

The Dublin Advocate

To Encourage and Strengthen Our Community

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Dublin, NH 03444

Recovering Black History in the Monadnock Region

BY MICHELLE STAHL

No history is complete. Our local published town histories are filled with stories of settlers, farmers, soldiers, and manufacturers. Little is said of the founding mothers, while much is documented about their husbands and sons. Black people, Native people, enslaved people, and free people of color are occasionally mentioned, but their lives are not recorded in detail. People of color are often relegated to chapters that chronicle the oddities, sandwiched between “The Alarming Thunder Shower, 1881” and “Some First Things in Town.”

Sometimes, the histories hint at where the information that could tell the region’s Black and Native history can be found. In Levi Leonard’s 1855 *History of Dublin*, he notes the following:

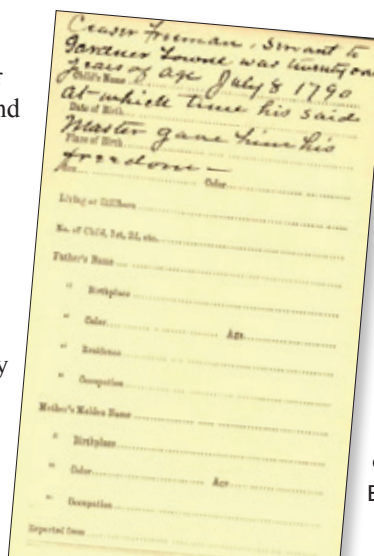
In the book which contains the Town Clerk’s records of births is the following: “Caesar Freeman, servant to Gardner Town, was twenty-one years of age, July 8, 1790, at which time his said master gave him his freedom.”

This notation in the birth records is poignant; young Caesar Freeman is *born* in the official records when he becomes a freeman. And it shows us that primary sources – the clerk books, censuses, church records, and many more extant documents – have more stories to tell us if we look.

Are You a Candidate?

If you are running for town office this year, please send the *Advocate* a 100-200 word paragraph about your background and qualifications and what issues you would prioritize if elected. Please include a photo of yourself. We will publish these in the March *Advocate*. Deadline for submissions is February 15.

Four years ago, the Monadnock Center for History and Culture and the Historical Society of Cheshire County decided to look and launched a research project, *Recovering Black History in the Monadnock Region, 1730–1930*. We quickly realized the research would be a massive undertaking. With 37 towns and thousands of pages to examine,



we recruited a volunteer research group of “citizen archivists.” Since 2019, 25 volunteers from across the region have worked on the project. We developed a system to collect the information and to track our progress through the many different primary and secondary source materials. We consulted with the Black Heritage Trail of New Hampshire and modeled our data collection on the trail’s BlackNewEngland.org database.

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Protecting Dublin Lake

BY JUNE BRENING AND FELICITY POOL

Scientists explain what’s going on in New Hampshire’s lakes and ponds with extensive terminology: Eutrophication, limnology, thermocline, riparian, point-source, and non-point-source pollution are a few of the most common. What it comes down to is the quality and amount of water around us.

For economists, there’s a set of numbers to capture the value of the state’s waterbodies, most impressively that fishing,

“August Gloaming” (detail), a view of Dublin Lake, a part of the smartphone photo exhibit at the DubHub.

boating, and swimming generate over \$1 billion a year.

For homeowners, renters, and businesses – anyone needing water to drink, wash, flush, irrigate, manufacture – it’s about the watershed, which is pretty much all water above and below ground. Do you know where yours comes from, how much is there, and what protections your supply has from pollutants or overuse?

The New Hampshire Lakes Association

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News from the Library

BY RACHAEL LOVETT

We will be celebrating kindness, love, togetherness, patriotism, and Black history throughout the month of February. Children's after-school programs will incorporate valentines, groundhogs, National Pizza Day, kindness, and Black history. On Saturday, February 18, at 10 am, we'll have a special Family Storytime, in which we'll also explore these themes, reading picture books such as *Hair Love*, by Matthew Cherry; *I'm So Glad You Were Born*, by Ainsley Earhardt; and *Of Thee I Sing*, by Barack Obama. We'll have a snack and a craft for this special event, so be

NEW BOOKS

Someone Else's Shoes,
by Jojo Moyes

I Have Some Questions for You, by Rebecca Makkai

The Curse of the Marquis de Sade, by Joel Warner

The Writing Retreat,
by Julia Bartz

sure to save the date. This program is for all ages; stories will be picture books, and crafts will involve adult participation. Check out the website for more information: www.dublinnhpubliclibrary.org.

