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By Lori Catozzi Cook

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PAVING, page 8

The Edge Ensemble Theatre Company Presents *Danny And The Deep Blue Sea*



Violence, guilt, self-hatred, distrust – not-so-admirable qualities that can undermine any relationship. Such is the condition of two troubled souls meeting in a Bronx bar. For its third show of its season, The Edge Ensemble Theatre Company presents *Danny and the Deep Blue Sea* by John Patrick Shanley.

Kim Dupuis directs this strangely compelling, powerful drama. Danny, played by Noah Carmel, is a violent young man shunned by his workmates who meets Roberta, played by Grace Johnson, a deeply wounded young woman profoundly distrustful of men.

EDGE, page 4

Grace Johnson and Noah Carmel in *Danny and the Deep Blue Sea*.

Platinum Singer/Songwriter Larry Fleet At The Colonial

Platinum singer/songwriter Larry Fleet will perform at The Colonial Theatre at 95 Main Street in Keene on Friday, September 25th at 7 p.m.

Raised on faith, family, and working hard, Fleet's honest and relatable lyrics are based on a life worth living. With a deep, soulful voice, this platinum singer/songwriter, (he co-wrote Morgan Wallen and Eric Church's #1 single, *Man Made A Bar*), has a new self produced album out, *Another Year Older*, and is selling out shows in the US and across the world.

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

With a deep, soulful voice, Larry Fleet (at right) is selling out shows in the US and across the world.



Ashuelot Concerts Announces Star Lineup For Season Discounted Season Tickets Available Before August 31st

Tickets are now on sale for the Ashuelot Concerts 2026-27 International Concert Series, featuring celebrated artists who regularly appear on the world's leading stages.

The new season is Ashuelot Concerts' biggest yet, featuring 22 concerts at five different venues across three states. This year, the organization is expanding its concert series into Massachusetts with five events at the Montague Retreat Center. Season tickets booked before Monday, August 31st receive a discount.

Co-Artistic Directors Louisa Stonehill and Nicholas Burns have assembled a roster of internationally

acclaimed artists including Germany's ARIS Quartett, recording artists for Deutsche Grammophon; Sitkovetsky Trio (internationally touring piano trio); Nina Lee (Brentano Quartet, faculty at Yale and Juilliard); famous cellists Edward Arron and David Cohen; violinist Alex Redington (Doric String Quartet); violists Milena Pajaro-van de Stadt (Dover Quartet), Nicholas Cords (Silkroad Ensemble, Brooklyn Rider), and Grammy Award-winner Masumi Per Rostad.

"We are thrilled to welcome so many new artists of this caliber to our region," says Stonehill. "This new season reflects our belief that performances from the world's big stages belong in this community."

CONCERTS, page 4

Traditional Craft Demos At Chase's Mill This Saturday

Chase's Mill will host visitors of all ages at Traditional Crafts at the Mill, a free interactive day of artisan demonstrations on Saturday, August 22nd, from 10 a.m. to 2 p.m. This is a family-friendly event. There will be guided tours of the historic mill's waterworks, and Cub Scouts will host a refreshment stand.

"We want to give people an introduction to many of the region's traditional crafts and get a chance to try their hand at some of them," says Ann Acheson, co-chair of the mill's board.

Kathy Torrey will teach attendees how to card wool and spin it using a drop spindle. "We'd like to show some different kinds of crafts for people to learn about. Some will be hands-on, some, such as the more skilled stone carving, will be eyes-on," Torrey notes. "People will not only be introduced to the crafts, but can also talk to the people in the area who are doing them."

Featured demonstrations include: stone carving, carding and spinning wool, blacksmithing, pounding ash logs to harvest materials for basket making, pottery, chair caning, rug hooking, and others.

Classes, tours, and events continue at the Mill thru early October. For more details, visit chasesmill.org.

At right, Emily Healy, Emma Kuester, Hayley Kolding (R to L) turning an ash log into splints for making baskets.



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from THE MONADNOCK HUMANE SOCIETY

Catrick Swayze

Catrick Swayze (Spirit Cat), is a three-year-old male, domestic shorthair. He is quiet and independent, looking for a patient adopter who will let him settle in at his own pace. He can be cautious around new people, but with a predictable routine and plenty of space, he has the potential to build confidence over time. He would do best in a calm home with older children, if any, and may be happiest with female cats or as the only pet.

Catrick should begin in a larger, quiet room where he can adjust before exploring the rest of the home. He appreciates having his boundaries respected and will need an adopter who understands that trust takes time. Whether he blossoms into a more affectionate companion or remains an independent spirit, Catrick deserves a family who will love him for exactly who he is.

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Two Songwriters At The Kitchen Table Talk This Friday In Jaffrey

The Amos Fortune Forum summer speaker series will feature songwriters Tom Smith and Cosy Sheridan on August 21st at 7 p.m. Attendees will join Cosy Sheridan and Tom Smith in conversation about the why and how of songwriting, and how this ancient art form serves both the songwriter's and the listeners' healthy relationship to the challenges of living in the modern world. They will illustrate this by performing songs based upon prompts chosen randomly from a hat, discussing the back-story of each song and the process of writing them. Song prompts will run the gamut of relationships, current events, humor, hardship, nature, aging, and more.

