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SHOPPER NEWS

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Summer Is “Humming” Along

Temu Nana of Marlborough was the winner of our occasional photo contest, for his Ruby-Throated Hummingbird, photographed near his house.

With so much beauty to be found in the region, we want our readers to share their most amazing photographs with us. Each photograph that we print will earn the photographer a gift certificate to a local business.

Chosen photographs will show off the most beautiful aspects of our region. Photos do not need to be taken this month, though photographs printed

will be from the current season. If you have photos from past years, we encourage you to submit those as well.

Photo submissions should include first and last name of photographer, where the photograph was taken, a short description of the photo, and the phone number and address of the photographer.

The accepted photo formats are high resolution jpeg or tiff. Send them to shopper@shoppernews.com.

Comedian Margaret Cho Stops At The Colonial For Choligarchy Tour

Five-time Grammy and Emmy nominee, Margaret Cho, will make a stop on her comedy Choligarchy Tour at The Colonial Theatre on Thursday, October 1st from 7 to 9 p.m. at 95 Main Street in Keene.

Cho’s comedy is best described as bold, brash, and unapologetically socially aware. She blends biting political satire and advocacy for marginalized groups with raw, explicit storytelling. A true trailblazer, her act serves as both a weapon and a shield, championing outsiders through sharp observations and profound vulnerability. Note: Mature content. May not be suitable for children.

Cho is a staunch supporter of anti-racism, anti-bullying, and gay rights – all while fulfilling her successful creative side with a legendary stand up career that has yielded 10-plus comedy tours. Cho was named one of the nine best female comedians of all time –



alongside Joan Rivers, Gilda Radner, and Wanda Sykes – by *Vogue* magazine.

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

Free Household Hazardous Waste Collections Planned This Summer, Fall

The dates for Summer/Fall Household Hazardous Waste Collections in area towns have been announced. This is an opportunity to clean out toxic wastes from basements, work benches, garages, and cupboards.

All collections will be held at the

Keene Household Hazardous Waste Collection Facility, located adjacent to the Keene Recycling Center at 55 Old Summit Road in Keene from 8 a.m. to 1 p.m.

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Dr. Gloria Polo Presents “Struck By Lightning” At Saint Bernard Catholic Church Friday, July 17th

Dr. Gloria Polo will present her testimony, “Struck by Lightning,” on Friday, July 17th, at 6:00 p.m. at Saint Bernard Catholic Church, at 185 Main Street in Keene.

Polo is a Colombian dentist and author who gained international attention for her alleged near-death experience in 1995.

Polo will give two talks in Spanish with English translation, with a short break between sessions. She will share her account of being struck by lightning, an experience she describes as a near-death encounter that brought her to the precipice of Hell, where she experienced God’s judgment and mercy. Her presentation offers insights on sin, Confession, Mass, and God’s desire to be with humanity for eternity. Dr. Polo has the support of her Bishop and Spiritual Director.

Books on her story will be available for purchase in English and Spanish during the break. No registration is required, but seating is limited and early arrival is encouraged.



Dr. Gloria Polo

For more details, contact Yves and Anne Marie Jacques at 413-397-3730 or Saint Bernard Catholic Church at 603-352-3525.

Christmas In July At Woodard’s Sugar House

Woodard’s Sugar House in Surry will hold its fifth annual Christmas in July on Sunday, July 19th from 10 a.m. to 3 p.m.

The event will feature 10 percent off all maple products.

Woodard’s Sugar House is a small sugaring operation that produces premium maple products. The maple

products are made by hand to ensure quality and taste. It is committed to providing exceptional products and customer service.

The sugar house is located at 1200 Route 12A in Surry. For more details, visit www.woodardssugarhouse.com or call 603-358-3321.

Taste Of Monadnock & Beyond Food & Wine Festival July 19th

Shelter From The Storm (SFTS) will be holding their 11th Annual Taste of Monadnock & Beyond Food & Wine Festival at the Woodbound Inn, Rindge, NH on Sunday, July 19th from 5 to 8 pm. Rudy Rosalez has once again donated the use of his restaurant, play-barn, ballroom, and grounds for this event. All proceeds will help Shelter From The Storm, a transitional shelter

for the homeless, to fulfill their mission to provide housing and support programs for the homeless in the area.

There will be live Rock & Roll music by Sheepdip and over 40 vendors participating, including wineries, restaurants, local growers, brewers, raffles, and much more.

TASTE, page 17

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PET OF THE WEEK
from THE MONADNOCK HUMANE SOCIETY

Forest And Fern



Fern and Forest are a mated pair who enjoy spending their time chirping and singing along with the other birds in MHS' care. While initially shy, these two are working on socialization with staff and learning that life can be safe and fun. They are food and treat motivated, and people are taking their time just getting them comfortable making human friends. With time and patience these two will make great companion birds.

possibility of nesting and egg laying. So being vigilant to mating/nesting behavior is important for not only their health, but to prevent the possibility of any surprise eggs hatching.

Forest (male) and Fern (female) are young adult parakeets.

The Adoption Center is located at 101 West Swanzey Road, outside of Keene on Route 10 South. It's open Thursday through Sunday 11 a.m. to 3 p.m. Learn more at www.monadnock-humaneociety.org.

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Reiki Healer Cam Auxer Taking Appointments In Keene

Reiki is a Japanese energy healing technique where practitioners channel life energy to clients through gentle touch or hovering hands. The goal is to balance a person's chakras to promote deep relaxation, reduce stress, and encourage the body's natural healing abilities.

Certified Holistic Health Educator Cam Auxer has been a reiki healer since 1991. A former community health educator in Pennsylvania, and author of *When Bodies Break: How We Survive and Thrive with Illness and Disability*, Auxer runs her Reiki healing business at 93 Roxbury Street, Room 2W, in Keene.

To set up an appointment with her, text 603-242-5061.



Cam Auxer

Blues On The Bandstand In Hancock July 9th

The Hancock Common will host a free blues concert on Thursday, July 9th, from 6 to 7:30 p.m. In the event of rain, the show will move indoors to the lower level of the Meetinghouse.

50 Shades of Blues, a six-piece southern New Hampshire band, will return to the common following a well-received performance last summer. The group plays classic rhythm and blues, drawing on the work of

artists including B.B. King, the Allman Brothers, Bonnie Raitt, and the Tedeschi Trucks Band.

The Hancock Farmers and Artisans Market will also be on the common from 4 to 7 p.m., offering food, beverages, baked goods, local produce, and crafts.

For more details, contact rick.hum@gmail.com.

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Sports Card Lovers Will Love Live Free Collectibles

Live Free Collectibles opened in 2026 and specializes in vintage and modern sports cards. The owner, Jonathan Liptak, began collecting cards when he was seven years old and quickly started to set up at local card shows to sell, but quickly realized it wasn't all about selling; it was about meeting people and looking at cards he'd never seen before. "What I love most about the sports card world are the memories and stories that people have about them. Whether it's their first card as a kid,

other childhood card memories, or a recent card found in a pack – for me, that's what it's all about".

Live Free Collectibles is available for all of people's sports cards needs including appraisals, purchasing, or consignment. Live Free Collectibles is always buying vintage and modern singles to full collections.

For more details, reach Liptak at 518-836-4704, via email at LiveFreeCollectibles@gmail.com or visit LiveFreeCollectibles.com

League Of Conservation Voters Director To Speak At Marlborough Library



Robert (Rob) Werner

Robert (Rob) Werner, director of the NH League of Conservation Voters, will lead a conversation about responding to climate change, at the Frost Free Library, 28 Jaffrey Road in Marlborough, Wednesday, July 15th, at 7 p.m. The event is free and open to the public.

Science has confirmed that climate change is real and is affecting people's

health, the weather, and the environment. Werner will engage the audience to talk about how people are dealing with it and what steps are being taken locally and around the world to mitigate its adverse effects.

The League of Conservation Voters is a national advocacy organization that works to turn environmental values into local, state, and national priorities. Werner has a certificate from the Harvard Kennedy School of Climate Change and Energy Policy. He served seven terms on the Concord City Council and chairs the Concord Energy and Environmental Advisory Committee. He is also a Global Affiliate to the Gund Institute for Environment at the University of Vermont.

The presentation is sponsored by the Green Team of the Federated Church of Marlborough. In 2020, the church was the first congregation in New Hampshire to achieve the title of "Creation Justice" church from the national United Church of Christ. The designation requires a church group to study and to discern what its members can do to understand how clean air and clean water are a matter of justice for all of creation, and to commit to ongoing action on behalf of the environment.

For more details, contact Marge Shepardson at 603-876-4027 or via email at marge.shepardson@gmail.com.

Menopause And Midlife Health: A Whole Body Approach At Monadnock Food Co-op

The Monadnock Food Co-op will host a free wellness lecture on Saturday, July 18th, from 11 a.m. to noon.

Dr. Gene Clerkin of Monadnock Natural Health will draw on more than 30 years of working with women to offer a whole-body perspective on menopause and midlife health. Rather than treating menopause as something to fix, the talk will explore how stress, digestion, inflammation, and overall

body function influence common symptoms such as hot flashes, brain fog, weight gain, sleep disruption, and mood changes. Participants will learn how the nervous system, digestion, and detoxification all play a role in hormone balance, along with practical ways to support the body naturally through this transition.

The Co-op is located at 34 Cypress Street in Keene.

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Dr. Gloria Polo "STRUCK BY LIGHTNING"

Although she was raised in the Catholic faith, as a young adult she fell away and became involved in many things contrary to the faith. After being struck by lightning her soul left her body and she went to the precipice of Hell. She experienced God's judgement and His mercy. Dr. Polo has the support of her Bishop and Spiritual Director. Come listen to her outstanding insights into sin, Confession, Mass, God's gift of Life, the enemy, and God's desire to be with us for eternity.

Jesus told her that she must give her testimony, not just a thousand times, but a thousand times a thousand.

Friday, July 17, 2026
 Saint Bernard Catholic Church
 185 Main St, Keene, NH 03431
 Phone: (603)352-3525 x1
 6:00pm

Dr. Polo will give 2 talks in Spanish with English translation during this time frame, with a short break in between to allow people to acquire the book on her story. Other materials will also be available.

No registration is required.
 Seating is limited, so you are invited to come early.

Books will be available in English & Spanish after her talks

For more information please contact: Yves & Anne Marie Jacques (413) 397-3730

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MARCO POLO GARDEN

MYSTERY PHOTO

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

(Prepared by the Historical Society of Cheshire County)



This large textile mill was located in what Cheshire County village?

The winner of last week's Mystery Photo Contest was Ray Durand of Stoddard. The Tasty Meals restaurant was located in Marlow.



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Chesterfield Farmer's Market Now In Its 10th Year

The Chesterfield Farmer's Market on Route 63, off Route 9, is now in its 10th year and runs from 9 a.m. to noon every Saturday from May to October, rain or shine. The market features five to seven stalls.

Beni's Bread is a regular, and some line up at nine for croissants. Whispering Wool Farm offers maple syrup and vegetables, with sheep occasionally visiting in person.

Hallelujah Farm sells crafts and biscuits. Kelleher's sells hanging plants, and Pisgah Farm sells cut flowers, and Aunt Rose sells soaps. Levi offers Lovely Eggs. There are often samosas and gluten-free tarts. Sometimes there are bird houses, jewelry, and live music.

At right, shown (L-R) are Leon Julca and Bernhard Ruefenacht of Beni's Bread.



Celebrating 42 Years Of Service To The Community

Rise for baby and family is celebrating long-time employee and Keene resident Terry Sykes for 42 years spent helping local children through Rise's Early Intervention program. Sykes has been working with children and families as a physical therapist assistant at Rise since 1984.

She is retiring at the end of this month, having assisted thousands of children and families over the course of her career, and Rise would love to have community members help celebrate her. Rise invites families, former colleagues, and community members to share their stories of Sykes's work with children by emailing them to info@riseforbabyandfamily.org or mailing them to Rise at 147 Washington Street, Keene, NH 03431.

"Terry has been such a huge part of Rise and its success throughout the years. Rise began in 1981 and Terry joined the organization just three years later," said Alicia Deaver, Rise's executive director. "Throughout the community, parents share stories of Terry's impact, some stretching back decades and talking about children who are now adults with children of their own. Her legacy is truly something special."

"For three years, Terry came into our home each week to provide physical therapy for my daughter Josephine, who was born with a rare genetic diagnosis and complex medical needs. Her warmth, skill, and steady encouragement became an anchor for our family as we worked to ensure Josie could build strength and thrive. What we experienced was extraordinary – but not unique. Terry brings the same care, expertise, and genuine love to every child she serves through Rise. She has helped lay strong foundations for hundreds of vulnerable babies across our region, and we will always be grateful," said parent Melanie Zaiman of Jaffrey.