A special event on Friday, February 10, at 6:30 pm, sponsored by the Friends of the Dublin Public Library, is

"Open Mic Night & Chocolate Lounge." In the Program Room after hours, we'll set up a "stage" for performances of all forms. Come read your favorite poem, share your own writing, sing a song, do a magic trick, show off ventriloquism, play your musical instrument – or perform anything else! The second portion of this event involves *chocolate*, of course, in honor of the upcoming holiday. We'll have chocolate samples all around. Come to enjoy the talents of your neighbors, and have a little chocolate, too! Please visit the DPL website for more information and, most important, to sign up. Registration is not required, but if you need any special equipment or space, please reach out via the website. We're also happy to accept any chocolate offerings for this event, so if you'd love to bring a treat, please fill out the form on the website.

Our regular programming continues into the new year, with after-school programs such as Book Buddies, Book Worms, and Creator Club. We have two days of Teen Zone happening as well, Thursday evenings and Saturday afternoons. Our adult programming includes an online book group (available 24/7), Puzzle Arrange & Exchange, Coffee Hour, and our monthly Craft Circle.

All programs and events are available on our events calendar: www.dublinnhpubliclibrary.org/events.

The library will be closed on Monday, February 20, in observance of Presidents' Day.

RACHAEL LOVETT is the director of the Dublin Public Library.

Dublin Town Meeting March 18, 9 am

BY PAMELA COX

Please mark this date on your calendar and plan on attending the Town Meeting this year. Even if you have never attended one before, especially if you have never attended one before, your attendance is important! The Town Meeting is the yearly gathering where town residents vote on issues and policies that will affect and govern our town.

Current topics up for town votes are called warrant articles and can be drawn up by town boards, committees, department heads, or citizen petition. As community members, it is our responsibility to come together and make decisions that will be in the best interest of Dublin residents.

The Dublin Public Library sponsors a day where residents can meet the candidates who are running for the various elected town offices and boards. This year's event will be held on Saturday, March 4, from 10 am–noon in the library's Program Room and can also be attended via Zoom. The actual election takes place on Tuesday, March 14, upstairs at Town Hall.

The Dublin Women's Club usually sponsors a time when the town moderator, Sterling Abram, reviews the warrant articles with the public. This is a great time to ask questions so that there is a full understanding of the proposals. Watch for the date of this event.

It is important to understand that Dublin residents are the governing body of our town, and it is up to each one of us to become involved. Begin by casting your vote in the March 14 election and at the March 18 Town Meeting. See you there!

PAMELA COX is the office assistant to the town administrator.

Community Power Survey Due February 15

Please complete the Dublin Community Power survey, which can be accessed with the QR code or by paper copy at Town Hall and the DubHub. The Energy Committee hopes to hear from all Dublin residents and businesses. Thank you!



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Be My Valentine!

BY MARY LOFTIS

I have made valentines since I was in elementary school. In those days, you were obliged to give a valentine to everyone in your class, even kids you didn't much like. Most kids' parents bought multipacks of little, nonromantic valentines featuring corny puns. All the givers had to do was write the recipients' names on the back.

But my mother bought my sisters and me art supplies: doilies; pink, red, and white paper; glue; and glitter. In the second week of February, our dining room table was awash in hearts! We sometimes grumbled, as we also did when we got oatmeal cookies in our lunchboxes instead of Hostess cupcakes, but I remember these "workshops" as so much fun. We made special, fancy valentines for our best friends and our grandparents and plainer ones for everyone else. The only year Mom relented on the homemade edict was when our new puppy chewed up all our work of three days.

In most Februarys since then, I have made valentines for my friends and family. The style has evolved over time. In the late '70s, I took a workshop on Scherenschnitte, the German art of paper cutting. I bought a pair of tiny scissors designed for eye surgery, and my valentines featured doves, twining vines, and tiny hearts. In the '80s, I had two babies and probably

didn't make any valentines. Then, in the '90s, my friends Margaret Gurney, Jane Simpson, and I got together with our kids and made valentines again. My best creations, of course, always went to members of my family – so there is an archive.

In the early 2000s, when it was February, my art students in Keene could dip



into a box of tempting supplies when they had free time. They always loved it – even the coolest 14-year-old boys!

For the last 10 years, I have picked up the pace, usually producing 50 or so handmade valentines. My muse has often been my animals – my elderly horses and especially my dog, Chester. He has featured in valentines with such varied themes as President Trump's border wall and the pandemic phenomenon of Zoom calls. Why do I do this? Simple: As I cut out all those hearts, I'm prompted to think of the precious people in my life.

Around mid-January (as I write this), I start pondering the upcoming valentine season . . . stay tuned for the 2023 edition!