Sheridan is a resident of Harrisville and has been called one of the era's finest and most thoughtful song writers. Her music regularly tops the folk radio charts. She has performed at Carnegie Hall, The Cowgirl Hall of Fame, and on the Jerry Lewis Telethon. Sheridan teaches classes in songwriting, performance, and guitar at workshops and adult music camps across the country.

Tom Smith is a summer resident of Jaffrey. A folk veteran of over 45 years, he performs at festivals, coffeehouses, schools, and concerts.

The Amos Fortune Forum is free to the public, and is held on Fridays in July and August at the historic Meeting House, built in Jaffrey in 1775. A recording of each event will be available on YouTube shortly after the presentation. More program information is available at www.amosfortune.org.

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Ashuelot Concerts Announces Star Lineup For Season

Discounted Season Tickets Available Before August 31st

CONCERTS, Continued from page 1

Concerts take place at Stonewall Farm in Keene; The Park Theatre in Jaffrey; the Dublin School in Dublin; the Bellows Falls Opera House in Vermont; and the Montague Retreat Center in Massachusetts.

Alongside its public concerts, Ashuelot Concerts brings performing artists into local K–12 classrooms, reaching approximately 5000 children each year across 40 school performances.

Full details, dates, and tickets are available online at www.ashuelotconcerts.org. Early booking is recommended, as concerts regularly reach capacity.

This photo is of Violinist Louisa Stonehill and Pianist Nicholas Burns of Ashuelot Concerts performing with Cellist Tommy Mesa and Violinist Masumi Per Rostad.



Vinyl Collections May Hold Hidden Gems

If you have a crate of old records collecting dust in the basement, think twice before you toss them out. Believe it or not, there may be a hidden gem or two buried in the stack.

Contrary to popular belief, the vinyl craze is back. In 2006, after years of declining sales, the popularity of vinyl records began a steady trend upward. In 2008 sales jumped significantly, and in 2010 they expanded from niche collectors to the mainstream market. While the reasons for that turnaround vary, it creates a potential payday for albums that were produced in limited quantities, those with historical significance, and those with specific pressing details

such as audio format differences, unique artwork, additional content, or innovative packaging.

“I came across a Harry Nilsson press kit from the 1960s, valued at \$160,” says Danny Kamps, owner of Dodo Music in Keene, “and a copy of Radiohead’s *Okay Computer*, valued at \$375.” Other record sellers have seen astounding numbers, including a handful of pressings of Bruce Springsteen’s *Born to Run* album (which currently resides on the 100 most valuable vinyl records list) that sold for \$5,000 or more. A copy of Pink Floyd’s *The Piper At The Gates of Dawn* sold for \$6,500. And if you’re lucky enough to have a rogue copy of Prince’s *The Black Album* (which was never officially released), you’re looking at a value of \$25,000.

“It’s important to remember that rare recordings are just that: rare and hard to spot by the untrained eye,” says Kamps. “A lot of what I see goes into the dollar bin because truly rare recordings are not that prevalent. But believe me, they do exist. Might one be hiding in your collection? Best to be sure before you discard them.”

For more details about vinyl records, or to arrange an appraisal for larger collections, DoDo Music is located at 20 Main Street (Suite #2) in Keene. The store can be reached at 603-354-3469.

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The Edge Ensemble Theatre Company Presents Danny And The Deep Blue Sea

EDGE, Continued from page 1

Their aggressive interaction becomes a proving ground for different life paths and, possibly, a hopeful future for both.

The play premiered in 1983 at Circle in the Square. It was revived in 2023, with Aubrey Plaza and Christopher Abbott; in 2024, it was nominated for a Drama League award for an outstanding revival and for a Lucille Lortel award.

Performances are August 21st, 22nd, and 27th through 29th at 7:30 p.m. and August 23rd and 30th at 2 p.m. at The Edge Theater at 310 Marlboro Street, Suite 112, in Keene. Tickets are \$20 general admission, \$18 for seniors and students, and must be purchased at the door by cash or check. No credit cards can be accepted at this time.

For more details or to make reservations, call 603-352-5657 or email theedgeensemble@aol.com. For anyone with special needs, call early to reserve an appropriate seat. Visit www.edgeensemble.org for more details about The Edge Ensemble Theatre Company.

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Five Back-To-School Routine Hacks

The only way to get through chaotic mornings, after-school activities, and an ongoing schedule of appointments, lessons, and games is to have a well-structured routine in place as the children head back to school.

With clear guidelines, kids understand what's expected of them, and parents can reduce the likelihood of meltdowns or power struggles.

Here are five hacks for back-to-school routines:

Hack #1 – Scheduling

Going over a weekly schedule as a family is so important. Set a time each weekend so that the entire family can see what's ahead for the following week. On a large calendar, write in doctor appointments, games, lessons, and events so that everyone can see and understand what is coming up and/or expected. Tackling this as a family will give the children the feeling of working as a team. Then, every evening, someone reads off what is going on the next day as a reminder.

Hack #2 – Mornings

Children learn and grow more independently if the family gets into a well-structured morning routine. Granted, things can turn on a dime when raising a family, so though I say well-structured, that would be well-structured but knowing it can be tweaked at any moment.

Start by creating a simple step-by-step guide for your children. This could be spelled out on a large whiteboard in the kitchen and can include something like get dressed, eat breakfast, brush teeth, gather up backpacks, grab lunches, etc. And the start to a routine day might also set the tempo for the kids' organization throughout their entire day. A predictable morning routine also means less stress for parents and a positive tone set for their day!

