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The Original Keene Shopper – “The Weekly with a Heart” – 68th Year of Community Service / August 12-18, 2026

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Art Reception At DubHub Features Earl Schofield



On Friday, August 14th from 5 to 7 p.m., the public is invited to attend a public reception for the work of Earl Schofield at the DubHub/Dublin Community Center at 1123 Main Street in Dublin.

Schofield has taught visual art at the Dublin School for the last 23 years. He lives with his two children, a cat, and three dogs. Schofield works primarily in encaustic but has recently been reunited with his first love, watercolor. He has shown work all over New England and nationally. According to Schofield, “Painting is for me, a communion with the spiritual. Paintings are prayers, worship, a way to connect with the larger universe while celebrating and sharing that connection.”

The exhibit runs through September 1st and is available for viewing and purchase during Dubhub open hours and by appointment.

For more details about the artist, visit www.dubhub-nh.org or meet him at the reception.

Falls by Earl Schofield, at left

Monadnock Canine Rehabilitation And Fitness In Keene

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Dr. Kathryn Miller of Monadnock Canine Rehabilitation and Fitness works with Truckie, who had his right front leg amputated many years ago and is learning to use a wheelchair to help reduce strain on his remaining front leg.

Celebrating 30 Years With A Berry Festival

Monadnock Berries in Troy welcomes a milestone anniversary this year – 30 years in business – and to celebrate, they are hosting a Berry Festival on Sunday, August 16th. The family-friendly event will feature food, music, PYO berries, and PYO flowers.

PYO berries runs all day, from 8 a.m. to 6 p.m., and offers a \$30 Large Pail sale. Food from CC & D’s barbecue and Mama Maria’s Greek Food will satisfy appetites. Attendees can PYO flowers from 10 a.m. to 4 p.m.

Music lovers will enjoy Max’s Fault, a bluegrass band, from 2 to 4 p.m., and from 4:30 to 6:30 p.m.,

Arnold’s Classic (classic rock and jams) will take the stage.

Monadnock Berries, located at 545 West Hill Road, is a second-generation family-run farm. Owners Oliver and Elise Levick, took over the reins in 2022 from parents Fenella and Anthony Levick. For those who have never visited the farm, the views alone are worth the ride up. It’s no surprise that the farm is also a sought-after location for weddings.

For more details, visit the website, www.monadnockberries.com, find them (along with many photos) on Facebook, or reach the Levicks at 603-242-6417.

Keene Pops Choir Outdoor Summer Concert On Sunday

Back by request, The Keene Pops Choir is sponsoring an outdoor summer concert on Sunday, August 16th at 2 p.m. The First Baptist Church of Keene will also be hosting a silent auction beginning at 1:30 p.m. Both events will take place at the First Baptist Church on 105 Maple Avenue in Keene.

Under the direction of Walt Sayre, the Keene Pops music director, the concert will feature soloists from the Pops Choir and musical guests from the community. There will be a diverse selection of music that will have attendees either on their feet dancing,

clapping, or singing along. Admission to the concert is free, but donations will be appreciated.

There is limited seating, so bring lawn chairs, blankets, and snacks, and there will be bottled water for sale. The congregation at the First Baptist Church of Keene has put together a silent auction that includes hand-made quilts, jewelry, themed based baskets, gift cards, vintage items, treats, and kid-friendly items. There is something for everyone. In the case of inclement weather, the event will take place the following Sunday, August 23rd at the same time.

SuperHero SpotLight Recognizes Joy’s Network

Heroes aren’t always found in comic books. Sometimes they’re neighbors, delivery meals, volunteers organizing fundraisers, or sisters carrying forward their mother’s legacy with compassion and unwavering dedication.

When Joyce “Joy” Diamond Herrick lost her battle with cholangiocarcinoma in 2009, her daughters, Kimberly Diamond and Michelle Potter, transformed unimaginable loss into lasting hope. They founded Joy’s Network with one mission: to ensure that no family faces cancer alone.

Sixteen years later, that mission continues to

change lives across Cheshire, Hillsborough, and Sullivan counties. Joy’s Network provides grocery and gas cards, comfort-care packages, and connections to local resources – lifting burdens so families can focus on what truly matters: caring for one another.

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



Dr. Kathryn Miller assesses Jax’s hind limb muscle flexibility while Jax relaxes on the pulsed electromagnetic field therapy bed.

By Lori Catozzi Cook

Canine rehabilitation is a specialized field focused on helping dogs recover from injuries, surgeries, and various medical conditions. Like human physical therapy, canine rehabilitation is a combination of exercises, therapies, and modalities to improve a dog’s strength, mobility, and overall well-being.

Dr. Kathryn Miller, DVM, CCRT, opened Monadnock Canine Rehabilitation and Fitness at 690 Court Street in Keene this past December to provide compassionate, individualized rehabilitation, fitness, and weight loss plans for dogs.

“Rehabilitation is an integrative and functional specialty within veterinary medicine that is aimed at providing pain relief, restoring function and mobility, and enhancing quality of life,” says Miller.

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PET OF THE WEEK

from THE MONADNOCK HUMANE SOCIETY

Cappy And Wonder Woman

Cappy and Wonder Woman are a bonded pair of four-year-old female parakeets. They have lived together their entire lives, and this is their second time coming to the Monadnock Humane Society. They are relatively under socialized and under handled and are not hand tame. But they have the potential to be really sweet companion birds, given a bit of time, patience, and understanding. They are both chirpy and talkative to each other and to staff when interacted with. They really enjoy their millet, and nature sounds/soft bird music on Spotify. They would be best suited for a home that has bird experience, as socializing will take some time and effort. But they would also be fine in a household without bird knowledge, under the understanding that they might never be hand tame or handleable. They would still make great additions to any household as a “look but don’t touch” pet.

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



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Jane Hulse Gives Talk On Latest Novel, *Spanktown Papers*, At Toadstool In Keene

Jane Hulse, who grew up in Keene, will talk about her latest novel, *Spanktown Papers*, in her American Revolution series at The Toadstool Bookshop at 12 Emerald Street in Keene on Friday, August 14th at 6 p.m.

Published earlier this year by Open Books, *Spanktown Papers* is set amid the turbulence of Philadelphia in the 1770s. The war is seen through the eyes of gutsy young journalist Sarah Barrett who digs into the murder of a dashing young coffeehouse proprietor and discovers it's much more than a robbery gone bad. She becomes entangled in a scandal that rocked the city during the war. Without warrants or charges, authorities rounded up, jailed, and banished 20 prominent Quaker pacifists when they wouldn't support the revolution. A set of strange documents, the *Spanktown Papers*, allegedly proved their betrayal, but Sarah isn't so sure. She tangles with spies and lies to get at the truth, risking her life and finding love in dark, dangerous times.

Hulse is a retired journalist, having written for *The Rocky Mountain News* in Denver and the *Los Angeles Times*. She was city editor of the Santa Barbara News-Press. She lives in Ventura, CA with her writer husband, Steve Chawkins.