MARY LOFTIS is on the staff of the *Advocate*.

Recovering Black History

continued from page 1

To date, we have identified 458 people of color who lived in all 37 of the region's towns between 1730 and 1930. But the research has recovered much more than names and dates. We have been able to piece together many life stories from the traces left in the historical records.

We plan to use this recovered history in various ways. The research will inform new exhibitions, programs, and school curriculum materials at both the Monadnock Center and the Historical Society of Cheshire County. A website dedicated to the *Recovering Black History in the Monadnock Region* project is in development. The site, BIPOCMonadnock.org, will allow users to explore by town, family name, or topic. BIPOCMonadnock.org will go live soon. Stay tuned!

On February 22, at 6 pm, the Historical Society of Cheshire County will present *Remembering Baker Moore and the Brooks Family*. The program will feature two project researchers sharing their work on Baker Moore of Peterborough and the Brooks family of Walpole. To register for this program, visit hscnh.org.

The *Recovering Black History* project is ongoing, with many more layers of primary resources to be researched. To learn more about the project and volunteer opportunities, contact project directors Jennifer Carroll at the Historical Society of Cheshire County at jcarroll@hscnh.org or Michelle Stahl at the Monadnock Center for History and Culture at director@MonadnockCenter.org.

MICHELLE M. STAHL is the executive director of the Monadnock Center for History and Culture.

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Welcome to Dr. Lauren Marcoullier

BY LISA FOOTE

Last fall, Dr. Lauren Marcoullier opened her medical practice, HeartStone Restorative Health in the Dublin Village Park. She has national board certification as both a naturopathic doctor and a chiropractor, and is vice president of the New Hampshire Association of Naturopathic Doctors.

Dr. Lauren (as her patients often call her) followed a fascinating path to her current profession. She spent her childhood in York, Maine, and matriculated at Suffolk University to pursue a career in law. When it became clear to her that studying law was not engaging her, she switched to a degree course in advertising, capitalizing on her high school interest in art. By her senior year, advertising had lost its appeal as well, and timing is everything in life; there were few jobs available in the field when she graduated during the recession in 2009.

She describes herself as having been “into health” in high school, even confessing to making brownies from soaked walnuts, cocoa powder, and dates. So, as a next step after college, she explored a career as a dietitian but soon decided it would be too circumscribed. Ever curious, and thanks to an email feed from the Kashi company, she was intrigued by an article written by a naturopathic ND. After a quick search, she discovered naturopathic medicine’s emphasis on nutrition “from day one,” and thought, “This is exactly what I want to do; this is how I think about things.” She had also experienced how well people responded to physical medicine when she provided massage therapy part-time in her aunt’s chiropractic practice and wanted to



incorporate that into her training as well.

The National University of Health Sciences in Chicago accepted her application for dual enrollment as a naturopath and a chiropractor, contingent upon her fulfilling multiple science prerequisites. As a result, she spent two years taking science courses at the University of Southern Maine before finally moving to Chicago to start her five-and-a-half years of medical training.

When asked if the combination of her degrees was commonplace, she said it was not the norm. Her experience has been that employing both internal and physical medicine has the benefit of a well-rounded

approach and often of a faster response. She explained that naturopathic doctors believe that symptoms shouldn’t be suppressed. Basic principles are to remove obstacles to cure, like poor sleep or stressors at home or at work, and then to address the physiology of the person through lifestyle, diet, nutrition, and herbs and supplements. In contrast, traditional medicine’s general approach is that of primarily suppressing symptoms. Naturopaths have full prescriptive privileges, though, and Dr. Lauren prescribes pharmaceuticals in what she calls “higher force interventions.” Currently, she enjoys focusing on women and children and on treating chronic infections like tick-borne diseases.

Dr. Lauren worked in Chicago for several years before moving to Peterborough to work with Dr. Vincent Procita. She welcomes being closer to her family in York and to the ocean, where she loves to kayak and paddleboard in the summer. She hikes and camps when she can and would like to do more Nordic skiing. Her inquiring mind and her love of learning often lead her to reading nonfiction and watching webinars to enhance her knowledge.

The door to her suite faces Main Street beside the Dublin Community Preschool. She can be reached at 603-368-9758.

LISA FOOTE is on the staff of the *Advocate*.

HOOP HOUSE BLUES

The 16-inch snowfall in December collapsed this hoop house under which attachments for a tractor were stored. The chute for the wood chipper punched right through the fabric as the structure folded.

