 • 1-802-362-4663
1-800-545-1833 ext. 326 (Hearing Impaired)
Equal Housing Opportunity
THM is an equal opportunity employer

Apt For Rent
THM
Property Management Services
Pierce House Apartments
Frost St. • Marlborough, NH
Continues to Accept Applications
Worried about the high cost of utilities? Pierce House is designed for individuals who are 62 years old or older, disabled of any age. Your monthly rent includes heat, electricity, water, sewer, snow/ trash removal and maintenance. Community room, laundry facilities, elevator, off-street parking and on-site mail delivery.
Eight miles east of Keene.
Income guidelines do apply.
Call or write to:
THM Property Management
129 Lincoln Avenue
Manchester Center, VT 05255
1-802-367-5251 • 1-802-362-4663
1-800-545-1833 ext. 326 (Hearing Impaired)
Equal Housing Opportunity
THM is an equal opportunity employer

Spacious 1 & 2 Bedrooms
Incl. Heat & Hot Water
Beautifully Maintained
NICE LOCATION
POOL ON PREMISES
CALL (603) 352-9105
Emile J. Legere Mgmt. Co.
Keene, New Hampshire



**CALL A MEMBER OF THE CONTOOCOOK VALLEY BOARD OF REALTORS**

**TROY MOBILE HOME**
Well maintained 1969 mobile home in an over-55 park. This 3 BR 1 BA unit sits on a corner lot with large yard. Addition has family room or 4th BR, and a 12x12 covered 3 season porch. Ramp for easy entry. Park maintains yard and snow removal.
MLS # 5100600 \$79,900

**PRICE IMPROVEMENT!**
New construction nearing completion in a close to town location. 3 Bedroom split-level with 2 car garage under. Open concept kitchen/living/dining. Great location w/in 40 minutes of Concord and I93, close to golf & skiing.
Bennington **MLS 5080205 \$429,000**

**TIEGER REALTY**
25 Turnpike Road, Jaffrey, NH 03452
www.tiegerrealty.com
PHONE: 603-532-8765
FAX: (603) 532-4519
Email: info@tiegerrealty.com

DESPRES & ASSOCIATES
KW METROPOLITAN
KELLERWILLIAMS REALTY
41 Main St., Jaffrey, NH
603-532-8742 • 603-232-8282

Read the Monadnock Shopper News online:
www.shoppernews.com

**Send Us Your Stories of Hope**
michelle@shoppernews.com
fax: 357-9351
or mail: PO Box 487
Keene, NH 03431

The Big “C” Revisited

The journey with The Big C never goes away once it is in our body. Cancer returns or there are follow ups with doctors or there is thought in the mind about it. Everyone’s story is different. But it is a universal story at the same time.

Musings from my journey continue.

I enjoy sharing bits and pieces of the journey. Particularly, the learning experiences. The biggest challenges in life offer great room for growth. Growth can be a hard item to swallow. The questions with no answers, the unknown and what the mind makes of it all.

To realize, I mean truly realize that we are not this physical body; that is a revelation. Especially in a culture that places great importance on our physical bodies. The way we look and what we adorn the body with help to keep our economy moving. Think of the money that we may spend on hair, clothes, make up, products for our body, etc. With cancer, we begin to understand that it is not what is on the outside or physical at all. It is far more important how we treat each other, how we treat ourselves, how we spend out time, what makes us want to live.

There is a level of living that is so beneath the cancer that pops up in our face, so to speak.

Once our mortality is there, it becomes fun to reminisce about our life—to learn those lessons that we were meant to learn at an earlier age, but we got distracted. It becomes easier to go back in time and forgive and change our hard moments into moments of joy. To realize that a grudge or a regret is not worth holding on to. That we can transform these into great moments of our life. To become the hero/heroine in our life’s story. Finally we can stay focused on this day, this moment. We



At the Isabella Stewart Gardens can make this moment full and a ritual; rituals that celebrate the miracle of life. We realize that the end of the physical body will come.

HEALTHY SHOES • PROFESSIONALLY FITTED
BROOKS • BIRKENSTOCK • CLARK • HOKA • NEW BALANCE
BOOTLEGGER'S
FOOTWEAR CENTERS

425 West St., Keene, NH
bootleggersfootwear.com
603-352-5201

The region's only whole-family, full-service shoe store!