Rise's mission is to support families with young children who experience or are at risk for develop-



Terry Sykes, a physical therapist assistant at Rise for baby and family, enjoys a moment with Mallorie Gingras of Antrim, a colleague's child.

mental delays or disabilities and to be a resource and advocate for inclusive early childhood systems throughout the Monadnock Region. Rise offers early intervention services for children birth to age three and an inclusive child care program for babies and toddlers of all abilities.

UPS Store Grand Opening



The UPS Store in the West Street Shopping Plaza held a grand opening recently. A ribbon-cutting ceremony was attended by (L-R) Mitchell Shakour of The Monadnock Shopper News; Michelle DellaVita of Grand Monadnock Collaborative (GMC); Pam Lane of Savings Bank of Walpole (SBW); Jeff Whitcomb of Communicators Group and GMC board; Peter Carvell of SBW; Julie Schoelzel, GMC president; Sarah Brothers of C&S Wholesale Grocers and GMC board; and Marilyn Weir of The Monadnock Shopper News. The two UPS Store employees holding the ribbon are Aspen Murray and Evan Uvena. Missing from the photo is employee Dylan Rowland.

Keene High School Class Of 1971 To Hold Reunion

Classmates of the Keene High School Class of 1971 will be celebrating their 55th Reunion September 11th and 12th.

On Friday night, September 11th, there will be an informal social (cash bar) at the Italian Club at 97 Wood Street from 5 to 9 p.m. The 55th Reunion will be held on Saturday, September 12th from 5 to 10 p.m. at Tempesta's (Keene Best Western) at 401 Winchester Street, with cocktails (cash bar), dinner, and dancing.

Additional details will be updated on the class website, www.keene71.com. Invitations will be mailed to classmates in August. Contact a planning team member with any questions: Tim Carbone (Tcarbone53@gmail.com); Sue Silver (flamingosilver@yahoo.com); or Deb Rousseau (igband@comcast.net).

Those who know the whereabouts of any of the following classmates are asked to reach out to a planning team member with their contact information:

Ronald Barnett, Lucinda Bouffard, Guy Chace, Debbie Chamberlain (Smith), Robert Cordner, Thomas Croteau, Margaret Davis, Donna Denis (Scadova), Michael Devins, John "Jay" Dinkel, Karen Durward, Rebecca Facticeau (Mitchell), Debra Fahey (Clark), Lisa Farina, Monica Farrell, Stephen Hartwell, William Jackson, Susan Kasprak, Gertrude "Trudy" Lucius, Barbara McTague, Patricia Pembroke, Joseph Rosinski, Nancy Salmon, Mark Simpson, Robert Steiner, Cheryl Towsley, Diane Venne, Gale Woodward.

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What Do I Get My Grandchild? Gift Experience Ideas For Grandchildren

It can be hard to select the right birthday, holiday, or whatever-the-occasion gift for your grandchild. Their interest might be all over the place, or perhaps they don't live nearby, so you aren't in tune with what their likes or hobbies might be.

Instead of gifting them something that might just take up space and go unused, why not give them the gift of an experience or something that enhances an existing hobby?

Gifting these types of presents not

only gives your grandchildren the enjoyment of the experiences, but the anticipation leading up to the day of the experience will be a real treat.

This time of year, there are plenty of gifting ideas for a grandchild, like the gift of summer camp. Perhaps this expense might be beyond the means of the child's family. This type of gift would not only be extremely helpful to the parents, but the gift of camp will teach your grandchild new skills; he'll probably make new friends, and more

than likely, leave him with lasting memories.

Another great gift idea, especially with so much free time during the summer, is the gift of learning something new. A child who is very much into art could be gifted art classes, or the teenager who is showing an interest in golf could receive golf lessons. The child who enjoys horses could be given riding lessons. One who loves to tumble and somersault around can be gifted gymnastics classes. Or how about swimming classes for the child who loves the water but hasn't had the opportunity to learn how to swim?

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An outdoor day trip with your grandchild could make a special present as well. Unless you are still into activities where you are running around and jumping, you might want to include one of their friends for some of these ideas. For preteens and teenagers, a fishing charter, a day at the ocean – complete with a seafood lunch or dinner, a trip to the White Mountains, an amusement or water park, a laser tag place, or a trampoline park. There are so many neat experiences you can give your grandchild that she'll remember forever.

The experience of live entertainment is also a great gift for your grandchild. You'll find popular large-scale productions like Disney on Ice and The Nutcracker in Boston, MA. There are shows at The Palace Theatre in Manchester, or one of the two Capital Center for the Arts venues in Concord. If none of these are their "thing," perhaps a monster truck rally, demolition derby, or a traveling circus.

Passes to New England attractions might be another memorable present idea. The Children's Museum of New Hampshire in Dover, SEE Science Center in Manchester, Museum of Science or Boston Aquarium in Boston, MA, and many others. Just do "the Google!"

For grandparents who live in a state other than their grandchild's, the gift of a train or airplane ticket for them to come visit would not only be an exciting one but also give you a chance to spend some one-on-one quality time with that child.

These are just a few ideas for grandparents. Whatever you end up doing for a gift, the time and energy you put into the experience will be well worth it, and memorable, to your grandchild.

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

Dog Days At The Library In Keene

The Keene Public Library will host Dog Days at the Library on Tuesday, July 14th, from 10:30 to 11:30 a.m. in the Storyroom at 60 Winter Street.

Children will have the opportunity to read one-on-one to Virgil, a therapy dog, and his trainer. Each child will be assigned a 10-minute time slot upon arrival and may bring a favorite book or choose from the library's collection. Studies have shown that non-corrective reading to animals helps children develop positive feelings about reading.

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

Storytime At Richmond Public Library

The Richmond Public Library will host a Summer Reading Storytime on Wednesday, July 22nd, at 10:00 a.m. as part of the "Plant a Seed, Read" summer reading program. The session will feature stone soup.

For more details, contact the Richmond Public Library at library@richmondnh.us or 603-239-6164.

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A Weekend Of Jazz Events In Dublin July 17th-19th



Saxophonist Paul Klemperer

Lovers of jazz are invited to the DubHub/Dublin Community Center at 1123 Main Street in Dublin, for a full weekend of jazz performances and education.

On Friday, July 17th from 7 to 9 p.m., a free performance and presentation will be offered to the public called Using The Jazz Language: A Performance & Discussion with saxophonist Paul Klemperer. Jazz improvisation is a structured form of communication.

Players use a shared musical vocabulary to converse, tell stories, and express complex emotions. Musicians listen to each other, respond to ideas, and build off one another's energy. This will be a presentation with played examples. Klemperer will have some core musicians to help him, and folks can also bring instruments to try out tunes along with them, or just come to listen and enjoy.

For musicians looking to enhance and expand their jazz techniques, Klemperer and multi-instrumentalist Dan Fox who teaches at Berklee School of Music in Boston, will offer a two day Jazz Workshop, Saturday and Sunday, July 18th and 19th from 10 a.m. to 1 p.m at the DubHub. Mornings will include ensemble sessions with an emphasis on improvisation and expanding repertoire Jazz Improvisation. Evenings will include jam sessions, including at the Saturday, July 18th Coffee House & Open Mic held at the DubHub from 6 to 9 p.m., at which the jazz workshop instructors and participants will perform alongside open mic performers.

During the workshop, Klemperer will provide approaches to combining technique, theory, and stagecraft to help the music tell a story and connect with the audience.

For more details about this workshop and its cost, and to sign up, email info@dublincommunitycenter.org. Spaces are limited. The Friday and Saturday evening jazz events are free and open to the public, although donations are always appreciated.

Monadnock Food Co-op, CCCD Farm Fund Recipients

The Monadnock Food Co-op & Cheshire County Conservation District have announced two grant recipients for the 2026 Monadnock Food Co-op Farm Fund: Picadilly Farm of Winchester and Archway Farm of Keene. The Farm Fund distributed \$25,560 among these two farms. Since starting in 2017, the Farm Fund has awarded over \$250,626 in grants to thirty local farms.

Archway Farm will utilize the grant to purchase a meat grinder/mixer to increase its capacity to produce sausage and ground meats for local wholesale. Picadilly Farm will use the grant to purchase a new Rinse Conveyor with more advanced improvements to not only make washing produce more efficient, but also to secure business viability for years to come.

The Monadnock Food Co-op Farm Fund, created in partnership with the Cheshire County Conservation District, supports local farmers in increasing sustainable food production and wholesale sales to contribute to a thriving local farm economy. This grant supports several of the co-op's goals, including contributing to a healthy, sustainable food system, supporting local farmers and producers and building a strong, sustainable, and improving local economy. The Cheshire County Conservation District supports farm viability in the region and promotes the responsible stewardship of natural and agricultural resources.

"Our Farm Fund is an essential way to invest in the future of local, sustainable farming in our region," said Michael Faber, Monadnock Food Co-op general manager. "Especially in these times, it helps ensure we have a healthy, local food system for our community now and into the future."

Funds for this program are provided by donations from Monadnock Food Co-op and its shoppers. Additional funds come from the You Have Our Trust

Fund.

Fundraising is underway for the 2027 Monadnock Food Co-op Farm Fund grant cycle. During January, March, August, and November, co-op shoppers round up their change at the registers to donate to the fund.

For more details, visit: <https://www.cheshireconservation.org/farm-fund>

To make a tax-deductible donation to the fund, contact Benee Hershon at the Cheshire County Conservation District at 802-400-3660 or donate anytime online at <https://www.cheshireconservation.org/donate>.

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	Close	Week's Change		Close	Week's Change
Honeywell (Allied Signal)	229.86	(2.35)	Danaher Corp. (Kollmorgen)	197.93	1.74
Becton Dickinson (C.R. Bard)	158.08	2.16	Merck (Hubbard Farms)	129.56	0.90
Toronto Dominion Bank (TD Bank)	119.30	(0.32)	Deluxe (NEBS)	24.31	0.38
PC Connection	72.43	1.01	Teleflex (Jaffrey)	133.99	4.13
Bank Of America (Fleet)	58.73	0.85	Timken (MPB Corp.)	139.16	(2.06)
Corning Inc.	196.79	(24.26)	M&T Bank Corp. (People's United)	238.88	1.62
Ametek, Inc. (Precitech)	234.62	(2.90)	Dover Corp. (Markem)	213.71	(12.25)

PRECIOUS METALS		COMMODITIES			
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	61.35	1.94	Wheat (cents per bushel)	600.25	11.50
Gold (\$ per ounce)	4,134.20	47.00	Corn (cents per bushel)	440.75	0.75
Platinum (\$ per ounce)	1,622.10	(5.55)	Soybeans (cents per bushel)	1,146.75	(8.25)
			Cattle (cents per pound)	239.03	(7.05)
			Crude (\$ per barrel)	68.47	(1.05)

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Together, Blake and Snow bring more than 50 years of combined accounting and bookkeeping experience in governmental, corporate, and private accounting. Blake earned her Bachelor of Science in Accounting from Franklin Pierce University and is a QuickBooks Certified ProAdvisor. Snow earned her Bachelor of Science in Business Administration from Simmons University and also holds an Associate's Degree in Accounting.

Vision Bookkeeping provides full-charge bookkeeping services, including QuickBooks setup and cleanup, bank and credit card reconciliations, accounts payable and receivable, payroll, financial reporting, and ongoing bookkeeping support. One of the firm's specialties is helping businesses recover from months or even years of neglected bookkeeping, creating reliable financial records for business owners and tax professionals.

"Our goal is to take the stress out of bookkeep-



Christine Blake (left) and Sherry Snow, owners of Vision Bookkeeping, LLC, bring more than 50 years of combined accounting and bookkeeping experience to businesses throughout New Hampshire and across the country.

ing," says Snow. "Business owners should be able to spend their time serving customers and growing their businesses, not worrying about whether their financial records are accurate."

The company also helps new businesses establish organized accounting systems from the start, preventing costly bookkeeping problems in the future.

Serving clients locally and across the country through secure cloud-based accounting systems, Vision Bookkeeping is committed to building lasting relationships and delivering dependable financial information.

"Our goal is to give business owners confidence in their numbers," says Blake. "When your books are accurate and organized, you can make better decisions and focus on what you do best."

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Electric Earth Concerts continues its season as acclaimed jazz pianist and composer Ellen Rowe and award-winning saxophonist Mike Sakash bring their intimate, expert music-making to EEC, presenting a

program of jazz standards and original compositions at The Park Theatre in Jaffrey on Wednesday, July 22nd at 7 p.m. Rowe is the Arthur F. Thurnau Professor of Jazz Studies at the University of Michigan and Sakash is the Director of Fine Arts at Fryeburg Academy in Maine.

Rowe and Sakash have been performing together for five years both as a duo and with the Ellen Rowe Quartet, which released a new recording, "Vinton's Cove," in November 2025.

In the last year they have given clinics at Community High School in Ann Arbor, the University of Michigan School of Music, Theatre & Dance, Fryeburg Academy in Maine and the Manchester NH Summer High School Jazz Workshop, where they also gave a duo performance. They are recording their first album in the summer of 2026.