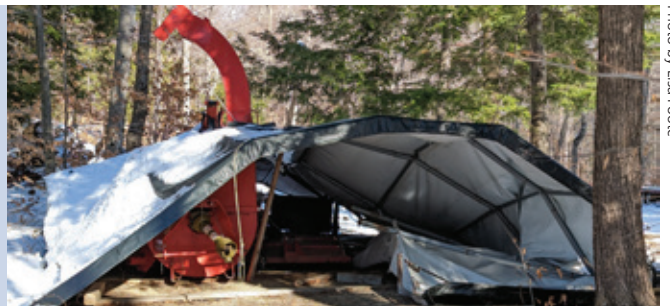


Photo by Lisa Foote



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How the ConVal School District Budget Affects Your Taxes

BY ALAN EDELKIND

The budget process is a collaborative effort between the ConVal School Board and the administration. The school board, made up of 13 representatives from nine ConVal towns, sets the guidance for the administration to follow in developing the new budget. The administration analyzes each line item to meet the guidance given by the school board. There are many discussions/compromises before a final budget is approved by the school board.

Only a small percentage of the budget can be changed. Over 85% of the budget is made up of items that are not subject to modification (salaries, etc.). **Important to note:** All figures below are current as of this writing. They are subject to change due to voting and end-of-fiscal-year adjustments. Here are some figures (oh, we love figures!) to keep in mind:

Expense-related

- Over the past 12 months, the Consumer Price Index (CPI) increased 7.1%, not seasonally adjusted.
- The 2022 inflation rate was 9.6%.
- The proposed ConVal gross budget increase is 1.27%. (The new proposed gross budget expenses are \$57,106,282, an increase of \$718,246 from this year's \$56,388,036.)
- The proposed ConVal operating budget increase is 1.35%. (The new proposed operating budget expenses are \$53,819,282, an increase of \$718,247 from this year's \$53,101,036.)
- The district assessment increase is 3.85%. (The new amount is \$41,369,716, an increase of \$1,538,293 from this year's \$39,831,423.)

Revenue-related

- The Adequacy Aid grant (revenue from the state) decrease is 18.75%. (This year's proposed revenue of \$7,601,234 is a decrease of \$1,754,447 from last year's revenue of \$9,355,681.)
- The statewide education property tax (SWEPT) increase is 36.82%. (This year's revenue of \$4,178,500 is an increase of \$1,124,568 from last year's revenue of \$3,053,932.)

Notes

- The operating budget is the amount we have control over. The gross budget is the operating budget plus expenses and revenues we do not have control over. The important number to note is the gross budget amount, which is the amount that is used in the district assessment calculation.
- Overall, the proposed gross budget percentage increase is very small compared to inflation and CPI. However, some items in the increase are direct reflections of the CPI and inflation. For example, the increase in supplies and materials (which include electricity, heating fuel, fuel for buses, etc.) is \$428,801, or 15.92%.
- Through effective management, some items have decreased, such as the decrease in property services of \$121,851, or 10%.

What do these figures mean to your taxes?

The figure you need to focus on is the overall increase of 3.85% in the district assessment, noted above. That figure is the money that the entire ConVal community needs to raise to balance our expenses and revenue. The district assessment is the amount to be collected (\$41,369,716) after all other revenue sources are considered.

The increase in some towns' assessments will be higher, and some will be lower, than 3.85%. Each town is assessed a portion of the \$41,369,716 based on each town's percentage of property value and number of students (ADM) in the ConVal school system in relation to the whole. This is expressed as a rate per thousand.

For Dublin, the increase in the rate per \$1,000 of assessed value is \$1.04. For a \$200,000 assessed property value, the increase would be \$208. The increase in the total district assessment is 3.85%, well under either the CPI or inflation.

SWEPT requires towns to collect a property tax on top of their local property taxes. Across the state, those taxes must total \$363 million every year. That money is never sent to the state but rather retained locally and passed to local school districts.

For the coming school year, district-wide, this tax totals \$4,178,500.

When will this increase show up on my tax bill?

There are two tax bills per year, one in June and one in December. The June tax bill can be thought of as a preliminary tax bill. It uses the current value and one-half of last year's final tax rate. The December tax bill can be thought of as a "catch-up" bill and reflects the new fiscal year tax rate. The December bill will reflect the increase.

In summary, we care about the Dublin taxpayer, and it is our commitment to provide the district's children with a rich education in a safe environment – while ensuring that it is cost-effective.

ALAN EDELKIND is Dublin's representative to the ConVal School District.

Dublin's Snow Removal Policy

Keeping us safe this winter

The intent of the town is to provide timely and cost-effective winter maintenance, snow removal, and ice control on town-owned roadways for the safety of the general public. At the same time, protection of land and water from the infusion of sand, salt, and other detrimental substances is also a priority.