For more details, visit www.jane-hulse.com.

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Back To School: More Than A Shopping List

Suddenly it's August and that means a new school year. This month can feel a bit like a New Year's Day wrapped in a backpack. It's still officially summer, but the stores are trading pool noodles for lunch boxes. Suddenly parents are starting to mentally calculate bedtimes, bus schedules, and after-school activities. The preparation for the new school year is more than buying new clothes and school supplies. It is an opportunity for families to reset, reconnect, and create routines to start the new school year with confidence. When I was a child, I remember the excitement of new notebooks and pencils and selecting the outfit I wanted to wear on the first day. A new school year carried the promise of new friendships, new teachers, and new opportunities to grow.

That feeling doesn't necessarily disappear with age. Teachers are eagerly planning for first day lessons and ways to get their classes organized. Parents often find themselves hoping this will be the year mornings run smoothly, homework gets completed without arguments, and everyone arrives where they need to be on time. Reality may not always look the way we hope, but hope is a wonderful place to begin.

One of the best ways to prepare for school is by easing back into routines before the first day arrives. A week or two before school begins, gradually shifting bedtime and wake-up times can make those early mornings less painful.

With the start of school, family meals can become increasingly important. Sitting down together over dinner can prompt in-depth communication about their time in school, far more than the typical basic response. Family meals provide that opportunity to reconnect after everyone disperses for the daytime activities.

Don't let back to school shopping be too big a financial burden. A few key pieces of new clothing added to the current wardrobe may provide enough of a refresh until the colder weather sets in. Check school lists for specific items required for your kids' classes, and don't feel you need a full arsenal of school supplies your kids won't use. The most expensive designer backpacks won't help your kids succeed in school, but adults who provide encouragement, consistency, and support will.

Monadnock Family

with Sheri Lapointe



Involve your kids in some of the decisions. Help build a sense of ownership by letting them choose supplies in colors or designs that make them happy.

Preparation for the start of the school year also involves conversations about how they are feeling about the going back to school. Some kids may be excited, while others may be experiencing anxiety over the work or making friends. Having these conversations early can provide opportunities for parents to better understand what their children are experiencing. There may be specific ways to help reassure kids to reduce worries, such as connecting with a neighbor who goes to the same school.

For families with children making a big transition, such as starting kindergarten or entering middle school, parents can do a little extra to mark the occasion. Do a photo shoot of the kids in their first day outfits, drop an encouraging note into a lunch box, or plan a special celebratory dinner that evening. These small gestures may become treasured memories.

Don't forget that learning isn't just what happens inside the school walls. Reading, cooking, gardening, and going for a hike are all great opportunities to keep learning beyond the classroom. Families who engage in such activities help foster a love of learning.

Also remember that no family has perfect mornings every day, and there will be moments when children forget a permission slip, leave behind a homework assignment, or miss the school bus. There will be times when everyone is running a little late. Don't let these moments ruin the day or school year. Children will remember the encouragement they got from parents after a difficult assignment, the celebrations of successes, and the comfort following a disappointment.

Every school year brings new potential with opportunity to learn, grow, and make mistakes. Don't just pack the backpacks with notebooks and lunch boxes, fill them with patience, encouragement, and love. Those should be the supplies that kids won't run out of even after the school year is over and another summer begins.

BACK-TO-SCHOOL

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Coffee House, Open Mic Will Feature Ian Galipeau This Saturday



Ian Galipeau

On the third Saturday of each month, there is a combined Coffee House & Open Mic from 6 to 9 p.m. at the Dub-Hub/Dublin Community Center, 1123 Main Street, Dublin. Coffee and snacks are available. Attendees are also welcome to BYOB and dinner/snacks. A featured performance takes place for about 60 minutes, with open mic slots

available both prior and after. This month, the featured performer is Ian Galipeau, a “songwriter for hopeful cynics.” His evocative voice and detailed songcraft have drawn comparisons to Hozier and Ben Harper. He weaves empathetic storytelling and careful wordplay into thought-provoking songs that fit loosely under “indie rock,” with strands of Americana. He’s struggled for years to answer genre-related questions, because his curiosity as a writer is constantly pulling him in a new direction. And for better or worse, his catalog reflects that. In ‘23 and ‘24 he released a handful of singles and EPs that were essentially solo acoustic performances. *The Little Things*, *Soldier’s Lullaby*, and *Queen of Anything* have become his most-streamed recordings. In early 2025, he ditched his acoustic guitar to create *Faded Pictures*, a piano-driven album. In August ‘25, he released *Something About A Horse*, which leans into the alt-country stylings of modern troubadours. For more details or to reserve a spot on the open mic sign-up, email info@dublincommunitycenter.org or just show up that evening to chance finding an available spot on the list. A suggested donation starting at \$5 (or more) can be given at the door to help offset costs, and a hat will be passed during the performance for contributions for the featured performers.

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The Biggest Lie Ever Told

Modern living is full of misinformation – and sometimes, downright lies. This summer, the Clean Energy Team held a Climate Café to discuss what was (and still is) arguably the largest misinformation campaign in history: Big Oil’s deliberate attempts to sow seeds of doubt about climate change. Did you ever wonder how climate change became such a partisan issue? Why one political party accepts the overwhelming scientific consensus while another denies it? Then read on. The proof was shown clearly in the 2018 PBS *Frontline* documentary, *The Power of Big Oil*, available on YouTube. You can also listen to season one of the podcast, *Drilled*, to learn the story. Surprisingly, from 1960 to 1980, the oil giant, Exxon, conducted research into the global greenhouse effect. They discovered that the planet was warming, and the more coal, oil, and gas we burned, the hotter it would get. But Exxon realized that if people found out that the planet’s overheating was caused by burning fossil fuels, profits would drop. So oil companies and the fossil-fuel wealthy Koch brothers started creating lobbying organizations, think tanks and fake “grassroots” groups. They funded climate deniers, individuals who did not have background in climate science but had a PhD after their names, paying them to travel the country, argue that climate science wasn’t correct, and accuse legitimate scientists of manipulating data. Big Oil’s public relations teams published “advertorials” – paid ads in leading magazines that looked like legitimate editorials, attacking the certainty of climate change’s causes and impacts, despite what their own scientists had discovered. To be clear, the vast majority of scientists accept that climate change is real, and it is caused by humans. The planet’s climate does change naturally, but over much longer time frames; if it weren’t for humans overheating the planet by burning fossil fuels, the planet would currently be in a long-term cooling trend!