General admission is \$30, payable online (www.electricearthconcerts.org), or via cash or check at the door. This season EEC will admit kids and their parents to concerts for free. For more details, contact joan.electricearth@gmail.com or call 603-499-6216.

National Night Out Returns To Monadnock Community Hospital



Officers of the Peterborough Police Department, left to right, Lt. George Xenakis, Sgt. Joely Sweeney with K-9 Queso, and Sgt. Jesse Byam with MCH Emergency Management Director Chris Weeks posing with the dunk tank that will be at the National Night Out event.

Monadnock Community Hospital will be hosting their second annual National Night Out (NNO) event on the hospital's main campus Tuesday, August 4th. National Night Out is an annual community-building campaign that promotes police and community partnerships and neighborhood camaraderie. NNO enhances the relationship between neighbors and first responders while fostering a sense of community under positive circumstances.

"We are looking forward to a fun night again this year with our community, and we are so grateful for the camaraderie and partnership of our local first responders for participating in this national event. Last year we had nearly

1,000 people attend, and we are looking forward to an even bigger crowd this year," said MCH Community Relations Director and event co-chair, LeeAnn Moore.

Event attendees can expect a fun, family-friendly evening with many activities, including dunk-a-cop and dunk-a-firefighter dunk tanks, touch-a-truck featuring fire engines, police cruisers, ambulances and more, along with K-9 demonstrations, meet & greets, free teddy bear clinic, free face painting, and free lawn games. Ice cream from Station 16 plus grilled burgers and hot dogs will be available for purchase.

NIGHT OUT, page 17

HCS Invites Community To Friendly Meals Summer BBQ With The Keene SwampBats And Ribby

Home Healthcare, Hospice & Community Services (HCS) invites older adults to enjoy a summer barbecue luncheon as part of its Friendly Meals program. Guests will have the opportunity to meet members of the Keene SwampBats baseball team and their mascot, Ribby, while enjoying a meal.

The menu will feature chicken breast with Sweet Baby Ray's BBQ sauce, beef slider with tomato and cheese, pasta salad with vegetables, broccoli salad with bacon, chocolate chip cookies, water, and lemonade. The event will be held at noon on Tuesday, July 28th at the Keene Senior Center at 312 Marlboro Street in Keene.

All area residents age 60 and older are welcome to attend. For guests under the age of 60, the cost of the meal is \$5. RSVPs are requested by July 14th. To reserve a spot, call HCS at 603-352-2253.

Friendly Meals at HCS provides nutritious meals and meaningful social connections for older adults throughout the region. Meals are served weekdays at noon at the Keene Senior Center and Wednesdays at 11:30 a.m. at the United Church of Jaffrey, located at 54 Main Street in Jaffrey.

For more details about Friendly Meals and other nutrition services offered by HCS, visit HCS or call 603-352-2253.

Adventure Awaits At The Mystic Aquarium

On Saturday, July 25th, Alpha & Omega Transportation is setting out on a trip to the Mystic Aquarium.

Opened in 1973 by Kelvin Smith, who chose the seaside town of Mystic, CT, for its rich maritime history, the aquarium is home to one of North America's largest beluga whale habitats. The bus leaves Keene at 7 a.m. with a drop-off at Foxwoods Resort Casino. While at the aquarium, people can go across the street to Olde Mystic Village, a recreated 18th-century New

England village that features more than 60 small shops as well as 10 distinctive restaurants.

Tickets, which include bus fare and an aquarium ticket (a hand stamp before leaving), are \$97 for adults aged 14 to 61, \$87 for seniors age 62+, and \$77 for children age three to 13. Kids age two and under are free. The cost for casino-only drop off is \$55.

To learn more, or to book a seat, call or text 603-352-8340, or email aotransportation.biz@gmail.com.

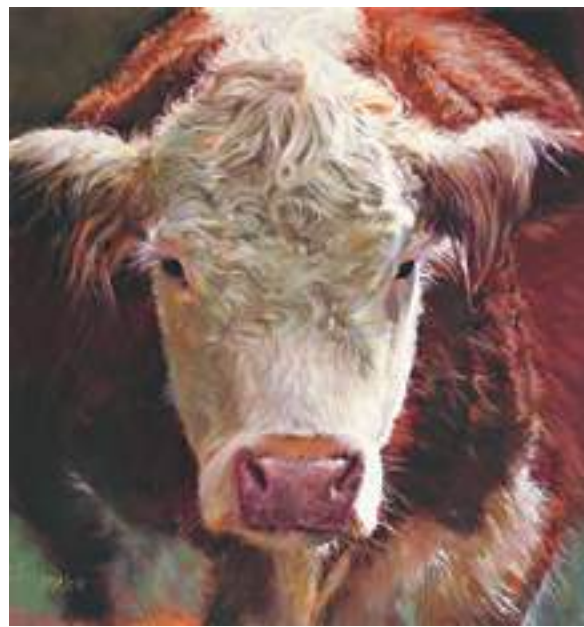
Maryann Mullett Is Featured Artist At The Dublin Community Center



A floral pastel by Maryann Mullett

On Friday, July 10th from 5 to 7 p.m., the public is invited to attend a reception at the DubHub/Dublin Community Center at 1123 Main Street in Dublin for "Fresh Perspectives in Pastel," celebrating the works of Maryann Mullett, a pastel artist based in Peterborough.

Over the past five years, her work has been featured in the Monadnock Art Tour and the League of NH Craftsmen's Fair. Her work has been recognized with numerous awards nationwide and exhibited in galleries and museums across the country. Mullett has been honored as a Master Pastelist by the Pastel Society of America and the International Association



"Undivided Attention" by Maryann Mullett

of Pastel Societies for her achievement in the medium. Her paintings of animals, still life, and florals are inspired by her love of nature, with frequent visits to farmers' markets, wetlands, and nature preserves providing rich reference and inspiration for her work.

The exhibit runs Wednesday, July 8th through Thursday, July 30th, and is available for viewing and purchase during Dubhub open hours and by appointment.

For more details about this artist, visit <https://www.dubhub-nh.org/calendar>, or come meet her at the reception.

Amos Fortune Forum Speaker Series

The 80th annual Amos Fortune Forum will hold its summer speaker series every Friday at 7 p.m. from July 10th through August 21st. The free series, designed to inspire and stimulate conversation, gives attendees the opportunity to hear from and interact with speakers on a variety of topics. All presentations will be held at the historic Meetinghouse, located on Meetinghouse Road off Route 124 in Jaffrey Center. Recordings of most events will be available on YouTube shortly after each presentation.

The series opens on July 10th with Jack Savage, President of the Society for the Protection of New Hampshire Forests, presenting "Are New Hampshire's Forests Threatened?"

On July 17th, Emmy Award-winning children's television producer Carol Greenwald will present "Aardvarks, Monkeys, and Talking Dogs: Lessons From a Career in Children's Media."

On July 24th, Monadnock Ledger-Transcript Publisher Heather McKernan will discuss "The Future of Local News."

On July 31st, Duncan Watson, former Assistant Director of Public Works for the City of Keene, will present "Everyone's Trash: Where We've Been, Where We Are, Where We Could Go."

On August 7th, former U.S. Ambassador Marie Yovanovitch will share "Insights on Ukraine: A Conversation with Ambassador Marie Yovanovitch."

On August 14th, Professor of Japanese Art History Christine Guth will present "Joseph Lindon Smith: Dublin's Peripatetic Painter."

The series closes on August 21st with songwriters Tom Smith and Cosy Sheridan presenting "Two Songwriters at the Kitchen Table."

For more details on the Amos Fortune Forum and its history, visit amosfortune.org.

Celebrate Plastic-Free July With A Free Potluck At The DubHub

All are invited to join Dublin's Waste Reduction and Recycling Committee on Wednesday, July 15th from 5:30 to 7:30 p.m. for a plastic-free potluck supper to celebrate the global movement for a plastic-free July. The event takes place at the Dublin Community Center (DubHub), located at 1123 Main Street in Dublin.

Participants should bring a dish to share, their own place settings, and the beverage of their choice (glassware will be provided). Everything should be plastic-free. After eating, the committee

and those attending will exchange suggestions for reducing single-use plastic in daily life. This will be an informative and fun event.

Dublin's next rigid styrofoam collection drive will be on Saturday, July 25th at the transfer station. For Dublin residents, plastic bags are recyclable at the transfer station.

For more details on the plastic-free dinner or styrofoam collection drive, contact Judy Mortner at jmortner7@gmail.com.

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Mount Monadnock In July

Climbing Mount Monadnock in July means dealing with hot, humid conditions and heavy crowds. The 3,165-foot peak requires three to six hours round-trip. Because it's one of the world's most hiked mountains, you must secure a day-use parking pass in advance. Day-use passes are typically \$15 plus a \$1 reservation fee, which can be secured via the NH State Parks booking system. Advanced booking is essential because of the mountain's immense popularity, and parking spots at the State Park Headquarters and Old Toll Road fill up quickly.

Also, it is recommended to start early to avoid peak summer crowds and midday sun by hitting the trail around sunrise. Proper footwear with good tread, and the NH Fish and Game hikeSafe "10 Essentials" list including headlamps, map, and rain gear are recommended.

Woods and Gardens
with Rose Kowaliw

In July, Mount Monadnock transforms into a vibrant ecosystem where lower hardwood forests give way to subalpine blooms at the summit. Summer also brings foraging mammals like eastern chipmunks, white-tailed deer, and occasionally larger mammals like black bears and moose. Reptiles and amphibians like garter snakes, toads, and salamanders are common on the trail. Mid-summer brings a wealth of pollinators, including diverse species of butterflies.

The woods and mud along the lower trails can breed mosquitoes, so heavy bug spray is highly recommended, and the bare granite upper sections offer no shade from the summer sun.

Summer temperatures can reach into the 80s to 90s, and hikers should pack at least two quarts of water per person, as dehydration causes coordination loss on steep rocky sections. Even though the warm and humid temperatures occur during the climb, it changes to windy and surprisingly chilly weather in the upper reaches of the mountain. Always pack a windbreaker or sweatshirt!

The classic White Dot to White Cross loop is 3.8 miles and can be intensely crowded and requires hand-over-foot climbing. Be ready for over 1,700 feet of elevation gain and expect continuous scrambling over granite slabs near the summit, where temperatures are cooler and windier. If you prefer a quieter hike, users on the Facebook Hike NH group suggest the Dublin Trail, which is a gradual incline with free parking, or the Marlboro Trail. The mountain's plant life changes drastically as you climb, offering distinct zones of vegetation. You can also spot edible wild blueberries and huckleberries. Lower elevations are dense with northern hardwoods like oak, beech, and birch, while spruce and balsam fir dominate the mid-slopes. Summer woodland asters and Indian pipe emerge on the forest floor.

On a July hike up Mount Monadnock, look for vibrant alpine bogs surrounded by cotton sedge and lingering tadpoles in the summit's rainwater pools on the higher ridges, as well as occasional bursts of mountain laurel. Hawks, turkey vultures, and ravens are frequently seen soaring or hovering near the summit. Be prepared for steep rock scrambles, too.

The wooded lower elevations are filled with ac-



View from the summit

tive birdlife. Listen for the flute-like, ethereal call of the hermit thrush, the loud ascending notes of the ovenbird and various warbler species in the dense canopy. The occasional bursts of mountain laurel and cinquefoil can be found near the treeline.

On a clear July day, the unobstructed 360-degree view from the bare summit stretches all the way to the Boston skyline and Mount Washington. The Monadnock State Park offers active, nature-led educational walks and programs with Student Conservation association rangers during summer weekdays.

There are often reports of stranded hikers on the mountains of New Hampshire and injuries during their climb. Winter months are not the only months when accidents and injuries can occur. It's highly recommended that hikers follow the safety tips mentioned above. These are provided to keep hikers safe so they can enjoy a lovely day on Mount Monadnock.

The NH Fish and Game Department requires hikers in the White Mountains and backcountry to carry the "10 Essentials" for survival. These items prevent minor mishaps from becoming life-threatening emergencies.

1. Map and compass (and the knowledge to use them; do not rely strictly on cell phones or GPS).
2. Warm clothing (non-cotton layers, including fleece/sweater, long pants, and a wool hat).
3. Extra food and water (plan for longer than expected on the trail).
4. Flashlight or headlamp (with extra batteries).
5. Matches or firestarter.
6. First aid kit and repair kit.
7. Whistle (to signal for help).
8. Rain/wind jacket and pants.
9. Pocket knife.
10. Good judgment (the ultimate essential).

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.

The Luxury Of Sweet Summer Strawberries

STRAWBERRIES, Continued from page 13

- grated zest of 1/2 orange
- 1 (14 oz.) can sweetened condensed milk
- 3 tablespoons Grand Marnier or triple sec liqueur (or substitute fresh orange juice)
- 1 cup heavy cream, whipped
- 1 pint fresh strawberries, hulled and sliced
- 1/2 cup additional heavy or whipping cream, whipped, optional

In medium bowl, place crushed pretzels, sugar and melted butter. Mix ingredients together well and press them into a nine-inch buttered pie pan. Chill the crust in refrigerator for one hour. In another medium bowl, place orange juice, zest, sweetened condensed milk and liqueur; mix ingredients together. Fold in the one cup of heavy cream, whipped. Pour mixture into the pie crust. Freeze the pie for four hours. Remove pie from freezer 20 to 30 minutes before ready to serve. Arrange sliced strawberries on the top when ready to serve; decorate with the half cup of whipped cream.