Due to the many variables of New England weather, each storm/weather event may require a slightly different approach, as determined by the road agent. It is the intent of the town to provide practical and safe access to homes, businesses, and municipal facilities during and following winter storms. However, there are times when travel and access may not be safe. During these times, people travel at their own risk.

Generally, the town will begin snow removal upon accumulation of two inches or more of snowfall, although this guideline may be modified. Normally, roads will not be sanded until the end of the snowfall. In the event of icing conditions, roads will be sanded prior to the morning and evening commutes (in coordination with the school bus schedule, if possible).

February 2023 Events at the DubHub

Backgammon, February 9

Backgammon, hosted by Christopher Sprague, continues on the 2nd Thursday of the month, from 4–6 pm. New players are welcome to come learn how to play.

Make & Take Valentines, February 11

Families and the general public are invited to drop in to the DubHub on

Saturday, February 11, anytime from 10 am–2 pm to make homemade valentines to take home. Tables in the center will be set up with arts and crafts materials, along with some premade demonstration valentines to use as inspiration. Any area artists who would like to volunteer their ideas and/or materials for this event would be greatly appreciated. We will also have some treats and beverages to enjoy!

The Long Work for Justice Art Show and Reception, February 3

The Long Work for Justice exhibition aims to increase understanding of America's actual history and the ongoing necessity to address racial justice. With understanding about the original and continuing injustices experienced by Black people, Indigenous people, and people of color in our nation, Americans can rise to carry out our founding ideals of liberty and justice for all. Art has transformative power to build this awareness.

Artists of all races were invited to participate with artworks that express their visions about racial justice. New Hampshire artists of color were especially encouraged to participate in *The Long Work for Justice* exhibition.

A discussion led by artists, describing their visions and experiences, will be the central feature of the opening reception. Responses by reception attendees will be welcomed at this moderated discussion (moderator to be announced).

The Opening Reception and Artists' Discussion will be held on Friday, February 3, from 5–7 pm. The exhibition will continue through Sunday, February 26.



Ongoing Activities

COFFEE & CONVERSATION

Coffee & Conversation is held on Monday and Wednesday mornings from 10 am–noon.

YOGA WITH GWIR

Yoga for adults with Gwir begins on Mondays at the DubHub, 3–4:15 pm. Cost is \$54 for the 6-class series, or \$11 per class. For info, email info@dublin-communitycenter.org.

KIDS YOGA WITH GWIR

Kids Yoga continues on Tuesdays at the DubHub, 3:30–4:30 pm. For the registration link, email info@dublincommunitycenter.org.

QIGONG ON WEDNESDAY

Qigong meets on Wednesdays, from noon–1 pm. For information, contact Ginette Groome at 603-313-9828.

KNIT WITH NANCY

Knit with Nancy via Zoom is on Fridays at 10 am. Email npcayford@myfairpoint.net for information.

Herb Class, February 14

On Tuesday, February 14, Katherine Gekas will offer another herb class at 7 pm. Each participant will go home with a handout that includes herb information and resources for learning more, and small samples of tea to try out at home. The fee is sliding scale, pay as you'd like: \$5–\$40. Katherine Gekas has been teaching community-level classes on how to stay healthy with herbs for over 10 years. To sign up, or for more information, email her at katherinegekas2@gmail.com.

Continued on next page

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Community Supper, February 16

Lasagna is on the menu! Takeout from 5–5:30 pm, and dine in from 5:30–6:30 pm. An Eventbrite reservation is necessary to reserve a spot – watch your *Hubbub from the DubHub* for the link.

Coffee House & Open Mic, February 18

Calling all musicians and music lovers alike! On the third Saturday of each month, the DubHub will host a combined coffee house and open mic, from 7–10 pm. Coffee, snacks, and desserts will be available, and attendees are welcome to BYOB and snacks as well. We hope to create an intimate environment, with tables and dimmed lights, and focus on the amazing talent right here in the Monadnock Region. A featured performance will take place for about 45 minutes, with open mic slots available both prior and after. This month,



New DubHub director Monica Laskey (center) performs at a recent coffee house event.

we are happy to welcome Frank Jenkins as our feature. Email info@dublincommunitycenter.org to reserve a spot on the open mic sign-up, or just show up that evening to try your luck at finding an available spot on the list. There will be a \$5 suggested donation at the door, and a hat will be passed for contributions going toward the featured performer/s. Check in with the

weekly *Hubbub from the DubHub* newsletter, available on both our website and our Facebook page, for updated information about this event as it becomes available.