Green Monadnock
with Catherine Owen Koning



In 2006, Al Gore’s film, *An Inconvenient Truth*, warned of a “planetary emergency.” This shifted public opinion, and acceptance of climate change was at its most bipartisan level. A bill to control climate pollution through a “cap and trade” approach was introduced. Both presidential candidates, McCain and Obama, came out in favor, and the bill passed the House. To stop this bill in the Senate, Exxon-Mobil and Koch Industries created Americans for Prosperity, a front group which spread misinformation. Along came the 2008-2009 recession and The Tea Party movement. Americans for Prosperity started attacking Republicans who didn’t espouse their skeptical views on climate change. Moderate Republican senators backed away from the cap and trade bill. According to *Frontline*, “Koch Industries was able to reshape the Republican Party into one that identified with the idea that climate change is not real, that the science is a hoax.” And so here we are today, with life-threatening wildfires in Canada, killer heat waves in Europe, crazy floods in Manhattan, and a government that refuses to do anything about any of it. “Big Oil” knew. They lied. They spread misinformation to confuse us, divide us, and profit at our expense. And now they’re trying to get away with it. Are we going to let them? Burning fossil fuels creates many negative effects: an overheating planet, unhealthy air, bloody wars and supply line blockades, and more. Fortunately, the transition to clean energy from solar, wind, hydro, and more, is already underway – and the future is exciting! Cleaner air, cheaper energy, more prosperity, fewer wars. Let’s help advance the transition and benefit from it. But to do this, we have to get the word out about the truth on climate pollution, our overheating planet, and the massive, sustained lies that have been told for the sake of corporate profits. Catherine Owen Koning is a Professor of Environmental Science at Franklin Pierce University, where she co-coordinates the Institute for Climate Action. She is also a member of the Monadnock Sustainability Hub’s Board of Directors and co-chairs the Keene Clean Energy Team.

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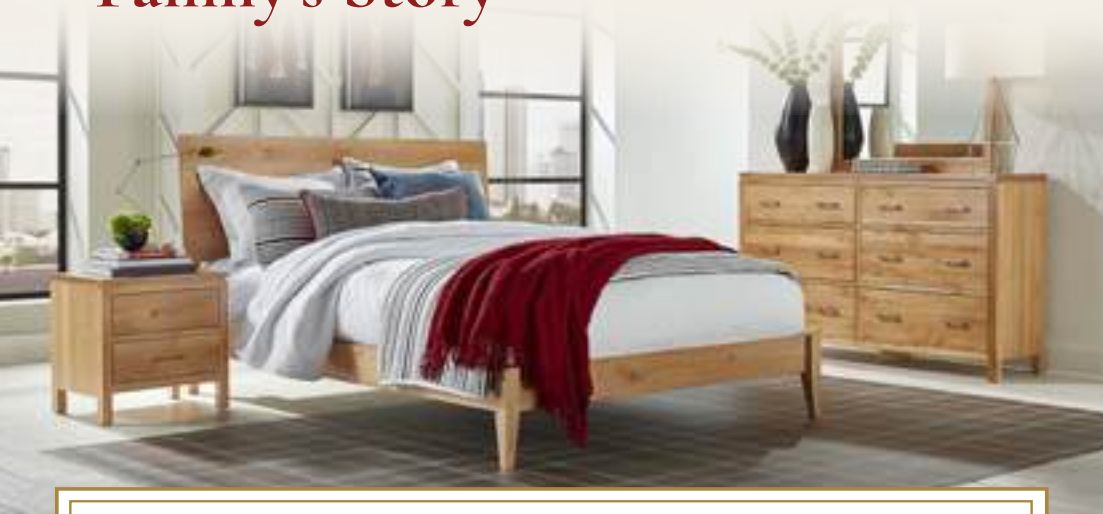
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First Responder Appreciation Day To Honor Police, Fire, EMS

A First Responder Appreciation Day will take place on Sunday, August 16th at the Alumni Field on Arch Street in Keene with gates opening at 10 a.m. This free, family-friendly celebration is to honor the police officers, firefighters, and EMS personnel who serve the region, and will feature demonstrations, competitions, and family activities.

Peterborough Master Plan Committee Hosts Walk And Talks

The Peterborough Master Plan Steering Committee will host two Walk & Talk events as part of the town’s ongoing Master Plan update process. Residents are invited to join Steering Committee members and town staff for guided walks of less than one mile through two of Peterborough’s village nodes. The first Walk & Talk will focus on North Peterborough on Saturday, August 15th, at 10 a.m., beginning and ending at the Contoocook Valley High School parking lot at 184 Hancock Road. The rain and heat date is Sunday, August 16th.

Throughout the day, attendees can enjoy the Fitzwilliam Police Car Show, EMS-Police-Fire demonstrations, a DHART helicopter landing, a K-9 demonstration, face painting, a dunk tank, and food from Tempesta Food Fare and Winnie’s Wagon. Families are encouraged to arrive early, bring lawn chairs, and plan to spend the day. The second event will explore West Peterborough on Saturday, August 22nd, at 10 a.m., starting and ending at the Masonic Lodge parking lot at 8 Windy Row. The rain and heat date is Sunday, August 23rd. Participants will be encouraged to share what they value about these areas, identify challenges, and envision how the neighborhoods could evolve. The Master Plan guides growth, development, conservation, infrastructure, and community priorities, and input gathered will help shape its recommendations. For more details, visit tinyurl.com/pbboro2026.

Monadnock Canine Rehabilitation And Fitness – Helping Dogs To Move Comfortably, Heal Fully, And Live Well

CANINE, Continued from page 1



Dr. Kathryn Miller is seen with Bubba, who is working on the balance walkway to improve his core strength and proprioception. This activity enhances his balance, body awareness, coordination, and overall stability while building confidence with movement.

“A patient does not have to be mobile; we meet them where they are at. We adapt to the dog and the family situation.” Monadnock Canine Rehabilitation and Fitness offers treatment for a wide range of patients and conditions, including but not limited to osteoarthritis, sarcopenia (age related muscle loss), soft tissue injuries, non-healing wounds, fractures, neurologic conditions such as degenerative myelopathy, spinal cord injuries, and geriatric onset laryngeal paralysis and polyneuropathy. “We also treat post-operative patients, patients needing help with weight loss, and patients with other types of chronic pain. We can also help canine athletes improve their fitness and provide injury prevention plans.” She continues: “We are the only veterinarian-run canine rehabilitation facility within a one to two hour radius of the Monadnock Region. Our location includes two canine gym rooms and one restorative room. The restorative room is where patients enjoy pulsed electromagnetic field (PEMF) therapy on our PEMF bed as well as laser therapy and manual therapy. Our entire facility is equipped with non-slick flooring for patient comfort and safety.” Miller tailors every session to the dog’s specific needs. This hands-on approach includes manual therapy, guided exercises, and advanced rehab techniques to improve strength, flexibility, and confidence, so her clients’ four-legged friends can get