Monadnock Family

with Lori Catozzi Cook



Hack #3 – Breaking Down Tasks

Instead of giving your kids big tasks that might feel a bit overwhelming, break them down into smaller, more manageable steps. For instance, when he or she hears "clean your room," that can feel a little much when your child looks around at all that needs to be done. Instead, break it down: put away your toys, take care of your clean clothes, pull out everything under your bed, etc. Praise their progress after each simple task is accomplished, which will, hopefully, keep them motivated to keep going to complete the entire task. The kids will not only be learning time management skills but also learning independence.

Hack #4 – Prep Work

It's all about prep work when you are raising a family. Parents can be prepared each week by having a meal plan for each night. And if you want to be more prepared for weeknights, you can make a couple of big meals during the weekends that would otherwise take you over an hour to make and bake.

SCHOOL, page 7

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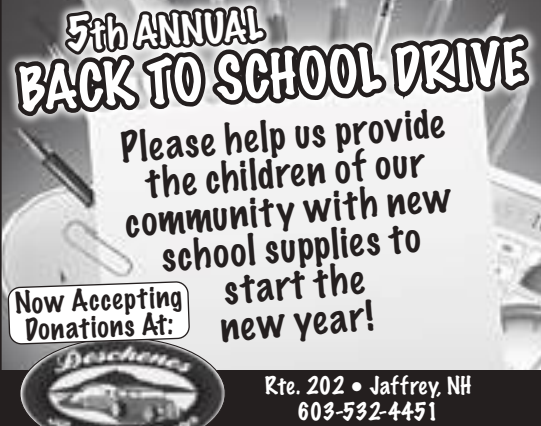


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Mindfulness For Caretakers Workshop In Keene

The Monadnock Mindfulness Practice Center will begin a four week workshop with a focus on Mindfulness For Caretakers, Friday, September 11th through October 2nd from 1 to 3 p.m., at the Monadnock Mindfulness Practice Center, at 103 Roxbury Street in Keene. The workshop will be conducted in a hybrid format, with in-person or Zoom as an option, to accommodate those whose caretaking role requires them to remain at home.

When a family member or friend requires intense hours of care, help, and support to maintain daily functions and quality of life, much attention and concern is directed at meeting those demanding needs. Less attention is offered to the person or people who step up to make sure those needs are met. The relationship between the person with needs and their caretaker is profound and multi-layered – often changing in unanticipated ways. The commitment required can involve a long haul or a brief but intense involvement. This workshop will direct the focus to the caregiver, with Mindfulness Practice as a tool for coping with some of the physical and emotional stress that can sap caregivers of their own wellbeing, as well as their capacity to offer the best care possible.

One of the foundations of Mindfulness Practice

is compassion. To be a caregiver is to draw on deep wells of empathy and skill to ensure another person's safety and quality of life. The focus will be directing that same kindness to the caregiver with respect for the depth of effort and heart that go into each day in that role.

The workshop will be led by two facilitators on the Board at the Center. Aylene Wozmak has been practicing meditation for over 30 years. She recently retired as a hospice nurse with over 25 years experience. She is the current chairperson of the board as well as a facilitator at the center. She has received training in Mind/Body Medicine through Harvard Medical School Dept. of Continuing Medical Education. Ginnie Gavrín is a retired massage therapist with 30 years of meditation practice as a foundation for her role as facilitator at the center. She recently served as caretaker for her husband in the late stages of his Parkinson's disease.

Suggested donation for the workshop is \$75. All proceeds go to support the ongoing life of the Monadnock Mindfulness Practice Center. No one is ever turned away for lack of funds.

For more details or to register, call 603-355-7255 or 603-876-9318.

Shabbat Service At Cathedral Of The Pines

Rabbi Dan Aronson and Congregation Ahavas Achim in Keene invite everyone to join them on Saturday, August 22nd at 10 a.m. for an outdoor Shabbat service at Cathedral of the Pines, where prayer, music, and the splendor of the natural world come together in a truly inspiring setting. All are welcome to share in this meaningful morning of reflection and community. In the event of inclement weather, the service will be held inside

Folks are invited to bring the family, invite friends, and come celebrate summer with members of the congregation who look forward to welcoming their neighbors from across the Monadnock region to this cherished tradition.

For more details, call 603-352-6747, e-mail office@keenesynagogue.org, or visit www.keenesynagogue.org.

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Five Back-To-School Routine Hacks

SCHOOL, Continued from page 6

This is great for those after-school nights when you are running with everyone in different places and don't have a lot of time to make dinner. Another thing that is helpful is to make sure the "family" car is gassed up each week – ready for wherever you need to go during the weekdays.

For kids, preparation can be nightly packing of backpacks with books and homework, and then putting sports gear, gymnastics or dance leotards, and instruments near the backpack so everything is easier in the morning – no running around frantically while you are trying to get out the door to school.

Hack #5 – Encourage Ownership

Holding kids to a schedule will help them feel responsible for their actions. If they have ownership over their schedules, then it is more likely they will follow through and take it seriously. When allowing your children to make some decisions about their routines, like choosing the order of their tasks, you'll find it helps them develop a sense of independence.