Chess Night, February 23

Chess Night, hosted by Christopher Sprague, is held on the fourth Thursday of the month (except major holidays). At 5 pm, there will be an introductory session for families (one adult and child/children who have rudimentary game knowledge). Each session will introduce strategies, opening moves and systems, tricky tactics, and more. At 6 pm, there will be *Chess Night*, with players from across town. Families may stay on and play.

The Importance of Art

A Memory from 2018

BY NANCY CAYFORD

NOTE: Nancy recently found this memory from five years ago among her papers.

On a Monday afternoon in April, I was doing my volunteer bit at the DubHub. The “Paws to Read” therapy dogs, Bella and Peanut, were anxiously awaiting the arrival of Dublin Consolidated School’s second grade students.

It was always a bustle when they all came through the door. The dogs were bouncing. Coats came off in a flurry, then shoes. Kids got into a huddle on the floor. I was sitting close by, watching with amusement. One

small boy stood up and looked at the wall in front of him. He took a long look at a very large painting by Danny Thibeault. It was a landscape of quiet forest and icy stream, blue skies, and drifting clouds. The boy’s mouth dropped open, and he uttered a long, soft “ww-o-o-w.” Then he looked around the room and paused before walking toward the other paintings that Danny had on exhibit. All the children got up and quietly followed him. It was a lovely thing to watch – a magical moment.

I thought, “Now there’s an artist.” In that moment, the importance of art was proved. A child noticed beauty, and his soul was stirred.

NANCY CAYFORD was a founding board member of the Dublin Community Center.

Anyone for soup?

Monthly community takeout suppers are for everyone!

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February 28

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New Film to Be Screened in Peterborough

Dublin artist Joseph Lindon Smith is most known for his Egyptian paintings, which captured the artwork on the walls of tombs as they were being discovered in the early 20th century, and for his elaborate pageant productions. The short film, **Joseph Lindon Smith: An Artful**

Life, explores Smith's fascinating story and gives a glimpse into his lifestyle filled with travel and adventure.

This film project began in 1995, when Monadnock Art founder, Paul Tuller, first became interested in Smith. He started collecting photographs and interview-

ing Smith's family members in hopes of creating a film about the artist. Unfortunately, funding fell short, so the project was put aside. In 2002, Paul, who also served as president of the Dublin Historical Society, discovered a film archive that contained footage of some of Smith's pageants, but 18

Joseph Lindon Smith painting in the Egyptian tombs.

more years would pass before he restarted the Smith project.

In 2020, Paul met Oriana Camara, a Peterborough native who had received a Ewing Art Award for her video work. He approached Oriana about reviving the Smith project, and they decided to work together to bring it to life. Monadnock Art agreed to serve as the fiscal agent for the film. After two years of Zoom calls, research, and interviews, the finished product is a film that presents just a small portion of Smith's amazing life but captures his varied talents and playful spirit.

Joseph Lindon Smith: An Artful Life, directed by Paul Tuller and produced by Oriana Camara and her production company, Orivica Creative, will have its first public showing on Friday, February 17, at 7 pm at The Monadnock Center for History and Culture in Peterborough. This program is sponsored by Monadnock Art and hosted by The Monadnock Center for History and Culture. A director discussion and Q&A accompanies the screening. Admission is free, but donations are appreciated. There are no advance tickets or reservations. For further information, please contact the center at 603-924-3235.



Photo courtesy Dublin Historical Society

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Infinite Possibilities for Paul Simpson

BY JULIE RIZZO

Eighth grader Paul Simpson is a familiar sight on the community stage in Dublin, flanked by performers of every age, doing what he loves – making music. In December, he played guitar and saxophone alongside some of the best folk performers in the region at the farewell concert for Volkert Volkertsz at the DubHub. His ease in the company of musicians many decades older is unmistakable and remarkable.

The son of Bruce and Ying Simpson, Paul has been surrounded by music from an early age. Family videos feature a 5-year-old strumming the ukulele, the perfect size instrument for him to play along with his dad, who describes himself as an “enthusiastic amateur” guitarist and musician. When old enough, Paul migrated to the guitar in pursuit of “more-complex sounds.” Early on, he found it easy to play in front of audiences, and though this has gotten harder as he has gotten older, he enjoys learning and playing in groups. “I do like playing solos, though.”

Paul is an honor student at South Meadow School, where he plays clarinet in



the band and saxophone in the jazz band. His favorite subject is math, which he likes because “everything connects, the broader concepts apply to everything, and there are infinite possibilities.”

His favorite styles of music right now are country, blues, and what he calls “Beatles-esque.” About jazz, he said wryly, “Sometimes I think jazz is just an excuse

to play wrong notes.” His father responded wisely, “Or maybe it’s the *freedom* to play wrong notes....”