back to enjoying life. Working alongside Miller is Veterinary Rehabilitation Assistant Lexie Kosakowski, who is finishing her Certified Veterinary Technician degree/training. “Dr. Miller and Lexie are absolutely wonderful,” says Tammy Rondeau. “My four-and-a-half-year-old lab, Echo, had TPLO surgery and the bone did not fuse back together completely at her follow up X-ray. We started rehabilitation in December, first to work on muscle atrophy and second to have laser treatment to help stimulate bone growth in hopes that her knee would fuse back together. She gained significant muscle in her rear surgical leg. I truly believe that the rehabilitation and laser treatments helped to stimulate bone regrowth. At Echo’s follow up X-ray appointment her bone was healed.” Miller recounts other patients who have been brought to this locally owned and operated facility: “Freya was diagnosed with severe bilateral hip dysplasia and secondary arthritis. She came to us with limping, stiffness, and bunny hopping while running. After seven weeks of rehabilitation focused on strengthening, stretching, and laser therapy, Freya is moving more comfortably and confidently. Her parents have also noticed that she’s able to play with her siblings longer and more often.” “Hannah was born with a congenital malformation of her front left leg and uses a prosthetic boot to support her mobility. Our rehab focus is helping her confidently use the boot by encouraging proper weight shifting and movement patterns to protect her joints long-term. She also receives laser therapy over her shoulders, biceps, and elbows. After eight rehab sessions, Hannah’s Mom reports she’s moving better, has more energy, and is feeling great!”

Because Miller is a veterinarian, referrals are not necessary, though she finds that it is important to collaborate with other vets to get an overall picture of her patients’ health. Being a veterinarian she can also make recommendations for pain management that includes prescription medications as well as formulating nutrition plans that take into account multiple medical conditions. “Rehabilitation allows dogs to reach their full potential for comfort and function. Often we may improve a dog’s comfort with pain medications but their strength is likely still declining little by little. Rehabilitation helps maintain and regain strength while preventing and treating secondary compensatory problems as well, rather than putting a Band-aid on the problem,” Miller concludes. For more details or to schedule a consultation, call 603-762-6439 or visit www.monadnockcaninerehab.com.

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Becton Dickinson (C.R. Bard)	176.86	11.24	Merck (Hubbard Farms)	128.58	(1.62)
Toronto Dominion Bank (TD Bank)	121.31	1.39	Deluxe (NEBS)	25.01	(0.86)
PC Connection	84.14	0.42	Teleflex (Jaffrey)	134.98	(1.73)
Bank Of America (Fleet)	63.17	1.22	Timken (MPB Corp.)	130.33	(7.22)
Corning Inc.	165.68	27.43	M&T Bank Corp. (People's United)	250.45	4.16
Ametek, Inc. (Precitech)	253.66	11.95	Dover Corp. (Markem)	211.13	6.51
PRECIOUS METALS			COMMODITIES		
	Close	Week's Change		Close	Week's Change
Silver (\$ per ounce)	63.77	5.76	Wheat (cents per bushel)	656.50	18.50
Gold (\$ per ounce)	4,401.30	295.80	Corn (cents per bushel)	461.50	(2.25)
Platinum (\$ per ounce)	1,750.33	99.65	Soybeans (cents per bushel)	1,176.00	(12.25)
			Cattle (cents per pound)	225.15	(1.85)
			Crude (\$ per barrel)	77.09	(7.59)

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Who's Coordinating Your Financial Life?

When people think about hiring a financial advisor, they often picture someone who manages investments. While that is certainly an important part of the job, it's only one piece of the financial planning puzzle.

In my experience, some of the biggest financial opportunities – and some of the costliest mistakes – have very little to do with picking the “right” investment. More often, they stem from the fact that different parts of a family's financial life aren't working together.

Your investments influence your taxes. Your taxes affect how and when you should withdraw money in retirement. Your estate plan determines how your assets will ultimately be distributed. Your insurance helps protect everything you've worked so hard to build. Each of these areas is important on its own, but they become far more valuable when they are coordinated.

Unfortunately, that's not always how things happen.

Many people have an investment advisor, a CPA who prepares their tax return, an attorney who drafted their estate documents years ago, and insurance policies they haven't looked at in a decade or more. Every one of those professionals may be excellent at what they do, but if no one is stepping back to look at the entire picture, important planning opportunities can easily be overlooked.

Over the years, I've seen this happen countless times.

A client may have an excellent investment portfolio but be paying more in taxes than necessary. Another may have a will that no longer reflects their wishes because their family circumstances have changed. Others are carrying insurance they no longer need, while lacking coverage in areas where it could make a meaningful difference. None of these issues are necessarily anyone's fault, they simply fall between the cracks when no one is responsible for connecting all the pieces.

One example is Roth conversion planning. At first glance, it may seem like a simple investment decision. In reality, it's a tax planning decision, a retirement income decision, and often an estate planning decision all rolled into one. To determine whether a Roth conversion makes sense, we need to understand your tax bracket, Social Security income, required minimum distributions, charitable giving goals, Medicare premiums, and future income needs. Looking at just one of those factors rarely leads to the best answer.

The same is true for estate planning. Signing a will or trust isn't the finish line. As life changes, your estate plan should evolve as well. Beneficiaries,

powers of attorney, trusts, and account registrations should all be reviewed periodically to ensure they still reflect your goals.

The role of a financial advisor today extends well beyond investment management. In my view, one of the many valuable things an advisor can do is serve as the coordinator – helping confirm that your investment strategy, tax planning, estate planning, insurance coverage, and retirement goals all support one another. That often means working alongside your CPA and estate planning attorney, not replacing them.

Economy
and You

with Josh Houle


When every piece of your financial life is moving in the same direction, you're more likely to avoid costly surprises and make thoughtful decisions that benefit you and your family for years to come.

If it's been several years since someone reviewed your financial picture as a whole – not just your investments – it may be time for a fresh perspective. Ask yourself: Who is making sure all of these pieces fit together? If you don't have a clear answer, consider scheduling a comprehensive financial review. Even if the conclusion is that you're already on the right track, the confidence that comes from knowing every aspect of your financial plan is working together can be invaluable.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. All performance referenced is historical and is no guarantee of future results. All indices are unmanaged and may not be invested into directly.

Traditional IRA account owners have considerations to make before performing a Roth IRA conversion. These primarily include income tax consequences on the converted amount in the year of conversion, withdrawal limitations from a Roth IRA, and income limitations for future contributions to a Roth IRA. In addition, if you are required to take a required minimum distribution (RMD) in the year you convert, you must do so before converting to a Roth IRA.

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Joshua I. Houle, CFP is Founder and Wealth Manager of Houle Wealth Management at 143 West Street in Keene. He can be reached at 603-352-0222/ josh.houle@lpl.com.