Personalized Care... Always!
Finding Sky Counseling Center
INDIVIDUALS • GROUPS • CHILDREN 11+
Adele Michaelides Thomas, MA, LCMHC, NCC
603-354-3604 • adele.michaelides@gmail.com
www.findingskycounselingcenter.com
Accepting many insurance plans!

Cam Auxer
Reiki Healing
93 Roxbury Street, Keene
Room 2W
603-242-5061 (text)
Providing the healing power of Reiki since 1991

Healing Perspectives
with Josephine Russell

What do/would you do the day before surgery related to The Big C? I had yet another surgery last week, to remove another tumor. What did I choose to do the day before? My husband and I went a day early to Boston where the surgery was to take place. After a few necessary tests (which I have learned to take in stride and surrender, and this time I had a great conversation about Aquarians with one of

HEALING, page 9

Summer Sweet Summer!
Choose your favorite toothpaste flavor at your next cleaning with us!
Children's Dental Care
113 Railroad Street
Keene, NH
Dental care for ages 0-21. Baby teeth to wisdom teeth. We work with all insurances.

603-357-6385 • www.drwully.com

Power Retrieval Retreats
with Molly McMillan
Ignite Your Light & Discover Inner Wholeness through Shamanic Journeying, Sound Healing, Myofascial Movement, Art, and Ceremony.
Visit PowerRetrievalRetreats.com

Marblehead
CREATIVE SPIRIT
August 28 - 30
Rediscover your Power in a beautiful, calming environment at the seaside. Enjoy a classic lobster dinner, scenic boat ride, paddleboarding & a low-tide island walk.

Bethel Farm
HILLSBOROUGH, NH
October 7 - 11
Celebrate the beginning of a new season with wood-fired saunas, cold plunges, and long walks through acres of foliage-covered farmland.

TAI CHI
New Beginners Class in Keene
Long River Tai Chi Circle
Wednesdays, 7–8pm
Starting September 2
Keene Unitarian Church
69 Washington St.
Cost: \$65/month
Opportunities to learn online are also available.
802-490-6405
patricklrtc@gmail.com

Is Your Mental Health HOLDING YOU BACK?
Consider joining one of our **Therapeutic Groups** with topics tailored to your circumstances and goals.
Exploring Sobriety & Relapse Prevention
Embodied Yoga - Self-Compassion
Living Fully: DBT Skills - Grief
Chronic Pain - Seeking Safety - & more
you can thrive. We can help.
counseling associates **ca-mh.com**

FEEL BETTER. HEAL FASTER. LIVE LONGER.
We can help you with:
Diabetes • Inflammation
Cancer Support • Parkinson's
Lyme Disease • Fibromyalgia
Vision Loss • Multiple Sclerosis
Fatigue • Chronic Pain
HYPER FIT
CALL 603-460-5683
FOR AVAILABLE SESSIONS
or sign up online at:
hyperbaricfitness.com

Allow us to help you create your signature smile.
Gentle & Safe Dentistry For The Whole Family
Cosmetic Dentistry • Metal-Free Fillings
Nitrous Oxide Available
Evening Appointments • Most Insurances Accepted • Financing Options Available

Jennifer A. Charland, DMD, PLLC
603-899-2422
31 Sonja Drive, Suite 3, Rindge, NH (across from Wal-Mart)
www.signaturesmilesnh.com

KEEPING SMILES HEALTHY, ONE APPOINTMENT AT A TIME.
ACCEPTING NEW PATIENTS.
Call us TODAY
#OurTownDental
VOTED #1 DENTIST
Dr. Jihae Yang, General & Family Dentist
106 Grove St., Peterborough • 603-567-4955 • info@ourtowndentist.com • www.ourtowndental.com

YOUR GUM AND DENTAL IMPLANT SPECIALISTS
DR. KWON • DR. TASE • DR. MOURAD
BOARD CERTIFIED PERIODONTISTS
KEENE & PETERBOROUGH
819 Court St., Keene • 603-215-5800 • www.MonadnockPerio.com
REQUEST AN APPOINTMENT