Besides music, Paul enjoys chess and video games. In particular, he likes to play League of Legends and Minecraft. (For our readers who, like myself, have limited knowledge of these perennial favorites, my colleague Google describes LoL as a team-based battle game and MC as a building game in which players have to balance survival with creativity.) Paul likes these games because “they allow you to create things, and anything is possible.”

He says, “I get asked a lot in school what I want to be someday. I always give different answers, because it’s always changing.” He thinks perhaps he might study engineering or computer science. But his dream job right now is to be a video game developer, because he loves coding.

Paul looks forward to more opportunities to grow as a musician in high school next year. “Music is a big part of my life at this point. It has infinite possibilities, and it makes you think.”

Paul’s fellow Dubliners will be watching to see how those possibilities develop!

JULIE RIZZO is on the staff of the *Advocate*.

Photo by Amy Conley



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Krista Wood Provides End-of-Life Veterinary Care

BY RAMONA BRANCH

Dublin resident Dr. Krista Wood has opened a new business in town: Empathy Vet Care.

Krista is a Doctor of Veterinary Medicine (DVM), and her practice focuses on end-of-life care and euthanasia for pets in their owners' home.

Krista and her husband, John, and their three children, Connor (19), Parker (9), and Greyson (6), moved to Dublin from Colorado Springs in December 2021. Krista's goal was to develop a practice that would serve the pets and their owners of this area but also give her the flexibility she needs to take care of her children.

The answer for Krista was to build her

practice based on what she had learned from her years in private practice and working with Lap of Love, a mobile vet clinic in Colorado. She describes her services this way: "I created Empathy Vet Care to provide pet owners of southern New Hampshire end-of-life care for their pets, a service that is rarely provided in our area. Pet owners want to spend quality time with their pets that are in pain and at the end of their lives. They want to be in a familiar place. They need that private time to say goodbye. Every piece of that final visit can be agonizing, so anything I can do to help ease that transition helps everyone."

For pet owners, losing a pet can be incredibly difficult. Krista works in conjunction with her clients' regular veterinarian to provide her clients with advice, medications, and a plan to improve the pet's quality of life for as long as possible. When a pet is nearing the end of its life, Krista creates a plan, much like hospice, to keep the pet as comfortable as possible until it is time to say goodbye.

To find out more about Krista and her services, visit her website at empathyvet-care.com.

RAMONA BRANCH is on the staff of the *Advocate*.

Photo by Ramona Branch



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Enthusiastic Recommendations: Salt and Lime in Keene

BY JUDY MORTNER

Isaac Kaufman started his award-winning food truck, Salt and Lime, in Keene in 2018. First, he attended culinary school in Vermont and then spent years cooking in Boston-area restaurants, from the North End to Olives in Charlestown, famed chef Todd English's place. Over time, he developed a love for strong, intense flavors and an eclectic mix of styles – Latin, Asian, Korean, and Mediterranean foods all appear on the truck's menu – cuisines he loves and was exposed to early in his career.

Eventually, Kaufman wanted to bring these explosive flavors back to his home region (he grew up in Harrisville), and a food truck seemed like the answer – he could be his own boss, take time to be with his young family, and run a business without the complications of hiring outside employees. He wanted to keep it “simple and local,” with the freedom to express his culinary vision. Part of keeping it simple means that Isaac's friendly dad, Jerry, works front of the “house” taking orders, running the register, and allowing Isaac to cook his heart out in back.

In keeping with his love for interna-

tional flavors, you'll find a truly eclectic menu at Salt and Lime: from Greek-style wraps with feta, tomatoes, and olives to pad thai street fries, juicy sausages, and tacos, one of Kaufman's favorite things to eat. Tacos can be ordered with chicken, pork, or vegetarian (roasted sweet potatoes and brussels sprouts was a recent combination), and all come with the addition of house-made pickled vegetables, one of Kaufman's specialties.

He pickles everything: red cabbage, carrots, onions, cucumbers, jalapeños, banana peppers, and even watermelon rind, in season. And these vinegary, piquant vegetables find their way onto every delicious item, whether taco, rice bowl, or even a pile of tasty fries.

Supporting local farms is part of the mission too, so Kaufman turns to Archway Farm in Keene for his pork and Piccadilly Farm in Winchester for vegetables, and he is a frequent shopper at the Monadnock Food Co-op in Keene for pantry items.

Salt and Lime aims to offer a unique food experience to the Monadnock Region; exciting flavors and a variety of ethnic foods, all with those trademark pickled vegetables, homemade sauces and aioli,



and good dashes of salt and fresh lime, which go on everything.