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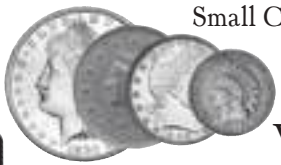
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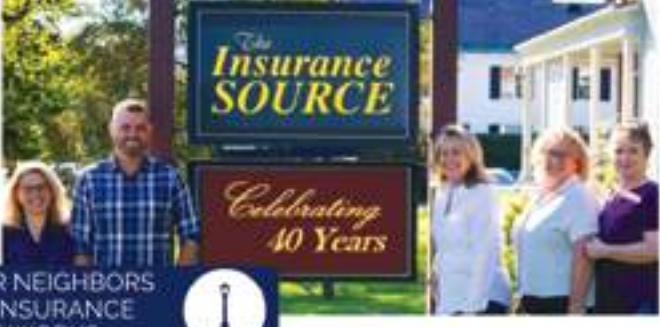
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Two Of The World’s Oldest Gardens

Looking around New Hampshire, most of our gardens are quite recent – the oldest one’s about a century old. Their relative newness made me wonder about the oldest gardens in the world. At first glance, the 900-year-old Westminster Abbey gardens and the Italian Botanic Gardens of Padua from 1545 seemed like good contenders. While these are astounding and historically significant, I thought there must be much older ones in Asia. As I dug into the topic, I found that a number of gardens have persisted for more than a millennium. Two that really stand out to me are the Sigiriya Gardens in Sri Lanka and Gungnamji Pond in Korea. For fun, I’d just like to take you on a little tour of each of these ancient gardens.

The Sigiriya Gardens were first built in the 5th century CE. When approaching them, you might not notice any gardens at all because of the colossal rock that stands front and center – striated with black, gray, brown, and red, with dense, emerald green forest reaching up the steep slopes. The place, I am told, feels magical – a place of special energy in the world. Buddhist monks did dwell in caves there for centuries before King Kashyapa decided to make this a royal summer home.



When approaching this UNESCO World Heritage site from its western entrance, a long, straight paved path brings visitors through an enormous garden filled with water features – small ponds, cisterns, pools, winding water courses, and fountains. They are symmetrically laid out on each side of the pathway, which does eventually lead to the base of the small mountain. There, visitors are greeted by huge lion paws carved of stone, one on each side of a steeply rising staircase cut into the mountain. (A nice, sturdy railing has been installed more recently.) At the top, the stairs open out onto a plateau large enough to hold an entire palace, multiple terraced gardens, and a huge pond. One of the most remarkable features

of the Sigiriya gardens is that underground channels were dug so that the water, which supplied the fountains, would gain enough pressure to work completely on their own. Today, 1500 years later, these fountains still operate during the rainy season.

Crossing from Sri Lanka through the Indian Ocean, Thailand, and China, we could make our way to the Gungjamni Pond in South Korea. Unlike Sigiriya’s pastoral location, Gungjamni sits – timeless – in the middle of a city. Gungjamni means “south of the palace,” where this garden is said to have been created by King Mu for Princess Silla in the early 7th century CE. Large weeping trees surround the garden’s main feature, which – as the name suggests – is an enormous pond. In summer, pink lotus blossoms utterly fill the water. A meandering path studded with benches and a bridge that reaches out over the water both allow for endless gazing. Small, traditionally built houses dot the gardens. Like Sigiriya, this area was previously home to Buddhist practitioners, as a five-story temple pagoda and Buddha statue stand nearby. Although, perhaps, not as mystical as the terraced gardens and fountains in Sri Lanka, Gungjamni Pond is much easier to access precisely because it lies within a city. Moreover, the garden is open 24 hours a day and free to the public.

Both Sigiriya and Gungjamni are special because they persisted through centuries. They were built to last, and some combination of their makers’ ingenuity, a surrounding culture of appreciation and luck that they stand today to be enjoyed. Countless ancient gardens have been lost to war and decay. Looking back 1500 years into just two of the world’s oldest gardens (also look up the Persian Garden of Pasargadae), I have a greater perspective on what it means to create something that will endure beyond one’s own lifetime – something that will inspire others for generations. It makes me wonder what New England gardens could be places that people will still visit centuries from now.

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

Dance Features “Nashville Blue” Saturday, August 15th

Monadnock Tri-State Dance Club will hold a Hawaiian Night dance on Saturday, August 15th from 7 to 10 p.m. at ELMC Memorial Community Center at 21 Durkee Street in Winchester.

The dance will feature live music by Nashville Blue. There will be free refreshments, a 50/50 raffle, and all are welcome. Admission is \$12.

For more details, call Barbara at 603-392-0447.

Ice Cream Social At Veterans Hall In Richmond

The Richmond Public Library and the Parks and Recreation Commission will host an Ice Cream Social on Saturday, August 15th, at 6 p.m. at Veterans Hall at 180 Old Homestead Highway in Richmond.

The evening will feature ice cream with toppings, crafts for kids, and the presentation of the Elaine Moriarty Volunteer of the Year Award.

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

Tech Talk: AI – What It Is And Why It Matters At Keene Public Library

The Keene Public Library will host its monthly Tech Talk workshop on Thursday, August 13th, from 6 to 7:30 p.m. in the Masiello Classroom at 60 Winter Street. The free program is open to all skill levels.

August’s session focuses on artificial intelligence: what defines it, how the term is applied to different technologies, how it can be used, and its economic, environmental, social, and emotional impacts. The evening will include an information session and facilitated discussion.

The session will open with a 20-minute presentation followed by time for hands-on practice and questions. Attendees are encouraged to bring their own electronic devices (laptop, tablet, or smartphone), though a limited number will be available for those who need them.

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

Chapel By The Lake Pancake Breakfast This Saturday

The Chapel by the Lake in Munsonville will have a Pancake Breakfast on Saturday, August 15th from 8 to 11 a.m. The menu includes regular and blueberry pancakes, waffles, scrambled eggs, sausage, hash browns, fruit, juice, and coffee. The cost is \$8 for adults, \$4 for those under 10 years, and free for under two.

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“Putting Food By” Is Prudent

“Putting food by” is an old expression used to describe a process of preserving or saving something until a later time when you need it. To put by (or up) involves prudence, time, energy, and a bonus feeling of satisfaction. Home canning will produce good results if you work in small batches (up to seven to 10 jars at a time) and use really fresh produce. For boiling-water bath canning, use only high-acid foods, such as tomatoes, pickles, and relishes that use vinegar or jams and jellies that use pectin. If you want to can low-acid foods, such as corn, beans, and most other vegetables, you’ll need a steam-pressure canner and should follow manufacturer’s instructions. Other methods of putting food up are freezing and drying or dehydrating. You’ll find plenty of information about all three methods to preserve foods for winter eating and gift-giving both on-line and in books.

A batch of Blueberry Citrus Jam made recently at Cooking Corner

Roasted Fresh Tomatoes

I put this recipe in my column every year now because I’ve found it’s such a delicious and practical way to put up tomatoes. I process these in a hot water bath and use them for sauces on everything from pasta to seafood. This recipe makes three cups, but you can increase amounts and make a roasting pan full of tomatoes to can or freeze, as I do.