Strawberry Cheesecake Bites

These perfect mouthfuls make special dessert treats for a party or homemade gifts. And they are easy to fill and fix ahead, a plus for a party host.

- Ingredients:**
- 1 (8 oz.) pkg. cream cheese, softened
 - 1/3 cup confectioners' sugar
 - 1/2 teaspoon vanilla
 - 20 large fresh strawberries (about 1 1/2 lbs.)
 - 1/4 cup semisweet or dark chocolate chips
 - 1 teaspoon butter
 - graham cracker crumbs, optional

For filling, beat cream cheese, confectioners' sugar and vanilla in a bowl until smooth; set aside. Remove stems from strawberries. With a paring knife or small melon baller, cut a one-inch deep opening in stem-end of berries. Pipe or spoon cream cheese mixture into openings. Place berries on a wax paper-lined baking sheet; set aside. In a microwave, melt chocolate chips and butter; stir until smooth. Drizzle chocolate over strawberries; if desired, sprinkle with graham cracker crumbs. Refrigerate until set, then served chilled when desired.

Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine's great New England cooks. Nancy welcomes suggestions - send them to: Nancy P. Adams, 22 Birch Road, Hancock, NH 03449.

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Things To Do In The Region This Summer

Wednesday, Jul. 8

ARTS, MUSIC & THEATER

Botanical Eco-Photography Processes: Artist Talk 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Rachel Guardiola is an interdisciplinary artist, naturalist, and educator who that explores the human relationship to wilderness through lens-based technology. Free.

FAMILY FUN

SwampBats vs. Mystic Schooners 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Coca Cola Night. Hug Me Coca Cola Machine, 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. Join for a honeybee tea for this edition of Plant a Seed Read. Richmond Public Library: **603-239-6164**.

Ashuelot Park Storytime: Virgil the Dog 10:30-11:30am. Ashuelot River Park, West Street, Keene. Join librarians for some doggone fun stories, songs and activities. Meet with Virgil to learn all about his job as a therapy dog. Bring blankets or chairs, whatever makes story time more comfortable. Registration appreciated at **603-352-0157**. akraemer@keenenh.gov. www.KeenePublicLibrary.org/.

MISCELLANEOUS

Teen Sit & Scribble 5:30-6:30pm. Booras Room, Keene Public Library, 60 Winter St., Keene. Teens aged 12-19 looking for a group of writers to share with and learn from. Judgment free writing group. Share stories & ideas in a creative space. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Living and Working on Ukraine's Front Lines: A Humanitarian Aid Perspective 7pm. Hancock Town Library, Daniels Room, 25 Main St., Hancock. A firsthand look at what it's like to provide humanitarian aid in some of the hardest-hit areas of eastern Ukraine.

Thursday, Jul. 9

ARTS, MUSIC & THEATER

Informal Paper Craft 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.

Hancock Summer Concert Series: 50 Shades of Blues 6-7:30pm. Hancock Common. 50 Shades of Blues, a working southern New Hampshire band playing timeless rhythm and blues music. Free event. In the event of rain, it will be held downstairs in the Meetinghouse. Rick Hum: **303-748-5661**. rick.hum@gmail.com.

FAMILY FUN

SwampBats vs. Upper Valley Nighthawks: Inclusion Night 6:30pm. Alumni Field, Arch St., Keene. Snack bar open with a healthy menu. Milla's Magic Treasures, Doug the Devil Stick Man, Amazing Grace Animal Sanctuary, All About Maple Fried Dough. www.swampbats.com.

MISCELLANEOUS

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

Discussion Series: Take it Light with Meg Mott 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Moderation and Temperance are two virtues that focus on self-restraint. Consider who benefits from current excesses and what other responses might be available in the moment.

Friday, Jul. 10

ARTS, MUSIC & THEATER

Art Reception: "Fresh Perspectives in Pastel," Celebrating the Works of Maryann Mullett 5-7pm. Dublin Community Center, 1123 Main St., Dublin. **603-563-8080**. info@dublincommunitycenter.org.

Art Reception: "Dahlias and other Delights" 5pm. Old Library Gallery, Nelson. Oil and watercolor paintings by Holly Harmonmorse and Joyce Geertz. Harmonmorse1@gmail.com.

Film Screening: La Frontiere 6-8pm. Chase's Mill, 801 Forest Road, Alstead. Free screening of the short film La Frontiere followed by a discussion and Q&A with filmmaker Katy Haas. La Frontiere is a poetic documentary portrait of Northern Maine's borderlands. Details at www.chasesmill.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.

Crankies and Puppetry Slam 7:30pm. Nelson Town Hall. Crankie is an old storytelling art form. Performances by Storm Welch, Madison J. Cripps, Mackenzie Doss, Kay Kinderman, Garrett Cameron, & Natalie Backes. Admission is \$20 in advance or \$25 at the door. A child age 16 or younger is free with a paying adult. lsievert@yahoo.com.

FAMILY FUN

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

LECTURES & WORKSHOPS

Preservation Regional Roundtable - Keene 10am-12pm. Keene Public Library, 60 Winter St., Keene. Join the N.H. Preservation Alliance and the N.H. Division of Historical Resources for a conversation about historic preservation in New Hampshire. Pre-registration is required. [nhpreservation.org/events-calendar/roundtable-keene-july10](http://www.nhpreservation.org/events-calendar/roundtable-keene-july10).

Saturday, Jul. 11

ARTS, MUSIC & THEATER

Art Viewing: "Dahlias and other Delights" 10am-4pm. Old Library Gallery, Nelson. Oil and watercolor paintings by Holly Harmonmorse and Joyce Geertz. Continues Sunday, July 12th. Harmonmorse1@gmail.com.

Artist and Garden Tour 10am-4pm. Jaffrey Civic Center, 40 Main St., Jaffrey. Maps are available to purchase for \$15. The maps will be available to pick up morning of the event. Artists will be on site at each garden creating a beautiful piece of artwork that will be available for purchase at the Civic Center the following weekend Sunday July 19th. Rain or shine. One day event. info@jaffreyciviccenter.com.

Randy Miller Live 11am-12pm. Monadnock Food Co-op, Cafe, 34 Cypress St. Traditional New England and Irish tunes on the fiddle by Randy Miller. www.monadnockfood.coop/event/randy-miller-live-at-the-co-op-12/.

DINING PLEASURES

Breakfast 8-11am. The Chapel by the Lake, Old Rte. 9 (near int. with Murdough Hill Rd.), Munsonville. Pancakes (plain/blueberry), homemade waffles, scrambled eggs, sausage, hash browns, fresh fruit, juice, and coffee. Adults \$8, under 10 \$4 and under 2 are free.

FAIRS & SALES

Yard Sale 7:30am-12:30pm. Westport Church, 109 Westport Village Rd., Swanzeey. Bargains and raffle prizes. Fill a bag at noon for \$5.

Chesterfield Farmer's Market 9am-12pm. On the Green, Rte 63, off Rte 9. Bread, maple syrup, eggs, GF tarts, samosas, flowers, soap.

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

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 and houses, alpaca fiber products, soaps, herbs & herbal body care, and more. www.keenefarmersmarket.com/.

EVENTS, page 14

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July Is A Busy Month

July is probably one of the busiest months in the garden. Lots of time gets spent outside as beds need thinning, weeding, watering, and bug control. Right now, I am checking my potato plants first thing in the morning. Cucumber beetles see you coming and slip under the leaves. There are other soft-bodied insects that live on the undersides of the leaves; you have to see them from the bottom. Yellow eggs should be brushed off. I put the bugs in a yogurt container with a bit of water then feed them to the chickens. If you don't have chickens, you can add a bit of dish washing liquid to kill them. Tomatoes are growing like crazy.

You can increase your yield by jiggling the flowers for better pollination. They don't last too long, so I am sure to do this every day.

One of the most important things to do in the garden is to not let your weeds go to seed. One grass weed can have hundreds of seeds on it. If they mature, you will have hundreds of grass weeds next year and maybe even several years ahead. If I have a lot of weeding to do and not a lot of time, I will go around the garden looking for weeds that are near the final stage of their life and take them out. These weeds should not go into the compost unless you have a hot compost that you turn often so that it

heats up.

This is also a good time to let some purslane grow. This is actually a weed but it is probably the most nutritious thing in your garden. It has seven times the beta carotene of carrots, six times more vitamin E than spinach and fourteen times more omega 3 fatty acids. I have read that it is the only plant that rivals fish! I let it grow between my rows of crops or in the places where the germination failed. I wrote a blog for *Mother Earth News* about it in 2016 and it will come up if you Google them and search for purslane. There are lots of photos there and I show you how to freeze it. I like to put it into my bone broth soups in the winter.

This is also a good time to plant more lettuce. Lettuce gets bitter after a while and this will provide you with some nice leaves when the tomatoes come in for BLTs.

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Green Monadnock

with Celeste Longacre

Peas are usually ready now and garden peas are heavenly. You can steam them lightly, cool them off by putting them in ice water, put them in a salad spinner and freeze them on a cookie sheet so that they don't all stick together.

Blueberries, raspberries, and blackberries are some of the few items that can be put directly into the freezer. I put holes in a yogurt container so that I can put string in it to put around my neck. That way you have two hands for picking. Again, the cookie sheet helps when freezing.

This is also the time to get the corn into the freezer. I consider this one chore the biggest bang for the buck of my summer. It only takes corn six hours to turn from a sugar to a starch after it is picked. So I go to the farm stand first thing in the morning and get a couple dozen ears. I bring them home and Bob helps me shuck it. I steam them for three minutes, put the entire ear into ice water then cut them off the cob and put them into Ziploc bags. It takes me only a little over three hours to do this whole thing. Then I have fabulous corn for stews, soups, and shepherd's pie all winter long.

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

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

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

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

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Summer/Fall 2026 Household Hazardous Waste Collection Schedule

Sat. 7/11/26	Wed. 7/15/26	Sat. 7/25/26	Sat. 8/8/26	Wed. 8/12/26	Sat. 8/22/26	Sat. 9/12/26	Wed. 9/16/26	Sat. 9/26/26	Sat. 10/10/26
Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth	Acworth
Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield	Chesterfield
Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin	Dublin
Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum	Gilsum
Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield	Greenfield
Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock	Hancock
Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville	Harrisville
Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene	Keene
Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough	Marlborough
Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow	Marlow
Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson	Nelson
Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough	Peterborough
Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard	Stoddard
Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan	Sullivan
Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry	Surry
Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy	Swanzy
Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole	Walpole
Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland	Westmoreland

Forest Stewardship Workshop

The Cheshire County Conservation District (CCCD) in partnership with the UNH Cooperative Extension, Antioch University New England, Long View Forest, Meadowsend Consulting, and the The Nature Conservancy will offer a Forest Stewardship Workshop to be hosted on July 13th, from 3 to 5 p.m.

Matthias Nevins (Meadowsend Consulting), Joanne Glode (The Nature Conservancy), Chris Liazos (Antioch University MS), and Hale Morrell (Long View Forest) will offer a chance to learn more about how forest stewardship can play a critical role in supporting wildlife and preparing forests for a changing climate.

This session takes place at Surry Mountain Preserve, where attendees will explore how forests are being managed to adapt while supporting New Hampshire's Species of Greatest Conservation Need.

Registration is free. Donations are welcomed and encouraged.

For additional details, directions, questions, or for assistance in registration, contact info@cheshireconservation.org or 603-904-3011.

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

North Ward Environmental Services at the following rates - *Less than 10 gallons - \$125 • more than 10 gallons, less than 20 gallons - \$280*
more than 20 gallons, less than 50 gallons - \$600 (these rates are also the same for an individual from a non-participating community during our regular collection schedule.)

The Luxury Of Sweet Summer Strawberries



Keep unwashed strawberries in a Mason Jar, refrigerated with a lid on them – they will keep up to seven days.

One of my favorite memories as a child is of attending strawberry festivals at local churches every June and July. Today, strawberry festivals don't seem to be as prevalent as they were back in the 1940s and 50s. Too bad, for they were a popular social time and a nice luxury. In addition to strawberry shortcake, the star of those festivals, there are plenty of recipes today for this favorite fruit – puddings, pies and cakes; salads, soups, and main dishes; drinks, punch and tea sandwiches; jams and preserves. Please enjoy making and eating a few favorite Cooking Corner desserts using strawberries this month.

Cooking Corner

with Nancy Adams

Farmhouse Strawberry Shortcake

Serve these shortcakes farmhouse style in a large, flat soup bowl. Split the cakes, and serve each with at least a cup of berries and juice. Pass a pitcher of heavy cream or whipped cream and indulge in the luxury of the moment!