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

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Bowie Booth, daughter of Ryan Booth & Rianne Asher, Keene, 8

August 22, 2026
Haisley Naeck, daughter of Cody & Olivia Naeck, Swanzey, 6
Layla Atwood, daughter of Karissa & Tom Atwood, North Swanzey, 4

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Macauley Mickle, son of Matthew Mickle & Kelsey Fitzgerald, Bellows Falls VT, 4



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Cooper Paving ~ Woman Owned And Operated

PAVING, Continued from page 1

This multi-generation family-operated crew has serviced the Monadnock Region and surrounding communities for over 61 years.

This woman-owned paving business is led by Denice Cooper, who took over the business after the passing of her husband, Nelson Cooper, Sr. Denice, along with her sons and grandsons, have been carrying on with the vision of being a first-rate paving company that Nelson had when he started it back in 1965.

“Denice and her crew did a fantastic job on our driveway,” says Jim McByrne. “The crew was very professional and friendly. The price was also very reasonable. We are very pleased with our new driveway. This is also a local, family-owned business – the people I like doing business with!”

“We have been waiting 35 years to get our disintegrating driveway paved,” says Timothy Rogers. “Cooper Paving made our dreams come true. Their pricing was very reasonable with no hidden costs or extra fees. On the paving day, they answered all my questions and were friendly and professional. Their work resulted in a beautiful driveway, smooth as glass.”

From receiving an estimate to a completed asphalt project, customers will be dealing with owners and management directly. “I get pleasure in meeting and working with people, and then seeing how happy they are when our job is done,” says Denice. “We provide excellent workmanship for the residential



Cooper Paving has three generations of Coopers on board. Second-generation Guy Cooper (back) and third-generation Maximus Cooper (Guy’s nephew) know how to get the work done efficiently and effectively.

and commercial markets. In need of a new driveway, parking lot, or asphalt repair? We have the solution.”

Cooper Paving lends itself to being reliable, trustworthy, dedicated, experienced, fast, and affordable. Customer service is the primary focus in every job that this team takes on, because they want to be known as the best asphalt paving construction service to work with.

The many services that Cooper Paving offers include driveways and parking lots, sidewalks, walkways, curbing, grading, hard pack and stone, asphalt paving and seal coating, excavating, draining, resurfacing and overlays, patching, crack filling, and driveway and parking lot repairs.

This paving business also makes sure that all machinery is up-to-date to ensure reliability, fuel efficiency, and precision paving performance. “We take pride in our equipment, so people know we take pride in our work,” Denice adds.

With years of experience and a performance level for quality work, Cooper Paving works hand-in-hand with every customer to ensure that they get the finished product they want.

“Cooper Paving exceeded every expectation I had from start to finish,” says Rachele Sillike. “It’s rare to find a company that combines top-tier workmanship with genuinely outstanding customer care; but that’s exactly what you get here. Denice, the owner, is an absolute standout. She’s not only knowledgeable and professional, but also incredibly attentive and easy to work with. From the first conversation, she made sure every question was answered, and every detail was handled with care. You can tell she truly takes pride in her business and values her customers.”

She continues: “The crew was punctual, respectful, and highly skilled. The quality of the paving work is flawless: clean lines, smooth finish, and built to last. They kept everything organized and made sure the job site was spotless when they finished. What really sets Cooper Paving apart is the customer service. Communication was clear and consistent throughout the entire process, and they went above and beyond to make sure I was completely satisfied.”

“I recommend Cooper Paving & Excavation to anyone who is shopping for a paving contractor,” adds Robert Ekblom. “They listened to my needs, offered a fair price, showed up on time, and did a very good job.”

This full-service paving company gives free estimates and is fully insured. For more details or to set up a free estimate, call 603-239-8051 or visit www.cpavenh.com.

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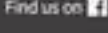
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Gardening Adds Years To Your Life And Life To Your Years

Author Unknown

Chinese proverb: Life begins the day you start a garden.
Gertrude Jekyll: A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.
William Kent: Garden as though you will live forever.
Voltaire: We must cultivate our own garden. When man was put in the Garden of Eden he was put there so that he should work, which proves that man was not born to rest.
Alfred Austin: The Glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.
Alice Sebold: I like gardening – it's a place where I find myself when I need to lose myself.

Woods and Gardens

with Rose Kowaliw



Rudyard Kipling: Gardens are not made by singing "Oh how beautiful", and sitting in the shade.
May Sarton: Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.
Michael Pollan: The garden suggests there might be a place where we can meet nature halfway.
Janet Kilburn Phillips: There are no gardening mistakes, only experiments.
Greek proverb: A society grows great when old men plant trees whose shade they know they shall never sit in.
Emily Dickinson: The pedigree of honey does not concern the bee; A clover, any time, to him is aristocracy.
Walt Whitman: Give me odorous at sunrise a garden of beautiful flowers where I can walk undisturbed.
Walt Whitman: A morning-glory at my window satisfies me more than the metaphysics of books.
Sylvia Plath: So come, and slowly we will walk through green gardens and marvel at this strange and sweet world.
Ralph Waldo Emerson: The earth laughs in flowers.
Ralph Waldo Emerson: Love is like wildflowers: It's often found in the most unlikely places.
William Shakespeare: Daffodils, that come before the swallow dared, and take the winds of March with beauty.