Ingredients:
6 large tomatoes (about 3 lbs.), washed and unpeeled
1/2 teaspoon salt and ground black pepper

Preheat oven to 425 degrees. Core tomatoes and halve or quarter, if large. Put in a pan large enough to hold and stir them (or use a roasting pan if making a large batch to put by). Season with salt and pepper. Bake tomatoes until well browned and slightly caramelized looking, 30 to 45 minutes, stirring occasionally during cooking. Stir in a teaspoon of Italian herbs and serve as a side dish, use for sauce, or leave them unflavored and process by canning or freezing.

a better texture when it’s ground.) Add salt to bowl of ground vegetables, mix well with your hands and let it sit overnight. In the morning, drain well, squeezing with your hands if necessary to remove as much liquid as possible. Put relish into a large heavy pot, along with the remaining ingredients; mix well to combine ingredients. Bring mixture to a boil and cook at a simmer for 30 minutes. When done, ladle hot into sterile jars; seal and process for 20 minutes according to manufacturer’s directions.

Cooking Corner

with Nancy Adams

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Zucchini Hot Dog Relish

This family favorite relish isn’t just for hot dogs. Ask my youngest grandson – he eats it with ‘relish’ on nearly everything except dessert!

Ingredients:
10 cups zucchini squash, ground
1 red and 1 green pepper, ground
4 cups onions
5 tablespoons pickling salt
2¼ cups vinegar
3 cups sugar
1 tablespoon nutmeg
1 tablespoon turmeric
2 tablespoons cornstarch
2 tablespoons celery seed
1/2 teaspoon black pepper

Seed zucchini if it is large, otherwise you can skip the seeding (no need to peel it). Grind the zucchini, onions, and peppers; put it all into a large bowl. (You can use a food processor, but I’ve found it has

Basil Oil Cubes

Quickly freezing herbs in ice cube trays with some oil is a good trick to know. Drop one or two of these cubes into soups, pasta sauces, or casseroles for a flavorful accent.

Ingredients:
2 cups fresh basil leaves, packed
1/2 cup olive oil or any light oil

Wash basil and spin dry in salad spinner or towel dry well. Remove any coarse stems. Place in a food processor or blender. Process until pureed, then slowly add oil and process to a smooth paste. Put immediately into ice cube trays, cover tightly with plastic wrap and freeze. When frozen solid, remove cubes and store in a plastic bag. (Tarragon and parsley may also be preserved in this manner, for use with poultry and fish dishes.)

Blueberry Marmalade

I make this every year as soon as blueberries ripen. It’s another family favorite and one that doesn’t sit long on the pantry shelves. The recipe is from *Preserving the Harvest* by Carol W. Costenbader.

Ingredients:
1 lemon
1 medium orange
3/4 cup water
1/8 teaspoon baking soda
4 cups blueberries, cleaned and crushed
5 cups sugar
6 ounces liquid pectin (note: use 2 bags as most pouches contain 3 oz.)

Peel lemon and orange; chop rinds. Remove all white membranes from citrus and chop pulp; set aside. Combine chopped rinds, water and soda in small saucepan. Bring to a boil, reduce heat, and simmer about 10 minutes, stirring occasionally. Drain well and reserve rinds. Combine blueberries, citrus pulp, and sugar in large, heavy saucepan or kettle; bring to a boil. Remove from heat and let cool five minutes; add the drained rinds. Add liquid pectin and return to a boil. Boil one minute, exactly, stirring constantly. If desired, skim off foam with a metal spoon. Ladle into sterile jars, cap, and seal while hot. Makes six half-pint jars.

Thanks to all MSN readers of Cooking Corner for your vote of appreciation and gold award for my food/recipe column. It gives me a lot of pleasure to share recipes and ideas with all of you each week. I continue to welcome your questions and notes as well. Keep on cooking! Nancy

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FOOD CO-OP

FRIDAY, AUGUST 28TH

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SEAFOOD FEST

A Gathering Of Seven

Happy summer and hoping you are enjoying the abundant sunshine and abundant life forms now thriving this time of the year.

My column this month is the final section of my recently published article, Skye's Songs, that explores my uncomfortable relationship with the Isle of Skye, my island namesake. This excerpt recounts what happened there during my most recent visit in 2024, in the company of three Aussie friends.

Healing Perspectives

with Skye Stephenson



A few steps ahead of us is a slim, young woman in a flame-red T-shirt and a pair of jeans. Her straight, obsidian black hair reaches to her mid-back. In her right hand, she is holding a ceremonial drum.

"Wish I'd brought my drum here," Stephanie shouts to her.

This woman turns around and smiles. She beats her drum a few times, masterfully. Then she introduces herself. She tells us her name is Mapi. That she is from Mexico City and is a specialist in temezcales. Some folks in England invited her to do one for the Fall Equinox next week. But she wanted to visit here, so she came for the day with two friends. Our meeting does not seem a coincidence.

A few minutes later, seven of us – Mapi and her two friends, Paula, also from Mexico City, and another Stephanie from São Paulo, Brazil, Stephanie from Australia, Liana, Ness, and I – gathered around a natural pool of water.

Mapi sings the first song to bless the waters in Nahuatl while beating a hypnotic rhythm on her drum. Then, my friend Stephanie sings a song gifted to her by an Aboriginal elder from the Kimberley region of Australia.

Finally, the Brazilian Stephanie sings a song of Oshún, the female Orisha or Yoruba spirit of the rivers and of sensuous love, beauty, honey, and all the glitters and shines. Like maybe the mythic cavern of gold under the ground, in the heart of Skye.

We sing in languages the colonizers (among them Scots) tried hard to eradicate. We sing songs of native peoples from the Americas, from Australia, and from Africa (via Brazil). We sing to the waters and stones, the earth and the stars, to love and the sacred, to the great hag Mother Earth herself, and above all, to new possibilities rising like lotus flowers from the stagnant muck of pooled memories, ours and others.

As I dip my feet into the cool waters, I think about the Wangunk people on the banks of the Connecticut River who once sang songs in their Algonquin language to the land, the crops, the waters, and Mother Earth herself, until people like my seventh great-grandfather from Scotland made them exiles. They have yet to be recognized by the US Federal government as a sovereign indigenous nation.

In retrospect, it is odd that none of us sang The Skye Boat Song that sunny September day at the Fairy Pools, especially considering that a few minutes later, clothes on and hugging one another, everyone but me shouted out "Jamie" when the automatic timer snapped our photo. They meant Jamie from

Outlander; each show in the popular series opens with The Skye Boat Song.

Since my third visit to the Isle of Skye, I have learned that the Gaelic name for this island is An t-Eilean Sgitheanach, which means Winged Isle, probably due to its shape, which resemble outstretched wings.

While I hope the songs we sang that day floated on wings (invisible or otherwise) to the sky and beyond, I pray even more they were carried (maybe by some winged being, perhaps a fairy) downwards through the waters and soil and bedrock to the crystalline heart of grandmother Earth, who holds us all in her embrace. Like us, she is ever changing.