- Ingredients:**
 2 quarts fresh strawberries, washed, hulled and sliced
 1/2 to 1 cup sugar, depending on sweetness of berries
 1 egg
 1/4 cup sugar
 1 teaspoon salt
 3/4 cup light cream or half and half
 1 1/4 cups sifted flour
 2 teaspoons baking powder

Sprinkle prepared berries with sugar and set aside 10 minutes for juice to form.

For shortcake: In a mixing bowl, combine remaining ingredients. Beat just until smooth, but don't over beat. Pour batter into a greased pie pan or eight muffin cups. Bake at 375 degrees for 15 to 20 minutes. Cool. Spoon berries over cake and add your favorite topping. Makes six to eight servings.

Roasted Strawberries

I try to repeat this column every strawberry season because to my mind this is the absolutely best way to "put-by" strawberries. It's worth the time and money to roast some berries and freeze them for a taste of summer during the winter. Think strawberries spooned over waffles, atop ice cream, over cake or muffins, on cereal – dream on!

Directions: Place anywhere from one to five quarts of washed and stemmed strawberries in a large roasting pan. Add from one quarter to one half cup sugar

for each quart of berries (depending on how sweet you like them). Preheat oven to 450 degrees; place oven rack at middle level. Put pan of strawberries into oven and roast for 20 to 30 minutes, until they are bubbling, somewhat reduced and syrupy. Cool and pack into jelly or pint jars. Refrigerate up to three weeks or freeze.

Mason Jar Strawberries

This isn't a recipe so much as it is a way to store strawberries for better storage, according to a tip in *Taste of Home* magazine, Spring 2025.

Directions:
 Place unwashed, firm, whole red strawberries in a quart glass Mason jar, stacking them loosely. Tightly fasten the metal lid and band on the jar, then put them in the refrigerator. After seven days the strawberries will still look fresh to eat or use in a recipe.

Strawberry Crumble

An easily prepared granola-like breakfast for house-guests or dessert that features Grape-nuts cereal, maple syrup, yogurt, and strawberries. Makes four to six servings.

- Ingredients:**
 1 cup Grape-nuts cereal
 1/4 cup butter, melted
 1 tablespoon honey
 1 quart plain yogurt
 1/3 cup real maple syrup
 1 1/2 cups sliced fresh strawberries

Combine Grape-nuts cereal, butter and honey and press into a nine-inch pie pan to form a bottom crust. Bake in preheated 350-degree oven for six to eight minutes; cool. Combine yogurt and maple syrup. Spoon mixture into pie crust and top with strawberries. Refrigerate until ready to serve.

Strawberry Banana Splits

Bananas grilled over high heat form the base for this tempting dessert for four, topped with chocolate and strawberries. Adjust amounts as desired.

- Ingredients:**
 4 unpeeled bananas
 4 sheets heavy duty foil
 4 tablespoons butter, melted
 4 tablespoons sugar
 4 oz. chopped semisweet or dark chocolate bar
 chocolate ice cream, or other choice
 1 cup sliced fresh strawberries, mixed with 2 tablespoons sugar and set aside 10 minutes
 walnuts, whipped cream and cherries for topping

Cut a small piece off the curved side of each banana so they can sit flat lengthwise. Make a deep slit down the center of the other side through the peel; place each on a sheet of foil. Open the slits and brush the bananas with melted butter, then sprinkle with the sugar and stuff each with 1 ounce chopped chocolate. Fold in the sides of the foil and seal to form four packets. Grill over high heat until the chocolate melts, six to eight minutes. To serve, open the peels and top with ice cream, strawberries, walnuts, whipped cream and – don't forget the cherry on each!

Strawberry-Orange Pie with Pretzel Crust

A unique tasting pie, with a pretzel crust and whipped cream topping. For ease in preparation, use Cool-Whip if you prefer.

- Ingredients:**
 1 1/2 cups pretzels, finely crushed
 3/4 cup sugar
 1/3 cup butter, melted
 1/2 cup orange juice, freshly squeezed

STRAWBERRIES, page 10

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VS. UPPER VALLEY NIGHTHAWKS
Inclusion Night
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 Milla's Magic Treasures, Doug the Devil Stick Man, Amazing Grace Animal Sanctuary, All About Maple Fried Dough

SATURDAY, JULY 11TH
VS. VALLEY BLUE SOX
Bikers + Baseball
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SUNDAY, JULY 12TH
VS OCEAN STATE WAVES - DOUBLEHEADER
 Game 1- First Pitch 4:30 p.m. (Gates Open 4 p.m.)
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Things To Do In The Region This Summer

EVENTS, Continued from page 11

Saturday, Jul. 11

FAMILY FUN

SwampBats vs. Valley Blue Red Sox: Bikers + Baseball 6:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Milla's Magic Treasures, Facepainting, Raffles, All About Maple Fried Dough. *Pregame Motorcycle Ride Around The Region - Registration at 1:30 p.m., Kickstands Up 2:30 p.m. www.swampbats.com.

All-ages Crafternoon: DIY Stamp Bookbags 11am. Conant Public Library, 111 Main St., Winchester. Decorate a bookbag with DIY stamps made of cardboard, bubble wrap, and other found objects. All materials provided, all ages welcome. Limited supplies available, registration recommended. **603-239-4331**. www.conantlibrary.org/.

Super Saturday - Expedition Reptiles 12-2pm. Heberton Hall, Keene Public Library, 60 Winter St., Keene. Shedding Fears One Snake at a Time. Learn about and meet 15 different reptile species from around the globe in this hands-on reptile show. Free, open to all ages. Registration required. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

LECTURES & WORKSHOPS

Flower Power Workshop: Dr Linda Kingsbury 10-11:30am. Linda's Farm. Explore edible and medicinal flowers. Gather fresh flowers and make a natural flower remedy to take home. RSVP at www.monadnockfood.coop/event/flower-power-workshop-with-dr-linda-kingsbury/.

Feldenkrais Workshop: Liam Clancy 10:30am-2:30pm. Aloha Keene Yoga Studio, 83 Court St., Keene. **603-762-3129**. www.vagaro.com/alohakeene.

MISCELLANEOUS

The Community Kitchen pop-up pantry 1-3pm. Gilsum Fire Station, 5 Church St., Gilsum. Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. Rain or shine, and on-site enrollment will be available. **603-352-3200**. www.thecommunitykitchen.org.

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

Waterpower Tours 10am-12pm. Chase's Mill, 801 Forest Road, Alstead. Free. Details at www.chasesmill.org.

The Community Kitchen pop-up pantry 10am-12pm.

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The Fitzwilliam Inn, 62 New Hampshire 119W, Fitzwilliam. Eligible households are invited to attend and receive a variety of fresh and shelf-stable food items at no cost. Rain or shine, and on-site enrollment will be available. **603-352-3200**. www.thecommunitykitchen.org.

Sunday, Jul. 12

FAMILY FUN

SwampBats vs. Ocean State Waves: First Responder and Military Appreciation Night 4:30pm. Alumni Field, Arch St., Keene. Snack bar is open with a healthy menu. Doubleheader. Game 1 First Pitch 4:30 p.m. (Gates Open 4 p.m.). Touch A Truck event, Baseball Bingo, All About Maple Fried Dough. www.swampbats.com.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Tom Weiner and Dr. Amilcar Shabazz 11am. Peterborough Unitarian Universalist Church, 25 Main St. Listen to the Abolitionists. www.monadnocklyceum.org.

MISCELLANEOUS

Waterpower Tours 10am-12pm. Chase's Mill, 801 Forest Road, Alstead. Free tours of the historic waterpower mill. Details at www.chasesmill.org.

Monday, Jul. 13

LECTURES & WORKSHOPS

Forest Stewardship Workshop: Stewarding Climate Resilience and Wildlife Habitat 3-5pm. Surry Mountain Preserve, Gilsum Rd., Gilsum. Explore how forests are being managed to adapt to a changing climate while supporting New Hampshire's Species of Greatest Conservation Need. Registration is free. info@cheshireconservation.org.

Tuesday, Jul. 14

ARTS, MUSIC & THEATER

Elizabeth Richards Concert Series 6:30pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. 20th Century Pops. Music on the lawn. Shine only. Frost Free Library: **603-876-4479**.

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

DINING PLEASURES

Taste Of Monadnock & Beyond: Food & Wine Festival 5-8pm. Woodbound Inn, Rindge. Benefits Shelter From The Storm, a transitional shelter for the homeless in Cheshire County. Tickets at Woodbound Inn, Jaffrey Chamber, Shelter from the Storm or online at **603-532-8222**. www.shelterfromthestormnh.org.

FAMILY FUN

Dog Days at the Library 10:30-11:30am. Storyroom, Keene Public Library, 60 Winter St., Keene. Virgil the dog is a great listener and loves to be read to. He especially likes picture books. Studies have shown that non-corrective reading to animals helps develop positive feelings about reading. Registration required and each child will have 10-minute time period to read to Virgil. Amy Kraemer: **603-352-0157**. akraemer@keenenh.gov.

MISCELLANEOUS

Keene Pride Youth Book Club: Lunar Boy 5:30-6:30pm. Eppes Room, Keene Public Library, 60 Winter St. Discussion of Lunar Boy by Cin & Jes Wibowo. Snacks, crafts, and the chance to talk all about this month's pick. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.

Book Reading: Long Haul 6:30pm. Putney Public Library, 55 Main St., Putney, VT. Cheryl Wilfong reads from her newest book "Long Haul". A historical novel that tells the story of Wilfong's great-grandfather who came down with the Spanish flu in 1918 and died later of complications.

Wednesday, Jul. 15

FAMILY FUN

Ashuelot Park Storytime 10:30-11:30am. Ashuelot River Park, West Street, Keene. Join librarians for some fun stories, songs and activities. Bring blankets or chairs, whatever makes story time more comfortable. Registration appreciated at **603-352-0157**. akraemer@keenenh.gov. www.KeenePublicLibrary.org/.

Things To Do

LECTURES & WORKSHOPS

A Conversation About Responding to Climate Change 7pm. Frost Free Library, 28 Jaffrey Rd., Marlborough. League of Conservation Voters Leader Rob Werner speaks. Marge: 603-876-4027. marge.shepardson@gmail.com.

MISCELLANEOUS

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

Thursday, Jul. 16

ARTS, MUSIC & THEATER

Concert: Schubert & Farrenc 7pm. Park Theatre, Jaffrey. \$30. Students, kids and their parents may attend for free. 603-499-6216. www.electricearthconcerts.org/.

Friday, Jul. 17

ARTS, MUSIC & THEATER

Using the Jazz Language 7-9pm. Dublin Community Center, 1123 Main St., Dublin. A Performance & Discussion with Saxophonist Paul Klemperer. 603-563-8080. info@dublincommunitycenter.org.

Saturday, Jul. 18

ARTS, MUSIC & THEATER

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dublin. Feature: jazz experts Paul Klemperer and Dan Fox, along with the participants of their Jazz Workshop. 603-563-8080. www.dubhub-nh.org/calendar.

Jazz Workshop 10am-1pm. Dublin Community Center, 1123 Main St., Dublin. Workshop taught by saxophonist Paul Klemperer and multi-instrumentalist Dan Fox from Berklee School of Music in Boston. 603-563-8080. info@dublincommunitycenter.org.

FAIRS & SALES

Summer Fest 10am-4pm. Alyson's Orchard, 57 Alyson's Lane, Walpole. Live music, vendors, petting zoo, wagon rides, bounce house, Touch-a-Truck, Reptiles of New England, caricature artist, kid's activities, Walpole FD water-balloon fight. 603-756-9800. www.alysonsorchard.com.

MISCELLANEOUS

Rolling Thunder NH3: Meet & Greet 10am-6pm. Area 52 Tattoo, 149 Emerald St., Keene. Tattoo & Road Rally Event. Food, games, music, and raffles.

Sunday, Jul. 19

ARTS, MUSIC & THEATER

Jazz Workshop 10am-1pm. Dublin Community Center, 1123 Main St., Dublin. Workshop taught by saxophonist Paul Klemperer and multi-instrumentalist Dan Fox from Berklee School of Music in Boston. 603-563-8080. info@dublincommunitycenter.org.

MISCELLANEOUS

Christmas in July 10am-3pm. Woodard's Sugar House, 1200 Rte. 12A, Surry. 10% off all maple products. 603-358-3321. www.woodardssugarhouse.com.