Alfred Tennyson: If I had a flower for every time I thought of you... I could walk through my garden forever.
Theodore Roethke: Deep in their roots, all flowers keep the light.
Oscar Wilde: A flower blossoms for its own joy.
Paul A.M. Dirac: Pick a flower on earth and you move the farthest star.
Henri Matisse: There are always flowers for those who want to see them.
Robert A. Heinlein: Butterflies are self-propelled flowers.
Suyasha Subedi: Lilies bloom when we laugh together.
Ellen Everett: Let us live like flowers, wild and beautiful and drenched in sun.
Ken Petti: Every flower blooms in its own time.
Kakuso Okakura: In joy or sadness flowers are our constant friends.
John Harigan: Happiness held is the seed. Happiness shared is the flower.
Walter Hagan: You're only here for a short visit. Don't hurry, don't worry, and be sure to smell the flowers along the way.
Shannon Mullen: Even the tiniest of flowers can have the toughest roots.
Koshin Ogul: A flower does not think of competing with the flower next to it, it just blooms.
Kahlil Gilbran: The optimist sees the rose and not its thorns; the pessimist stares at the thorns, oblivious to the rose.
Robert Frost: Oh, give us pleasure in the flowers today.
Carole Radziwill: The very best relationship has a gardener and a flower. The gardener nurtures and the flower blooms.
Unknown: The best tool in the garden is the knowledge of a gardener.
Clare Ansberry: Gardens and flowers have a way of bringing people together, drawing them from their homes.
Victor Hugo: A garden to walk in and immensity to dream in – what more could he ask: A few flowers at his feet and above him the stars.
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.

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Grumpy, Not Gracious

It didn't start out too well. First of all, we missed two stretches of haying weather in June, because we were overwhelmed by the garden and the beginning of CSA season. Then we took a chance on a less than stellar weather report, and our first batch of hay got wet – twice.

The hay was finally dry again on one of our harvest days. We harvested from five in the morning until after one. By three, we had already made not one but two separate trips to Jack's Hardware for the right size spring for the hayloader.

It was an easy fix with the right spring, but we were in the delicate process of moving the too-large hayloader out of our too-small barn, which requires some finesse and sturdy chucks, when two perfectly innocent young people, there to arrange a visit from a wilderness education camp, came up the driveway.

Instead of "Hello! Welcome!" I hollered, "Will you move your car so our CSA members can park?"

The two quickly complied and rushed over to the barn, offering help.

"No," I said ungraciously, "We've been doing this together a long time and help only makes it worse." They stepped back a little, probably wondering if this farm visit with 11to13 year old girls was a good idea.

We got the hayloader out, and I tried to be more congenial, along the lines of, "We have a very full day, but we can answer a few questions. If you talk fast." Did I mention that this was a nearly 99-degree

day? We rapidly and sweatily figured out visit details, and then my fellow and I slowly and sweatily picked up our crummy hay until dark, with our working hayloader and our wonderful horses, Willow and Fern, the best hay horses we've ever had.

"Sorry you have to eat this crummy hay next February," we said to the horses, who are much more gracious than I. In fact, it was the horses' charming natures that made the girls' farm visit the next day worthwhile. (Along with our charming farm pooch, who raced to have his belly rubbed by 11 girls and three counselors.)

**Green
Monadnock**

with Kim Peavey



My next gracious comment, as I was setting the girls up for some weeding, was "You're all doing it wrong." Happily, they seemed undaunted by the worn-out grumpy farmer. Plus they loved unloading the crummy hay: lots of delighted yelling, and "Jump! It's really fun!"

All of which brings us to the perfect part of the haying season. No machinery breakdowns, the wonderful horses, a stretch of ten days of exquisite haying weather, all in the 80-degree range.

My fellow kept checking the weather, and he and Willow and Fern would mow, ted, and rake the successive batches, and then we would all pick up. Meanwhile I kept the rest of the farm together, harvesting, watering flats, transplanting, and making an occasional meal.

By day seven, when I had been up gasping in the night with leg cramps from loading hay, and my fellow started antibiotics for Lyme Disease, we were losing our haying fire. Thank goodness our daughter came home to help at the beginning, and two farmer friends came to help toward the end.

By Friday, the third of the 5 a.m. harvest days to coincide with haying, we were moving pretty slowly. So were Willow and Fern. But we did it. We pulled the last load into the barn at six p.m. Then we went to get ice cream. Then we came home and picked beans until ten with a flashlight. Then we collapsed into bed, dreaming of a barn full of (mostly) beautiful hay.

Kim Peavey farms and writes from southwestern New Hampshire. She and her family, as well as two teams of draft horses, grow vegetables biodynamically for 100 local families through a CSA garden. See www.hillsidespringsfarm.com for more information on the horse- and hand-powered farm, CSA garden, or Kim's writing.



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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. 8/22/26

Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Keene
Marlborough
Marlow
Nelson
Peterborough
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Sat. 9/12/26

Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Keene
Marlborough
Marlow
Nelson
Peterborough
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Wed. 9/16/26

Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Keene
Marlborough
Marlow
Nelson
Peterborough
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Sat. 9/26/26

Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Keene
Marlborough
Marlow
Nelson
Peterborough
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

Sat. 10/10/26

Acworth
Chesterfield
Dublin
Gilsum
Greenfield
Hancock
Harrisville
Keene
Marlborough
Marlow
Nelson
Peterborough
Stoddard
Sullivan
Surry
Swanzy
Walpole
Westmoreland

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.)