And while memories of upheavals and exiles, fires and ice, tears and innocent blood shed cannot be fully erased from the planetary consciousness, we possess the power to lay a fresh layer atop the old. We can add something more harmonious in resonance and tune. Such may be the true alchemy spoken of in all wisdom traditions, the transmutation of traumas into a brighter, clearer, more luminescent gold. Perhaps this is the real magic of our songs.

May your words and songs of beauty, love, and joy this summer rise to the heavens, and beyond, on the wings of the breath of the sacred divine. Link to the full article: www.syncopationliteraryjournal.wordpress.com/creative-nonfiction-7.

Skye Stephenson enjoys writing and researching about sacred stones and place. She lives in Keene. <https://skiestephenson.com>.



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ENTERTAINMENT

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Wednesday, Aug. 12

ARTS, MUSIC & THEATER

Emma 7:30pm. Peterborough Players Theatre, 55 Hadley Rd., Peterborough. Based on the novel by Jane Austen. Performances through August 23rd. Saturday & Sundays at 4. 603-924-7585. www.peterboroughplayers.org.

FAMILY FUN

Storytime 10am. Richmond Public Library, 19 Winchester Rd. Stories, songs, and an easy craft for toddlers and pre-schoolers. Richmond Public Library: 603-239-6164.

MISCELLANEOUS

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. Takes approximately 10 minutes. 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, Aug. 13

ARTS, MUSIC & THEATER

Electric Earth Concerts: Debussy, Saint-Saëns, Brahms 7pm. First Church in Jaffrey, 14 Laban Ainsworth Way. \$30. Purchase online or at door (cash or check). Students and children with their parents are admitted for free. www.electricearthconcerts.org.

MISCELLANEOUS

The Monadnock Club: A Political Discussion Group 2-4pm. Peterborough Town Library, Kelly Room, 2 Concord St. Share views, listen to others, and consider perspectives. The discussion leader will share an agenda, including starting topic(s), recommended reading, and the ground rules. bithlo178@gmail.com.

Tech Talk: AI: What It Is and Why It Matters 6-7:30pm. Masiello Classroom, Keene Public Library, 60 Winter St. Discussion and hands on training aimed at improving tech skills and savvy. Free and open to all regardless of experience. The first 20 minutes will be a presentation by a librarian followed by practice and questions. Attendees encouraged to bring their own devices. Limited tech tools available. Amy Kraemer: 603-352-0157. akraemer@keenenh.gov.

Friday, Aug. 14

ARTS, MUSIC & THEATER

Art Reception, The Paintings of Earl Schofield 5-7pm. Dublin Community Center, 1123 Main St. 603-563-8080. info@dublincommunitycenter.org. www.dubhub-nh.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@jesusislord-tour.com. www.jesusislordtour.com/.

FAMILY FUN

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

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

LECTURES & WORKSHOPS

Amos Fortune Forum: Christine Guth 7pm. Jaffrey Center Meetinghouse, 15 Laban Ainsworth Way, Jaffrey. Joseph Lindon Smith: Dublin's Peripatetic Painter. Free, donations appreciated. www.amosfortune.com.

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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 c.1890s photo was taken in what Cheshire County village?

The winner of last week's Mystery Photo Contest was Terry Contas of Keene. The well-known person standing in the back of the group of children was American aviator Amelia Earhart.

MISCELLANEOUS

J Field Foundation Charity Golf Tournament Crotched Mountain Golf, Frances-town. \$10k Hole-In-One Prize. 18 holes, drinks, prizes, lunch, raffle, more. \$450/ foursome or \$125/pp. www.jenniferfield.org/golf-tournament.

Spanktown Papers: Jane Hulse 6pm. Toadstool Bookshop, 12 Emerald St., Keene. Hulse will talk about her latest novel in her American Revolution series.

Teen & Adult Craft Night: Bath Bombs & Scent Satchels 6pm. Conant Public Li-brary, 111 Main St., Winchester. Make fun scented bath bombs and satchels. Free, open to the public, sign-up encouraged. 603-239-4331. www.conantlibrary.org.

lin. Feature: Ian Galipeau. 603-563-8080. info@dublincommunitycenter.org. www.dubhub-nh.org.

Electric Earth Concerts: Joy of Sextets 7pm. Jaffrey Center Meetinghouse, Jaffrey. \$30. Tickets available online or at the door (cash or check). Students and children and their parents may attend for free. 603-499-6216. www.ElectricEarthConcerts.org.

Sat., Aug. 15

ARTS, MUSIC, THEATER

Coffee House & Open Mic 6-9pm. Dublin Community Center, 1123 Main St., Dub-

DINING PLEASURES

Ice Cream Social 6pm. Veterans Hall, 180 Old Homestead Highway, Richmond. Crafts for kids, ice cream and toppings, and the Elaine Moriarty Volunteer of the Year Award. Richmond Public Library: 603-239-6164. library@richmondnh.us.

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

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MISCELLANEOUS

North Peterborough Walk & Talk 10am. Contoocook Valley High School Parking Lot, 184 Hancock Road. Opportunities to explore and discuss the unique characteristics, opportunities, and challenges of two important village areas. Rain/Heat Date: Sunday, August 16.

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

Making Your Mark: Taking the Next Step Class with Kate Shaffer 11am-1pm. Jaffrey Civic Center, 40 Main St., Jaffrey. **603-532-6527**. info@jaffreyciviccenter.com. www.jaffreyciviccenter.com.

Story Time 11am. Conant Public Library, 111 Main St., Winchester. "The Legend of Rock, Paper, Scissors" by Drew Daywalt, followed by a craft. Weather permitting, it will be outside. Recommended for ages 3-8, but all ages welcome. **603-239-4331**. www.conantlibrary.org.

Gemmo Forest and Well-Seeded Gardens Hosts: Monadnock Grown Farm Tour 12-5pm. 180 Hurricane Road, Keene. For \$10 per vehicle, visitors can explore participating farms, meet local growers, learn how food is produced, and purchase locally made products from the people who grow them. Register at www.gemmoforest.com/event/monadnock-grown-farm-tour.

Monadnock Falconry 12-1pm. Chesterfield Town Hall, 522 NH-63. Meet a Harris' Hawk and see it on the wing, while Monadnock Falconry answers questions about their life histories and relation to their human handlers. **603-363-4621**. frontdesk@chesterfieldlibrary.org.

RELIGIOUS

Kingdom to the Counties 2-5pm. Cheshire County Fair Grounds, Swanzey. An open-air, full-band worship, preaching hosted by The Fourth Ministries. Free event. Doors open at 1.

Sun., Aug. 16

ARTS, MUSIC, THEATER

The Greater Keene Pops Choir: Outdoor Summer Concert 2pm. First Baptist Church, 105 Maple Ave., Keene. Free Donations appreciated. Beginning at 1:30, view & participate in silent auction. Bad weather date is Sunday, August 23rd. keenepopschoir@gmail.com.