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Using the Jazz Language
Friday, July 17 • 7-9pm
A Performance & Discussion with Saxophonist Paul Klemperer

Jazz Workshop
Saturday & Sunday, July 18 & 19 • 10am - 1pm
Taught by saxophonist Paul Klemperer and multi-instrumentalist Dan Fox from Berklee School of Music in Boston

Coffee House & Open Mic
Saturday, July 18 • 6-9pm
Feature: Jazz experts Paul Klemperer and Dan Fox, along with the participants of their Jazz Workshop

Dublin Community Center
1123 Main St., Dublin, NH
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Ice Cream Queen Serves Up History With Every Scoop



Sugar is the first ingredient for ice cream, which was first made some 1500 years ago but which didn't arrive in this country until around 1744. Thirty years after that, America's first ice cream parlor was opened in New York City, and it was a hit. Take note, though, and stress the word "parlor." An ice cream shop was a totally unacceptable place for unchaperoned ladies. A parlor was completely fine.

Writing about memories of her grandma's stash of ice cream, Albanza recalls enjoying it after a good Southern meal cooked by the Tennessean woman. In her career-journey, Albanza learned about other Black cooks and Black cookbooks,

"And then I found Sarah Estell."

From roughly 1840, until the Civil War, Estell, a Black woman, owned and ran an ice cream "saloon" in Nashville, serving ice cream she made. Known locally as the *Ice Cream Queen*, Estell seemed to disappear after 1865.

Like her "North Star," Estell, Albanza makes unusual kinds of ice cream.

In this book, you'll find a glossary of terms, lists of equipment needed, and directions for different bases to get you started. There are recipes for basic flavors, Parmesan, cream cheese and pepper jelly, burnt almond, and marshmallow. You can have blueberry ice cream, cranberry-cherry vodka, summer corn, and more. But why stop there?

Says Albanza, "I have yet to come across one person who doesn't like ice cream. Not one."

So what's your preference? A waffle cone, a regular cone, or in a bowl? Sprinkles or not and okay, now you want some ice cream but first, check out *Ice Cream Queen*.

The thing you'll notice about this book is that it's so happy. From the "birth of ice cream," to tales of notable people in frozen-concoction history, to recipes for kids and kids-at-heart, this is one of those books that cooks will love but it's not just for them. Author Lokelani Alabanza satisfies everyone, from historians to foodies, with step-by-step, easy-to-try instructions, so you can create tasty foundations for whatever flavor you might want to try. There's even some encouragement for a little experimentation of your own. Glossy photos will make your mouth water while you're smiling big.

Summertime can be a scorcher, and you know what cools you off best? Yep, so find this book, invest in a few tools, and be the hit of the neighborhood. For that, a book like *Ice Cream Queen* can't be licked.

"Ice Cream Queen: Flavors from Black America's Past, Present & Future" by Lokelani Alabanza, c.2026, W.W. Norton \$29.99 264 pages

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and never goes anywhere without a book. She lives with a dog and 11,000 books.

Your tongue can barely stay behind your teeth. Is it Rocky Road that's tempting you, or chocolate chip cookie dough? Maybe something with caramel on top, or just plain vanilla, dressed up in a rainbow of sprinkles. Have you ever had a bad ice cream cone on a hot summer's day? Probably not – so dip into the new book *Ice Cream Queen* by Lokelani Alabanza, and have a taste.

For nearly three centuries, says Albanza, "African American hands have been touching sugar." Planting it, harvesting it, processing it, every step was loaded with possible danger, loss of limb, and loss of life.

Free Household Hazardous Waste Collections Planned

WASTE, Continued from page 1

The dates are Saturdays, July 11th, July 25th, August 8th, August 22nd, September 12th, September 26th, October 10th, and October 24th; and Wednesdays, July 15th, August 12th, September 16th, and October 14th.

People from the following towns may participate: Acworth, Chesterfield, Dublin, Gilsum, Greenfield, Hancock, Harrisville, Keene, Marlborough, Marlow, Nelson, Peterborough, Stoddard, Sullivan, Surry, Swanzey, Walpole, and Westmoreland.

Individuals from non-participating communities can participate; however, they will pay the contractor directly at rates established by the vendor.

The average household throws 15.5 pounds of hazardous materials into the trash each year. Household hazardous materials are disposed of in other ways too. Certain products, such as used oil, are sometimes poured down storm drains and many products end up going down the sink drain into septic systems or sewers.

Flammable or reactive household chemicals can release toxic fumes or even explode if they are mixed together in the trash, causing fires or injuries. Dumping solvents into septic systems or landfills may contaminate ground and surface waters, ruining drinking water and killing fish and wildlife. Pesticides can damage sewage treatment plants, and oil poured into storm drains can flow directly into streams and ponds.

The collection takes around 10 minutes, and is sponsored by the City of Keene. Do not mix products, and the limit is 10 gallons per household per collection.

Bring products marked toxic, poison, corrosive, irritant, hazardous, flammable, or danger. If you think it's hazardous, bring it.

Do not bring empty containers (can be recycled), latex paint, ammunition, fireworks, radioactive materials, makeup, medications, and toiletries.

Containers must be labeled as to

their contents. No containers larger than 10 gallons will be accepted.

While they are there, folks can check out the reuse center for items such as good quality paint or various cleaning products. These are perfect for small jobs and are free. For more details, call 603-352-5739.

Taste Of Monadnock & Beyond Food & Wine Festival July 19th

TASTE, Continued from page 1

This year there will be a raffles for "A Year of Wine," Red Sox tickets, Patriots tickets, and a few more surprises. Attendees can have a "Tasting Dinner" with all the others attending the event, enjoy the different specialties each restaurant has to offer, and find a new enjoyable restaurant, wine or beer.

Tickets will be on sale at the Jaffrey Chamber, Woodbound Inn, Shelter of- fice, and online at SFTS's website www.

shelterfromthestormnh.org. Click on Upcoming Events. Tickets will also be available at the door. Charge cards are accepted. Tickets are \$40 in advance, \$50 at the door, and group rates of 10 tickets for \$350. There are other sponsorships available; give the office a call if interested.

For more details, contact Linda at 603-532-8222.

National Night Out Returns To Monadnock Community Hospital

NIGHT OUT, Continued from page 9

The event will feature community partners information booths, health screenings and more. "We are honored to work alongside our local law enforcement and first responders each and every day and are looking forward to this special event to once again bring the community together for a night of family fun and learning," said MCH

Emergency Management Director and Event Co-chair Chris Weeks.

The event will be held from 5 to 8 p.m., rain or shine. Monadnock Community Hospital is located at 452 Old Street Road in Peterborough. For more information about the NNO event, visit bit.ly/NNOatMCH or natw.org/about.


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Seeking Light

We are in the fullness of the season of light. But I ask, are we in our fullness? Has the business of summer separated us from our soul's path? It is somewhat of a contradiction to seek light when there seems to be so much of it around us.

In winter, we seek light internally to sustain our sense of balance in the world. In summer, we gather the light from all of nature – the flowers, fields, and woods. Expansion is the key. Expand yourself to hold the beauty and abundance, and use that gathered awareness to activate your intuition, insight, and psychic connections. Fill your third eye with the frequency of beauty, abundance, and light. And as you do this, you illuminate a global connection, a knowing of self beyond the personal. You create understanding and perspective for your divine journey.

This practice of seeking light will expand and sustain you regardless of the season.

It reconnects you to your essence, it opens your heart and spiritual centers to channel the divine harmony of life. It expands your awareness of where there is darkness, global or personal, and gives you energy to spread some light on it.

Seeking light is a natural function of a light being. It is how we repair and sustain our light body, enervate our spiritual centers and activate our connection to others and the divine. Most of us are familiar with the "chi" or life force that rises from the lower, physical centers of the body, which feeds us physically and maintains the chakra system. Beyond this energy, you may consciously nourish yourself with light gathering as a practice to expand and evolve your spiritual development.

Gathering light isn't just about brightness. Recently I have focused on using the colors of nature to heal, particularly those found in sunsets or rainbows. These vibrant colors carry

high frequency which resonate with aspects of your physical: your heart, your spinal column,

ness which you may feel in your physical body as pain, disease, depression or fatigue.

As we age, we take on or experience frequencies that weaken our vibrancy, that "dull" us. Everything is energy! Whether it is the cells in your body or the light that radiates from you, taking the time to practice or develop a meditative experience in nature is medicine for your whole psyche. This is one way to connect the dots between the worlds of the physical and the divine, to learn

more about yourself as a divine being. Happy hunting!

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



Healing Perspectives
with Rosie Carey

your eyes. As you see vibrant color in nature, focus and absorb, pull the vibrancy of the color to you. Apply it to where you need healing. For your light body, these colors neutralize and dissipate the darkness or shadows of illness and disease.

By seeking light, you reconnect to aspects of yourself, your light body and whole being. Gathering light teaches you to discern dark-

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Feldenkrais Workshop At Aloha In Keene

Aloha on Court Street in Keene will host a Feldenkrais workshop with European guest Liam Clancy on Saturday, July 11th, from 10:30 a.m. to 2:30 p.m. The cost is \$75.

Clancy, originally from southern Massachusetts, has been dancing for more than 35 years, 16 of which he spent as a dance professor teaching contemporary technique, contact im-

provisation, and experiential anatomy. Since moving to Germany in 2020, he has worked as a movement therapist in the psychosomatic wing of a hospital, offering individual Functional Integration lessons and Awareness Through Movement group classes.

For more details or to register, visit vagaroo.com/alohakeene or call 603-762-3129.

Dartmouth Health Offers Insight On Updated Dietary Guidelines

Dartmouth Health is helping people make sense of the newly revised Dietary Guidelines for Americans, which emphasize eating more whole foods, increasing protein, and cutting back on highly processed foods and added sugars. The guidance also reinforces long-standing recommendations to prioritize vegetables, fruits, whole grains, and other nutrient-dense foods as part of a balanced diet.

"There's a focus on whole foods and less processed foods, which is a good idea as long as you take a flexible and reasonable approach that is doable for your personal schedule and preferences," says Hannah K. Brilling, RD, a clinical dietitian at The Walter and Carol Young Center for Digestive Health.

Dartmouth Health offer several key takeaways: Focus on minimally processed foods – while cutting back on ultra-processed foods can be beneficial for health, experts note that full elimination may not be realistic. Instead, aim to incorporate foods that are as close to their natural state as possible.

Choose a variety of protein sources – the guidelines encourage both plant and animal-based proteins. Experts recommend emphasis on beans, lentils, nuts, fish, and lean meats, while limiting red meat.

Support gut health – gut health is an emerging area of focus. Eating more fiber-rich and plant-based foods, along with fermented foods, may help.

Jean M. Copeland, RDN, LD, of Dartmouth Health's Heart and Vascular Center recommends practical approaches to vegetables, such as use of frozen or canned produce, and adding them to everyday meals. "Knowing you should eat more vegetables is one thing, but doing it is something else," Copeland said.

Fiber remains essential for overall health, including heart health and disease prevention. Good sources include whole grains, beans, fruits and vegetables.

Experts emphasize that nutritious choices don't have to be expensive. More affordable options like frozen and canned vegetables can still support a balanced diet. They also stress the importance of consistency over perfection. "We use our low-cost foods to balance the plate, and we do the best that we can," Brilling said. "Healthy behaviors matter over a lifetime, so make changes that are sustainable."

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Flower Power Workshop With Dr. Linda Kingsbury At Linda's Farm

Dr. Linda Kingsbury will host a free Flower Power Workshop on Saturday, July 11th, from 10 to 11:30 a.m. at Linda's Farm.

The workshop will explore edible and medicinal flowers, including varieties that may already be growing in home gardens. Participants will gather fresh flowers and create a natural

flower remedy to take home. Kingsbury draws on decades of experience teaching herbal medicine-making classes, leading herb walks, and formulating herbal tinctures, teas, and salves.

For more details and to RSVP, visit monadnockfood.coop.



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July 11, 2026

Jasin Lee Guyette, son of Jason & Kristin Guyette, Keene, 11

July 13, 2026

Ivan Floyd May, son of Bradley and Kayla May, Sullivan, 6

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Teen, Adult Cosplay Night At Conant Library

Conant Public Library will host a manga and literary themed Cosplay Night on Wednesday, July 15th, at 6 p.m.

The evening will feature games, crafts, and light refreshments, with a small prize awarded for best costume. All costumes must be family friendly. The event is open to ages 12 and up, and sign-up is strongly encouraged.

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

Keene Pride Youth Book Club: Lunar Boy

The Keene Public Library will host the Keene Pride Youth Book Club on Tuesday, July 14th, from 5:30 to 6:30 p.m. in the Eppes Room at 60 Winter Street.

The group will discuss *Lunar Boy*, a graphic novel by debut twin creators Cin and Jes Wibowo. The event includes snacks and crafts. All LGBTQ+ youth and allied youth are welcome, regardless of how much of the book they have read. Copies of the book are available by contacting Eleanor Green at egreen@keenenh.gov or youth@keenehpride.org.

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Super Saturday: Expedition

Reptiles At Keene Public Library

The Keene Public Library will host Expedition Reptiles on Saturday, July 11th, from 11 a.m. to noon in Heberton Hall at 60 Winter Street.

The free, hands-on reptile show invites attendees of all ages to meet 15 different species – including snakes, tortoises, and tegus – from around the globe.