Settling Down A Highly Charged Nervous System And Strong Emotion

While I was up late at night recently, trying to quell a bout of intense emotion over a life change, I stumbled on a TV program about traditional Irish musicians. The fiddle player made a comment on modern tourists who rush through his quiet coastal town. "We have lost the ability to wait," he said. "There is no wisdom without waiting." His comment struck me because I was restless, eager to be rid of all discomfort without waiting another sleepless moment.

emotions by first opening to a sense of compassion, acknowledging and naming the emotions that are present. By taking a few deep breaths and a few more, a small separation opens up between the stressor and any possible response. In that gap, we can experience two simultaneous feelings: the reality of our intense emotion while also sensing a hint of an intelligent heart at our core that guides us toward a calmer way forward. Waiting with some patience, and a few more breaths, allows that gap to increase. Then we can ask: If I am truly overwhelmed, where can I find help? Or can I find a first step toward clarity on my own?

Settling down a highly charged nervous system and strong emotion

can take time. Developing a regular meditation practice can be helpful in those moments when calm is elusive and emotion holds sway. In less stressed times, we practice using the breath to access that compassionate heart in small moments of discomfort or confusion. When big emotions sweep through, we draw on our practice of finding that moment of separation and opening up to our intelligent heart.

Another element of mindfulness practice that helps in hard times is the understanding that our lives are built on relationship. No one crawls out of crisis alone. Mindfulness practice supports a concept of Sangha, building a compassionate community that offers non-judgmental understanding and a belief that there is a healthy nourishing path available to everyone. In addition, many teachers and meditation practitioners have offered books and articles to sit with that speak to the journey back to a sense of hope and ease.

When we can face our own deep emotions, we naturally develop compassion for others when they face trauma and turn to us for a hand to hold in the darkness. Inevitably, we will be loud. We will be shaking. We will be choked up. Blessings and much gratitude to the people who care and wait with us for the time it may take to find our way.

Ginnie Goulet Gavrin has been practicing meditation for 30 years.

Healing Perspectives

with Ginnie Gavrin



Big emotions that rise up anytime of night or day can overwhelm us with their intensity, and yet are unavoidable even if we try to deny them. That denial can harm us in both body and soul. Back surgeon, David Hanscom observed with his patients, " ...adrenalized neural circuits can block one's willingness to learn." Without learning, how can we move forward toward helpful solutions?

Our modern pace is frenetic and values excitement and stimulation in all circumstances. Adding more charge to an already adrenalized nervous system brings about a mind gone blank with agitation. No one escapes this reality. A frantic mind has no discernment and acts impulsively without thought or insight about consequences. Every life contains harsh emotional events that leave us with shaking limbs, a hot flushed face, squeezed breath, tears, and shouting. Our nervous system is geared to respond immediately – to threats about our safety, to rage at cruel injustice, to crushing sadness over a significant loss. Mindfulness practice offers tools for addressing these inevitable moments in our lives without resorting to denial.

There is a myth that meditators go through life with an imperturbable calm or that all meditation sessions are peaceful and blissfully unemotional. Rather, mindfulness practice encourages approaching gushes of charged

Currently, she teaches meditation and writing workshops at the Monadnock Mindfulness Practice Center where she is a facilitator and member of the board. Ginnie worked as a massage therapist for over 25 years before retiring. She holds a Master's Degree in counseling where she focused on integrating meditation into working through life crises.

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Among Dinosaurs

The Chesterfield Library will host a Vermont Museum of Natural History presentation, *Among Dinosaurs*, on Saturday, August 22nd, from 10 to 11 a.m. at Chesterfield Town Hall. The program explores the era's most famous creatures and also the plants, prehistoric mammals, ancient ocean invertebrates, and fossils that thrived alongside them.

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ENTERTAINMENT

and DINING

Wednesday, Aug. 19

ARTS, MUSIC & THEATER

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

MISCELLANEOUS

Blood Drive 10am-3pm. Home Healthcare, Hospice and Community Services, 312 Marlboro St. Book a time at **800-733-2767**. www.redcrossblood.org.

Thursday, Aug. 20

ARTS, MUSIC & THEATER

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

Friday, Aug. 21

ARTS, MUSIC & THEATER

The Jesus is Lord Tour 6pm. Railroad Square, Keene. Gospel through prayer, praise, music, testimonies. Thomas Travers: **603-381-9077**. tom@jesusislordtour.com. www.jesusislordtour.com/.

Danny and the Deep Blue Sea 7:30pm. The Edge Theater, 310 Marlboro St. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

LECTURES & WORKSHOPS

Amos Fortune Forum: Tom Smith & Cosy Sheridan 7pm. Jaffrey Center Meetinghouse, 15 Laban Ainsworth Way. Two Songwriters at the Kitchen Table. Free, donations appreciated. www.amosfortune.com.

MISCELLANEOUS

Blood Drive 11am-3:30pm. Community House of Federated Church, 160 Main St., Marlborough. **800-733-2767**. www.RedCrossBlood.org.

Saturday, Aug. 22

ARTS, MUSIC & THEATER

Peterborough Folk Music Society: Paul Klemperer & Band 5:45pm. Deb's House, Harrisville. Tickets at **603-318-9196**. www.pfmsconcerts.org.