FAMILY FUN

Berry Festival: Celebrating 30 Years Monadnock Berries, 545 West Hill Rd., Troy. Food, Bands, PYO Berries, and Flowers. See ad for times. **603-242-6417**.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Alex Green 11am. Peterborough Unitarian Universalist Church, 25 Main St. What Do We Do When We Discover We've Been Wrong? www.monadnocklyceum.org.

MISCELLANEOUS

First Responder Appreciation Day to Honor Local Police, Fire, and EMS in Keene 10am. Alumni Field, 77 Arch Street. A free, family-friendly celebration.

Tues., Aug. 18

ARTS, MUSIC, THEATER

From the Water Pastel Class with Maryann Mullett 12am-3pm. Jaffrey Civic Center, 40 Main St., Jaffrey. **603-532-6527**. info@jaffreyciviccenter.com.

MISCELLANEOUS

This Book Club is my Alibi: Mystery and Thrillers Book Club 4-5pm. Keene Public Library, 60 Winter St. Agatha Christie's The Murder of Roger Ackroyd. Registration appreciated. **603-352-0157**. akraemer@keenenh.gov.

Gemmo Forest and Well-Seeded Gardens Hosts: NOFA-NH Field Day 4-6pm. 180 Hurricane Road, Keene. Explore how regenerative growing practices can be applied at any scale. Register at www.gemmoforest.com/event/nofa-field-day.

Keene Pride Youth Book Club: The Gentleman's Guide to Vice and Virtue 5:30-6:30pm. Keene Public Library, 60 Winter St. Discussion of The Gentleman's Guide to Vice and Virtue by Mackenzi Lee. Snacks, crafts, talk about this month's pick. Eleanor Green: **603-352-0157**. egreen@keenenh.gov.



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Two Events To Experience Gemmo Forest

Monadnock Grown Farm Tour

Saturday, August 15, Noon-5pm
180 Hurricane Road, Keene

NOTE: Parking Available at Mill Hollow Works and along Hurricane Road
For \$10 per vehicle, visitors can spend the afternoon exploring our region's farms, meeting local growers, learning how food is produced, and purchasing locally made products directly from the people who grow them. Register at: <https://www.gemmoforest.com/event/monadnock-grown-farm-tour>.

NOFA-NH Field Day

Tuesday, August 18, 4-6pm

"Using Permanent Beds and Polyculture Plantings in the Garden and the Forest Farm" is a free educational event where participants can explore how regenerative growing practices can be applied at any scale—from a backyard garden to a forest farm. Register at: <https://www.gemmoforest.com/event/nofa-field-day>.



CELEBRATING 30 YEARS
1996 - 2026

BERRY FESTIVAL



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 PYO BERRIES • 8am - 6pm • \$30 Large Pail Sale	 PYO FLOWERS • 10am - 4pm

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Outdoor Summer Concert

Sponsored by the Keene Pops Choir
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&

Silent Auction

Sponsored by the First Baptist Church of Keene

Sunday, August 16th

First Baptist Church of Keene
105 Maple Avenue
Keene, NH

Concert Begins at 2:00 PM

Free Admission
Donations Appreciated

Silent Auction Opens at 1:30 PM

Auction Items Include: Handmade Quilts, Themed Baskets, Jewelry, Vintage Items, Gift Cards, Homemade Treats
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This is an outdoor concert. In the case of inclement weather this event will be held on the following Sunday, August 23rd at the same time.

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August 13, 2026
Hunter Corliss, son of Toby Corliss, Keene, 10
Lee Stone, son of Morgan Mason, Keene, 11

August 15, 2026
Harrison Spaulding, son of Anna Harris-Spaulding, Keene, 2

August 17, 2026
Ryker Tatro, son of Kaitlyn Tatro, Marlborough, 7

HANNAFORD'S BIRTHDAY CAKE

This Week's Winners



Harrison Spaulding, Keene, 2
Hunter Corliss, Keene, 10

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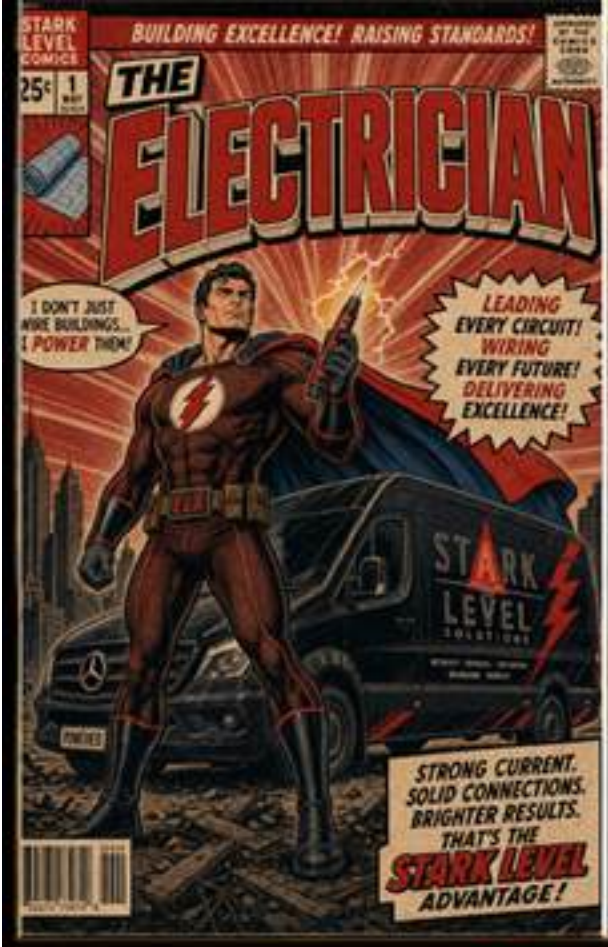
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Sixteen years later, that mission continues to change lives across Cheshire, Hillsborough, and Sullivan counties. Joy's Network provides grocery and gas cards, comfort-care packages, and connections to local resources—lifting burdens so families can focus on what truly matters: caring for one another.

Heroes aren't always found in comic books. Sometimes they're neighbors delivering meals, volunteers organizing fundraisers, or sisters carrying forward their mother's legacy with compassion and unwavering dedication.

COMMUNITY IS STRONGEST WHEN WE STAND TOGETHER.

Kimberley, Joy's Network's Founding President, and Michelle, its Secretary, balance life, work, with causes and family life. Their message is powerful: no one should have to worry about feeding their family or getting to treatment while facing cancer. Their leadership turns a neighbor's kindness into real help, and dignity where it is needed most. Local donations sustain the mission, and the Joy/Ride Cancer Benefit on August 8 brings the community together in support.



Michelle Potter (left) and Kimberley Diamond (right) of Joy's Network.



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