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

"Dahlias And Other Delights" At Old Library Gallery

The Old Library Gallery in Nelson will present "Dahlias and Other Delights," featuring oil and watercolor paintings by Holly Harmonmorse and Joyce Geertz, opening with a reception on Friday, July 10th, at 5 p.m.

The exhibit will be open to the public Saturday, July 11th, and Sunday, July 12th, from 10 a.m. to 4 p.m. For more details, contact Harmonmorse1@gmail.com.

Artist And Garden Tour Benefiting Jaffrey Civic Center

The Jaffrey Civic Center will host its annual Artist and Garden Tour on Saturday, July 11th, from 10 a.m. to 4 p.m. The event will proceed rain or shine.

Maps are available for \$15 and may be picked up the morning of the event at the Jaffrey Civic Center, at 40 Main Street in Jaffrey. The first 100 patrons to pick up maps will also receive a

complimentary goodie bag. Artists will be on site at each garden creating original works, which will be available for purchase at the Jaffrey Civic Center the following Sunday, July 19th.

For more details, contact the Jaffrey Civic Center at info@jaffreyciviccenter.com.



ADOPT-A-PET
Please call these shelters if you're interested in the pets below.

River Valley Animal Protection

60 Cummings Ave, Charlestown, NH • 603-826-3061
rivervalleyapl.wordpress.com



BRIER
My name is Brier and I am approximately four years old, male brown tortie. My previous owner could not take care of me. I am very laid back and don't mind other cats. I am on the heavy side – approximately 16 pounds – and on a diet.

Sponsored by
Phil's Tree Service
Keene, NH • 352-0202



FERRIS
Ferris is a six month old black short hair male who has been vet checked. He is very friendly, playful and cuddly.

Sponsored by
Red's
12 River Street, Jaffrey
532-6642



VIXEN
Vixen is a six month old dilute tortie short hair female. She has been vet checked and fixed, she has leukemia. She is shy when meeting new people but loving and very playful.

Sponsored by
Sharee's Critter Sitting
Swanzey, NH
603-352-9078

WAG Animal Rescue
Weare, NH • 603-529-5443
www.wearewag.org



KATIE
She is such a darling gentle soul. She will take a day or 2 to settle in. 14 months old and would love a cuddle on your lap.

Sponsored by
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Keene
888-278-0447



STEWART & MANDY
A bonded pair male and female. They are a sweet loving pair of furry delight. They are about 3, in perfect health and are used to dogs and other cats. Need to be placed together.

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Hearth Magick
43 Grove St., Peterborough
603-784-5044

Sponsored by
Monadnock Food Co-op
34 Cypress St., Keene, NH
355-8008



CARLEY
Carley is a stunning white Swiss Shepherd, loving and loyal. She is very smart She just wants to be with her person and will follow them like a shadow. She loves squeaky toys and catching a Frisbee. Loves belly rubs and walks nicely on a harness and leash.

Sponsored by
Brown's Computer
148 Key Road, Keene
www.bcsmacs.com



MICKIE
Mickie is a 11 month old male with lots of charm. May take a day or two for him to adjust his new surroundings. He's handsome and he knows it.

Sponsored by
North End Subaru
Lunenburg, MA
978-582-4911




SPICE
COMING SOON TO SYA.
Spice is an approximately 14 hand 16 year old female mule with training to ride and some riding experience. She can be very affectionate and cooperative once she learns to trust her people. She is smart as a whip and has the most wonderful spirit!

Sponsored by
Consignment Cabin
1 Main St., Marlborough
603-876-3352



TED
Ted is a large drafty mule gelding who will be arriving to SYA soon.

Sponsored by
Keene Eye Care
338 Main St., Keene
357-4090



AMOS
Currently located in Maine to continue his schooling. He is a small gelded male pony mule who is just barely too big to be a mini, adorably short and stout. He had previously been on a farm with pigs and sheep for companions for the last 7 years or so of his life. He is VERY happy to be with other equines. His social skills may be lacking, but in typical mule fashion he is learning quickly!

Sponsored by
Monadnock Shopper News
Call to sponsor our next Pet Pages in July!



LARRY
An adorable, sweet miniature horse who is 8 years young. He does great with donkeys but would need to be adopted to a home with at least one other horse companion. Good with kids and adults, loves to go on walks, is great to be haltered and led, great for our farrier and vet , UTD on all of his vaccines. Larry is currently a stud, and will be gelded in April.

Sponsored by
Cheshire Jewelers
149 Emerald St., Keene
358-6543

Save Your Ass Long Ear Rescue

23 Saw Mill Road, S. Acworth, NH
835-2971 • saveyourassrescue.org



TAPPER & FERN
Both Tapper and Fern are 10 year old miniature donkeys. Tapper was originally adopted from SYA 9 years ago, when he was only 9 months old. He was adopted to be a companion to Fern, who was also just a baby at that time. These two boys are so adorable and they are total sweet hearts. Fern and Tapper are up to date on all of their shots and hoof care, and will receive their dental exam when the weather is warm enough. Both donkeys tolerate other equines but would prefer to be the only equine. They are also OK with kids but slightly afraid of small children.

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Horse & Buggy Feeds
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Winchendon, MA • 978-297-2518



ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

Ahimsa Haven Animal Rescue by appointment only 202 Central Street, Winchendon, MA 978-939-8464 • ahimsahaven.org



LEILANI
Leilani is a sweet and social 10-month-old girl who loves people and thrives on attention. This friendly former stray is always ready to greet you with a purr and a chat, making her a wonderful companion. If you're looking for a loving, affectionate cat who enjoys being part of the family, Leilani is ready to steal your heart.
Sponsored by
Monadnock Firearms
10 Hwy 12, Fitzwilliam
603-585-3494



SMUDGE
A sweet and affectionate former stray who spent her time caring for her kittens and is now ready to be pampered herself. She loves people, welcomes attention with adorable headbutts, and is known for her enthusiastic "elevator butt" greetings. Looking for a loving home where she can enjoy cozy naps, gentle pets, and all the affection she deserves.
Sponsored by
Monadnock Shopper News
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BILL
A handsome 2-year-old black cat who was once thought to be feral but quickly showed he was meant for indoor life. This sweet boy loves gentle pets, purrs happily, enjoys playtime, and is content being a couch potato. Bill gets along with other cats and would love a patient family to help him continue enjoying the safe, comfortable life he deserves.
Sponsored by
Monadnock Ford
119 Monadnock Hwy, Swanzey
283-5900



CHARLIE
A sweet, outgoing 2-year-old boy with a distinctive black goatee and a big personality. A former stray, he loves people and is happiest when he's by your side, chatting away and keeping you company. Charlie's adoption fee has been sponsored, and he's ready to bring love, companionship, and plenty of conversation to his forever home.
Sponsored by
Frazier & Sons Furniture
Swanzey, NH
603-352-0337



ADELINE
Adeline is a sweet senior girl, estimated to be 16 years old, who has overcome a difficult life as a stray. She dreams of a quiet home, a cozy bed, and a loving family to spend her golden years with. After all she's been through, Adeline deserves a happy ending filled with comfort, kindness, and love.
Sponsored by
Brattleboro Hearing
217G Old Homestead Hwy
Swanzey • 354-3325



LUNA
A gorgeous 7-year-old long-haired tuxedo girl who has been waiting over a year for her forever home. Friendly, affectionate, and a little sassy, she loves attention, cozy naps, and spending time with her people. Luna would like to be your one and only feline companion, and her adoption fee has been sponsored to help her find the loving home she deserves.
Sponsored by
Cliff's Auto Body
75 Webster St., Jaffrey
603-532-6260



GRACIE
Gracie is a beautiful 3-year-old orange tabby with plenty of personality. She loves being brushed, enjoys playtime, and once she trusts you, she's happiest curled up beside her favorite person. A little sassy and sometimes cranky, Gracie is looking for a home that will appreciate her independent spirit and loving heart.
Sponsored by
Cheshire Garden
277 Burt Hill Rd., Winchester
800-597-7822



BABY
A friendly and playful 1.5-year-old all-white beauty who loves toys, attention, and exploring her world. She has an independent spirit and a touch of sass, but her charm and affectionate side make her a wonderful companion. If you're looking for a fun, confident cat with personality to spare, Baby may be the perfect match.
Sponsored by
Keep 'Em Healthy Veterinary Clinic
120 N. Main St., Troy **242-6007**



GRACIE
Gracie is a 2-year-old semi-feral girl who is slowly learning to trust people. She is making steady progress and showing more curiosity and confidence every day. Gracie is looking for a calm, patient home where she can continue to blossom at her own pace and build a special bond with someone who understands her journey.
Sponsored by
The Chimney Specialists, Inc.
Keene
357-4159

Sato Heart Rescue

satoheartadoptions@gmail.com • www.satoheartrescue.org



FRANKIE
6 year old Male dachshund Mix, 50 lbs, a sweet, friendly boy with a heart of gold. He loves people and is very easygoing, making him a wonderful, low-maintenance companion. A true couch potato at heart, Frankie enjoys relaxing with his humans and taking in the simple comforts of home. He's also comfortable in his crate and settles in well when needed.
Sponsored by
Stone Septic Service
www.stonesseptic.com
354-3391



ELLE
Almost 3 yr old Female lab mix, 45 lbs. Elle is a sweet, observant dog who is still learning how to feel fully comfortable and secure in a home environment. She is not a high-energy or immediately outgoing dog, but she is making steady, meaningful progress at her own pace.
Sponsored by
Bellows-Nichols Insurance
10 Main St. • Peterborough
924-7155 • bellownichols.com



HUCK
5 month old Male lab mix. Huck and his 6 siblings were found abandoned in a plastic tub next to our trash with makeshift holes in the tub. Thrown away with a life left to chance is not what these puppies deserve. They will receive the love and life they are meant to have with your help. Huck is a happy, playful, outgoing, typical lab puppy.
Sponsored by
Gary Jackson Heating Services
32 Roxbury St., Marlborough
603-352-6900



BOONE
5 month old Male lab mix, Boone and his 6 siblings were found abandoned in a plastic tub next to our trash with makeshift holes in the tub. Thrown away with a life left to chance is not what these puppies deserve. They will receive the love and life they are meant to have with your help. Huck is a happy, playful, outgoing, typical lab puppy.
Sponsored by
Brattleboro Hearing
217G Old Homestead Hwy
Swanzey • 354-3325



DUDLEY
5 month old Male lab mix, Dudley is one of the siblings that were found in a plastic tub. He is a typical happy, loving and playful lab puppy. If your looking for an adventure buddy then one of these pups is for you.
Sponsored by
Vacuum Store
West St., Keene
603-352-5085



BRITTANY
Female Chihuahua Mix. Britney was found on the side of the road in rough shape and brought to safety. She is now ready to find a home of her own. She is under a year old, weighs about 15 pounds, and is sweet and friendly. Britney is looking for a fresh start with a family to call her own.
Sponsored by
G&R Autoworks
55 Victoria St., Keene
357-2484



JACK
1 1/2 year old Male Shih Tzu Mix. Surrendered by his owner when he could no longer care for him. He's a curious boy who is friendly and slightly timid until you are friends. We suspect that his life before us may not have been ideal. Plays with younger dogs his size. He's a sweetheart who is deserving of this second chance in life.
Sponsored by
Korvin Appliance
65 Roxbury St. • Keene
603-352-3547



EVE
Almost 3 year old Female lab mix, 40 lbs. Eve was living under a house on the island of Puerto Rico with her sibling Elle when rescued. She is a typical sweet, gentle, playful and kind Labrador. She's ready for any adventure and is hopeful that you'll take a chance on her. She needs a few minutes to fully trust, but that's it, you're in!
Sponsored by
Cheshire Horse
Rt. 10 & Whittemore Farm Rd., Swanzey • **358-3001**



CRYSTAL
1 1/2 year old Female lab mix, 25 lbs. She was brought to the rescue severely dehydrated and near death. We treated her with coconut water and goats milk to help her regain her strength. She has blossomed into a beautiful and loving dog. She is fully vetted, sterilized and ready to go home!
Sponsored by
Steele's Stationers
40 Main St. • Peterborough
924-7203



ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

Fast Friends Greyhound Adoption

14 W. Swanzey Rd. (Rt. 10), Swanzey, NH
355-1556 • helpinggreyhounds.org



BOJACK

Bojack has a friendly, outgoing, and curious personality. He has good leash manners and loves going on walks. Bojack does well with other medium to large dogs and has a blast playing with his friends. Overall, he is a wonderful dog that would thrive in a moderately active home.

Sponsored by

J & J Discount
Rt. 9, Spofford
363-9388



BRUTUS

Brutus is a very people-focused, affectionate, and playful retired racer from New Zealand. Unlike many Greyhounds, he always comes running whenever he hears his name! He is a bit of a social butterfly and loves everyone he meets. Brutus enjoys his daily walks in the sun and has good leash manners.