Danny and the Deep Blue Sea 7:30pm. The Edge Theater, 310 Marlboro St. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

Isness Ensemble at Mole Hill 7:30pm. Mole Hill Theatre, 898 Gilsum Mine Rd, Alstead. Upbeat groove, funk, rock & soul. All ages, family-friendly. Dennis Molesky: **603-352-2585**. info@molehillnh.com.

FAIRS & SALES

Keene Farmers' Market 9am-1pm. Gilbo Avenue, Keene. www.keenefarmersmarket.com/.

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

Fitzwilliam Library Book Sale 9am-2pm. Fitzwilliam Town Library, 11 Templeton Turnpike. Hundreds of books available. For the last hour will be by donation only.

FAMILY FUN

Little Red Schoolhouse 2-4pm. Jaffrey, open for touring. Free. Visit the school that children attended in the 1800s. Saturdays and Sundays through August 30th.

Fairy House Festival 9-11:30am. Sophia's Hearth Family Center, 700 Court St., Keene. Crafts for children, build a fairy house, music. **603-357-3755**. www.sophiashearth.org.

MISCELLANEOUS

Book Launch 3-5pm. St. Michael's Episcopal Church,

18 Bradley Ave., Brattleboro, VT. *Around the World in 42 Days*. **802-257-7686**. schroeder.ann@comcast.net.

Hazardous Waste Collection 8am-1pm. Keene Recycling Center, 55 Old Summit Rd., Keene. For towns served and details, <https://ci.keene.nh.us/public-works/household-hazardous-waste-schedule> or call **603-352-5739**.

Blessings Giveaway 9am-12pm. The Church of Jesus Christ of Latter-day Saints, 130 Summit Rd., Keene. Clothes, shoes, coats, hats, and gloves. Donations accepted now. Nancy Clark: **603-209-1930**. nrsnnc@icloud.com.

West Peterborough Walk & Talk 10am. Masonic Lodge Parking Lot, 8 Windy Row. Explore and discuss the unique characteristics, opportunities, and challenges of two important village areas. Rain/heat date: Sunday, August 23.

VTMNH: Among Dinosaurs 10-11am. Chesterfield Town Hall, 522 NH-63. Prehistoric mammals, ancient ocean invertebrates, fossils, and more. **603-363-4621**. frontdesk@chesterfieldlibrary.org.

Fabrics from mid 18C to 1930 10am-1pm. The Stone House Tavern Museum, corner of Routes 9 & 63, Chesterfield. Antique clothing, quilts. Free. www.chesterfieldhistoricalsociety-nh.org/.

Community Conversation 10am-12pm. Heberton Hall, Keene Public Library, 60 Winter Street. Changing nature of communities and the role of community centers in strengthening Keene. Registration: **603-352-0157**, www.keenepubliclibrary.org/.

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

RELIGIOUS

Shabbat Service 10am. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. Rain or shine. **603-352-6747**. office@keeneynagogue.org. www.keeneynagogue.org/.

Sunday, Aug. 23

ARTS, MUSIC & THEATER

Danny and the Deep Blue Sea 2pm. The Edge Theater, 310 Marlboro St., Suite 112. \$20/\$18 seniors & students. Reservations at **603-352-5657**. www.edgeensemble.org.

LECTURES & WORKSHOPS

Monadnock Summer Lyceum: Louis P. Masur 11am. Peterborough UU Church, 25 Main St. Leadership Lessons from Lincoln. www.monadnocklyceum.org.

RELIGIOUS

Worship 10am. First Congregational Church of Swanzey, 679 Old Homestead Hwy. **603-352-6689**. office@swanzeyucc.org. www.swanzeyucc.org.

Monday, Aug. 24

MISCELLANEOUS

Red Cross Blood Drive 12-4:30pm. Cathedral of the Pines, 10 Hale Hill Rd., Rindge. **800-733-2767**. www.RedCrossBlood.org.

Tuesday, Aug. 25

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. www.jaffreyciviccenter.com.

MISCELLANEOUS

Bridging Differences: "Who We Are" 4pm. Franklin Pierce University, Rindge. Monthly series of Community Conversations, short documentary, "Who We Are" featuring Jeffery Robinson, followed by discussion. Free. RSVP at rindgerj@gmail.com.



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(Prepared by the Historical Society of Cheshire County)



On what street in what Cheshire County community was this diner located?



The winner of last week's Mystery Photo Contest was Mare-Anne Jarvela of Munsonville. The c.1890s photo was taken in Munsonville.

Fitzwilliam Library Book Sale Saturday

The annual Fitzwilliam Library Book Sale is this Saturday, August 22nd from 9 a.m. to 2 p.m., rain or shine. Hundreds of books of all sorts will be available, so attendees can stock up for hours of enjoyment. Readers can get those books they've been thinking about purchasing at bargain prices. The last hour will be by donation only. The Fitzwilliam Town Library is located at 11 Templeton Turnpike in the center of Fitzwilliam.

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Sat., August 29th & Sun., August 30th

Richmond Community Church

Yard & Bake Sale, Saturday, 8-2

Richmond Public Library

Used Book Sale & Raffle, Sunday, 10-2

Richmond Historical Society

Tramp House Reenactment, Sunday, 11-3

Richmond Fire Department

Chicken BBQ, Sunday, 12-3



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Such might read an invitation to attend a reunion of family, schoolmates, neighbors, or work associates. From mid-August into September people often gather to celebrate past memories and future hopes with shared food and camaraderie. It's time to dig out those classic potluck favorites – casseroles cooked in a 9x13-inch baking dish. Other reunion favorites might include fried chicken, baked beans, Aunt Maud's homemade rolls, deviled eggs, macaroni salad, chorizo dip, a frosted sheet cake or watermelon. If you're looking for a different idea, try one of Cooking Corners' dishes to bring to your next reunion or potluck meal.



A vegetable platter from Cooking Corner's kitchen.

Cooking Corner

with Nancy Adams



Charcuterie Board

A board (or platter) of fresh garden vegetables, assorted meats and cheeses is always welcome at any reunion or potluck meal. It's up to you to choose and arrange the ingredients as you desire. You might also like to place a basket or bowl of fresh rolls or loaf of bread next to your board selection for those who want to make a sandwich.

Instructions: Select a large board or even several platters on which to arrange your choices. I like to use in-season vegetables that might include lettuce, carrots, radishes, cucumbers, green beans and/or scallions. Select a variety of cold meats and cheeses to arrange on the board, interspersing with the vegetables or using a separate platter. Include cheese favorites such as Boursin, Gouda, cheddar, or others. Add roll-ups of cured meats such as thinly sliced prosciutto, soppressata, or Calabrese. Position some crackers on the board, along with a small dish of mustard and one of fig or rhubarb jam. Tuck in a few bunches of fresh grapes or other fruit and scatter some almonds or other nuts here and there.

Pasta-Tabouli Salad with Chicken

This recipe was created by son Jonathan. Serve it with a platter of sliced tomatoes and blue cheese or roasted garlic tomatoes and some good hard bread. I made it using orzo pasta. Makes about 10 servings.

- Ingredients:**
- 1 box Barilla Multi-Grain Pasta (choose brand and pasta shape of choice)
 - 1 (8-12 oz.) container fresh Tabouli salad (in refrigerator case at most supermarkets)
 - 1 yellow or red pepper (or mixture), sliced thinly
 - 1 small onion, thinly sliced
 - 2 cloves garlic, minced
 - 1 carrot grated
 - 1 (15 oz.) can chickpeas, rinsed and drained
 - about 20 sweet grape tomatoes, halved
 - 4 tablespoons olive oil
 - 3 tablespoons red wine vinegar, or to taste
 - 4-6 tablespoons Italian dressing (bottled)
 - salt and freshly grated black pepper
 - 3-4 tablespoons chopped fresh herbs, such as basil and thyme
 - 1 lb. cold chicken breast meat, cooked and thinly sliced (poached, baked, grilled or store-bought)
 - 1 cup feta cheese, crumbled, or to taste

In large bowl, combine all ingredients except chicken and feta cheese; mix well, adding more Italian dressing if too dry. When ready to serve, top each plate of pasta salad with slices of chicken and crumbled feta cheese.

Smoked Sausage Cassoulet

A simple version of a classic French stew, this makes use of canned beans and precooked sausage. For best flavor, make a day ahead. Makes eight to 10 servings.

- Ingredients:**
- 2 tablespoons plus 1/4 cup olive oil
 - 3 lbs. fully cooked assorted sausages, such as kielbasa and andouille
 - 4 leeks, white and pale green parts, thinly sliced
 - 6 cloves garlic, chopped
 - 1 apple, peeled and chopped
 - 1 tablespoon fresh rosemary, chopped
 - 1½ teaspoon dried rubbed sage
 - 1/2 cup brandy (or apple juice)
 - 2 (14½ oz.) cans diced tomatoes with roasted garlic in juice
 - 3 (15 oz.) cans Great Northern beans, drained and liquid reserved
 - 1 (10 oz.) pkg. frozen baby lima beans, thawed
 - 1 cup (or more) canned chicken broth
 - 3 tablespoons tomato paste
 - 1/2 teaspoon ground clove
 - fresh ground black pepper, to taste
 - 4 cups diced country-style bread
 - 1 lb. tomatoes, seeded and diced
 - 1/2 cup chopped fresh parsley, salt, and pepper

Preheat oven to 350 degrees. Heat oil in large, heavy oven-proof dish or pot on medium heat; sauté sausages until brown, about 25 minutes. Set aside on a plate and cut into half-inch pieces. Add leeks and garlic to same pot and sauté until they start to soften, about five minutes. Mix in apple, rosemary and sage. Add brandy; simmer until nearly evaporated, five minutes more. Mix in canned tomatoes with juices, canned beans with one half cup reserved liquid, lima beans, one cup chicken broth, tomato paste, and clove; add a bit more broth if it seems too dry. Add reserved sausages and season with some ground pepper. Bring cassoulet to a boil, cover dish and transfer to oven; bake 30 minutes. Meanwhile, heat remaining quarter-cup oil in heavy, large skillet on medium heat. Add diced bread and sauté until golden brown, stirring now and then, about 25 minutes. Combine fresh tomatoes and parsley in a large bowl; mix in bread, and season to taste with salt and pepper. Spoon onto warm cassoulet; bake, uncovered, 15 to 20 minutes longer.



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