Sponsored by

Fox Hill Pet Resort
123 Fox Hill Rd., Marlow, NH
301-5116



FREYA

Meet Freya, a sweet, gentle, playful Greyhound. She is a very well-mannered girl who walks amazingly on leash. She loves running and playing with her greyhound friends as much as she loves playing with people. She has a confident yet calm nature, making her an all-around perfect dog with a fantastic disposition.

Sponsored by

Davis Oil
559 Main St., Keene
352-1306



GALE

Gale is friendly, playful, and full of energy. With her confident, happy-go-lucky personality, she is the life of the party and loves meeting new people. Gale is looking for a moderate to highly active home and someone who will bring her on plenty of adventures.

Sponsored by

Tri-State Restoration
TriStateRestoration.info
352-6802



LYNLEE

Lynlee is very people-oriented and eager to please, making great eye contact with her handlers and engaging nicely. At heart, she is a big softie, craving nothing more than love and affection. Lynlee has good leash manners and loves walks just as much as she loves playing with her toys.

Sponsored by

Bergeron Construction
358 Matthews Rd., Keene
352-4447



MYA

Mya! is a sweet girl who is friendly, affectionate, and enthusiastic with good leash manners.. Mya quickly forms bonds with people and adores getting attention above all else. Her energetic and quite playful demeanor makes her perfect for an active home where she can get all the attention and activity she needs.

Sponsored by

Stoneman Custom Jewelers
82 Washington St., Keene
352-0811



NANDO

Nando is a friendly, outgoing, and confident boy. He is personable, affectionate, and enjoys spending time with people. While he can be a little excitable at times, he is also easy to handle and responsive. If you like big, enthusiastic dogs, active Nando could be the perfect fit for you!

Sponsored by

Quality Care Auto
512 Winchester St., Keene
352-4472



RALF

Meet Ralf, a confident, friendly, and laid-back boy. He is good on lead and looks forward to his walks. He loves to nap and take it easy, but he also enjoys playing and doing some zoomies. Overall, Ralf is a well-mannered dog who would do well in a moderately active home.

Sponsored by

Sorby & Son Plumbing
21 Erin Lane, Jaffrey
532-7214



SQUIGGLES

Squiggles is a playful, affectionate dog who thrives on interaction, routine, and positive engagement. He enjoys enrichment activities, is motivated by food (especially peanut butter!), and balances his energetic moments with an ability to relax and enjoy calm handling. Overall, Squiggles is a big-hearted, enthusiastic boy.

Sponsored by

State Farm - Craig Vickers
668 Main St., Keene
352-3650

Monadnock Humane Society

Rt. 10 at 101 W. Swanzey Rd., Swanzey, NH
352-9011 • monadnockhumanesociety.org



LOLA

5 year old German Shepherd female. Sensitive, thoughtful dog. New things can feel overwhelming to her. Once she feels safe, Lola's playful and bright personality shines through. May be best suited as the only pet in the home, good fit for homes with children. Potential to keep growing into a loyal, fun, and deeply bonded companion.

Sponsored by

Devine Flooring
438 Gibbons Highway, Wilton
654-5400



APOLLO

7 year old Pit Bull mix, male. Loves people and has a great history with kids, wonderful family companion. Playful, enjoys spending time with other dogs, and even participates in shelter dog classes. Fully potty trained and crate trained, not destructive when left alone.

Sponsored by

Katie Beam
Walpole
603 313 2785



PRETTY BOY

2-year-old large mixed breed with a big heart. May take some time to warm up, he's a sweet, affectionate dog who loves to snuggle. Vocal when he sees other dogs on leash, will likely do best as the only dog in the home. As a big dog with big feelings, he will benefit from continued training. Has all the makings of a deeply loyal and loving companion.

Sponsored by

Prime Roast
16 Main St., Keene
352-7874



FERN & FOREST

Young adult parakeets, a mated pair, and flock mates with Moss and Lilac. Shy but have been working on desensitization and socialization. Food and treat motivated, not yet hand tame. With mated pairs, there is always the possibility of nesting and egg laying. Being vigilant to mating/nesting behavior is important.

Sponsored by

Justin Time Plumbing
justintimeplumbingnh@gmail.com
831-2674



MOSS & LILAC

Young adult parakeets. Lilac is a newer addition to the flock as she came in as a single bird but is transitioning great with her new flock mates. Would do well going home with Moss to have a companion to hang out with. Moss and Lilac are a bit shy. Food and treat motivated but yet hand tame. Possibility of nesting and egg laying, being vigilant is important.

Sponsored by

Robin Smith, Realtor
69A Island St., Suite 3, Keene
Masiello Group • 352-5433



KITTY

8 year old female, orange domestic long-hair. Smart, independent girl who enjoys being near her people while still maintaining her own sense of space. Prefers limited pats, choosing to seek affection on her own terms. A calm environment will help her feel most comfortable, prefers to keep all four paws firmly on the floor.

Sponsored by

Jim Bialowski
The Masiello Group
209-7220 • 800-892-0991



KITTY KITTY

12 year old female, black and orange torti, domestic shorthair. This laidback girl loves lounging around, curling up in a cozy lap, soaking up all the attention, and basking in the sunshine. Thrives in a predictable, quiet home. Has lived successfully with other cats and would do well with older children. Enjoys a tall, sturdy scratching post.

Sponsored by

Keene Eye Care
338 Main St., Keene
357-4090

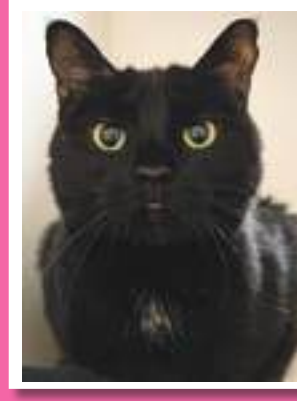


CLARK

7.5 year old male, brown tiger domestic shorthair. Self-assured, takes on new experiences with ease. He adjusts well to new places and feels right at home wherever he goes. Loves the outdoors, excellent hunter. Absolutely adores his people and happily seeks out attention. Clark has also done well with visiting dogs.

Sponsored by

ReMax
117 West St., Keene
357-4100



MIDNIGHT

3 year old female, black domestic short-hair, sweet and sensitive girl looking for a quiet home. May be a little shy at first, but once she feels safe, she'll reward her favorite people with head bumps, lap cuddles, and plenty of affection on her own terms. Enjoys sunbathing, birdwatching from the window, and playing with interactive toys.

Sponsored by

Pinney Plumbing
Swansey, NH
357-0944



ADOPT-A-PET

Please call these shelters if you're interested in the pets below.

For the Love of Dog

P.O. Box 107, Hillsboro, NH • 978-302-8171 • 4theloveofdog.org • fortheloveofdog@tds.net
Come and meet the dogs at our Doggy Easter Egg Hunt on April 12th from 11am - 1pm @ Blue Seal in Brattleboro, VT (formerly Agway)



BUCK

This well-rounded pup is houstrained, crate trained, and rides like a dream in the car. Friendly with both dogs and cats, he's the perfect companion for a calm and peaceful home. Buck is currently in foster with 2 other dogs. He is ready to bring love and loyalty wherever he goes!

****Adoption fee has been sponsored****

Sponsored by

Mon. Shutter & Shade

123 Main St., Jaffrey
532-8720



SHEBA

A loving 5 year old rottweiler girl who has a huge heart and an even bigger love for cuddles. She is happiest when she is by your side getting attention, or when she is playing with another dog. Although she may be a little shy at first when meeting new people, once she feels comfortable, her sweet, energetic, and affectionate personality comes out.

Sponsored by

Ganio Land Mgt.

PO Box 565, Spofford, NH
357-4561 • www.ganioland.com



VESPA

Beloved Princess Vespa is searching for a new kingdom — preferably one with loving, active humans who understand that royalty deserves both affection and prompt meal service. She is about 6 years old and is a gorgeous white American Bulldog mix with one striking blue eye that stops people in their tracks.

Sponsored by

Mukota Kennels, LLC

119 Matthews Rd., W. Swanzey
352-8809 • www.mukotakennel.com



RUPERT

A big, lovable, go-with-the-flow guy who truly just wants to be wherever his people are. At around 3 years old, he has that perfect adult-dog energy — happy to snooze the day away if you let him, but always ready to tag along for an adventure. He's calm, easygoing, and well-mannered.

Sponsored by

Mia Capelli Salon

382 West St. #104, Keene
358-0030



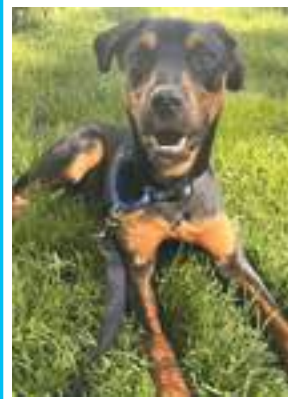
ASH

Weighing a perfectly huggable 56 lbs, this 3-year-old black and tan mix is the sweet, down-to-earth best friend you have been searching for. Ash does not need to be the flashy life of the party; she is a soft-and-steady sweetheart who is friendly with her fellow dog neighbors. Ash has not been introduced to cats. School aged kids for her.

Sponsored by

Cheshire Animal Hospital

505 Winchester St., Keene
352-8585



CONNOR

A 7-month-old sweetheart with a gentle soul and so much love to give. This handsome pup is still finding his footing in the world and his true personality has really blossomed. Connor is very loving. He leans in for cuddles. He's got his share of puppy energy. He's an overall sweetheart.

Sponsored by

Westside Animal Hospital

670 Park Ave., Suite A, Keene
603-357-0123



LOCKNESS

3 years old and 68 pounds, this handsome tri-colored Rottweiler mix is the ultimate sweet-natured family member who brings a constant stream of tail wags and pure joy to the house. He is incredibly dog-social, playing with a "dainty and gentle" style that makes him a dream companion for other pups.

Sponsored by

Monadnock Appliance

497 US-202, #1, Rindge
603-899-9999



DIAMOND

Diamond was surrendered locally when her owner lost his home. Diamond is a sweet girl who loves to make dust art with her tail on the driveway. She has lived with other dogs and younger school aged kids. She was a beloved family member, and we'd love to make her that again.

Sponsored by

Bootlegger's

425 West St., Keene
603-352-5201



BELLA

3 year old Bella, a young and lovable girl, is a joy to have around. She has a knack for playing without tearing up toys, which is a rare trait. Bella gets along well with other dogs and enjoys playing with them. She walks well on a short leash. She's crate-trained and sleeps quietly all night.

Sponsored by

Andy's of Keene

93 Park Ave., Keene
352-4334

Kitty Rescue & Adoption

11 Plantation Drive, Jaffrey, NH • 532-9444 • KittyRescueNH.org



PANCAKE

This lively kitten is the last of her litter to be adopted. She's wonderfully friendly and loves to be held. She also loves talking and playing.

Sponsored by

Deschenes Auto & RV

Rt. 202, Jaffrey
532-4451



CHAI

Chai is very shy and would need a very understanding quiet person or family. Her siblings have all been adopted and she has been overlooked due to her shy nature.

Sponsored by

Sophia & Simon



CLEO

Cleo is a 2 year old dilute calico female. She's extremely lovable and has been in a home with other cats. She would tend to do well in most situations.

Sponsored by

Anne Booth



MARY JANE

Mary Jane is only a year and half old she was returned because she was hiding in her last home. She's a beautiful calico girl who will need some TLC to hopefully overcome her shyness.

Sponsored by

Madigan Family

Jaffrey



STORM

Storm came in with a litter of kittens and pregnant with another litter, poor girl. All of her kittens have found homes and now it's this wonderful mom's turn to get her own family.

Sponsored by

Howard's Leather

1651 Rt. 9 Spofford, NH
363-4325



DENNIS

Dennis is only a year old. He has a lot of kitten energy left to share with his new family. Young children would probably not be a good fit as he can play rough.

Sponsored by

Jorge & Wendy Crespo

32 Foley Rd.
Chesterfield NH



HERCULES

Hercules is also about a year old. He's a very friendly and handsome tabby boy. He seems to be okay with other cats and would love to find his forever family.

Sponsored by

Franki & Dieti's

Bed & Biscuit
Greenville, NH • 291-0543



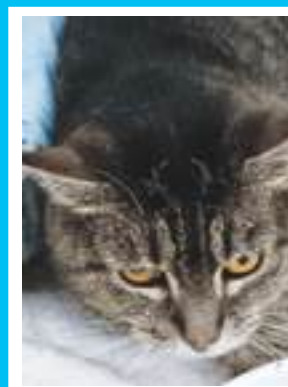
JAX

Jax is a stray from Sharon. He's a very sweet boy. He is not chipped. If you recognize him please call the rescue. If no owner is found he will soon be up for adoption.

Sponsored by

Dana's Container

Swanzey, NH
352-5981



CHARLI

Charlie is a stray from Jaffrey. She's a bit shy but was possibly someone's sweet baby. Also not chipped. If you recognize her please call the rescue. If no owner is found he will be up for adoption soon.

Sponsored by

In Memory of

SHIRLEY EARLEY