You will find Salt and Lime parked at 73 Emerald Street in Keene on weekdays from 11 am–3 pm and closed on weekends. And do note that Fire Dog Breads is a nearby neighbor. Says Kaufman, “It's nice to eat here and then go buy a pastry and fresh loaf of bread. It's cool that across the parking lot, we both offer delicious things that kind of complement each other.”

JUDY MORTNER is a Dublin resident who contributes recommendations of local food and businesses.

Follow-Up Report from the Recycling Committee

BY ZACHARY DAVIS

In response to our previous article regarding the 10-year decline in the amount of recyclable material collected and the increase in the amount of waste discarded at the Dublin Transfer Station, community members have asked for a clarification of recyclable materials. Below is a truncated list of the materials that can and ought to be separated and recycled. All containers must be cleaned and rinsed, and all paper material must be dry and unsoiled.

- Aluminum cans: beer, soda, and juice; aluminum foil and plates also accepted
- Glass: bottles and jars only
- Mixed paper: newspaper inserts, magazines, mail, envelopes, and single-layered cardboard such as cereal boxes
- Newspaper: newspaper only
- Corrugated cardboard: multilayered cardboard and brown bags

- Steel and tin cans: cans, including all pet food cans

PLASTICS:

- #1 PETE plastic: bottles and jars only (neck of vessel must be smaller than body)
- #2 HDPE plastic: bottles, jars, and jugs only (neck of vessel must be smaller than body)
- Not accepted: #3–#7 plastic, due to market demand and cost
- Plastic bags: A complete list of bags that can be recycled and placed in the plastic container window was published in the November 2022 issue of the *Advocate*. Any plastic bag or film with a #2 HDPE or #4 LDPE is acceptable, which includes all plastic grocery bags, bread bags, wood pellet bags, etc.

As a reminder, recycling is mandatory at the Dublin Transfer Station and generates revenue for the town, significantly

reducing the cost of waste disposal and the environmental impact.

ZACHARY DAVIS is a member of the Recycling Committee.

Help Feed Hungry Kids

ConVal's End 68 Hours of Hunger is currently sending home nearly 200 bags of food with food-insecure students every weekend – as well as providing snacks at the high school and at the Antrim and Peterborough libraries to help kids who are more concerned about stigma than about hunger. We so appreciate the generosity of Dubliners who continue to support the program financially and with food donations left at the Dublin Community Church.

Want to help? This month, we're especially in need of crackers (Saltines, Ritz, and Club, because we give a sleeve of crackers to each student) and packages of Ramen. Thank you so much!

NH Humanities February Programs Online

February 7, 6 pm, Perspectives Book Group on *Becoming Beauvoir*, by Kate Kirkpatrick, hosted by Jaffrey Public Library via Zoom. Presenter: Kiki Berk is an associate professor of philosophy at Southern New Hampshire University.

Becoming Beauvoir is a fascinating philosophical biography of one of the most important existentialists and feminists of the 20th century. A symbol of liberated womanhood, Simone de Beauvoir's unconventional relationships inspired and scandalized her generation. A philosopher, writer, and feminist icon, she transformed the way we think about gender with her book, *The Second Sex*.

February 8, 6:30 pm, Perspectives Book Group on *Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow*, by Henry Louis Gates Jr., hosted by Dover Public Library via Zoom. Presenter: Mary C. Kelly is a professor of history at Franklin Pierce University.

Stony the Road is a challenging and unsettling account of Reconstruction-era racial history, with much to inform

us about today's cultural and political divides. In this new book, Henry Louis Gates Jr., one of our leading chroniclers of the African American experience, presents a history that moves from the Reconstruction era to the "nadir" of the African American experience under Jim Crow, through to World War I and the Harlem Renaissance.

February 17, 5 pm, *Lift Every Voice and Sing* webinar. Presenter: Vaughn A. Booker Jr., Ph.D., is an historian of religion whose scholarship focuses on 20th-century African American religions.

The religious lives of jazz greats such as Cab Calloway, Duke Ellington, Ella Fitzgerald, and Mary Lou Williams, are showcased in Booker's *Lift Every Voice and Sing: Black Musicians and Religious Culture in the Jazz Century* (NYU Press, 2020).

For more information, or to register for the Perspectives Book Groups, visit www.nhhumanities.org/Perspectives or email bookgroups@nhhumanities.org. To register for the *Lift Every Voice and Sing* Zoom discussion, visit bit.ly/NHHZoom.

Bird Count Needs Help

Have fun counting birds and helping NH Audubon at the same time. Take part in the annual Backyard Winter Bird Survey on Saturday, February 11, and Sunday, February 12. Biologists need assistance from citizens all over the Granite State to get a clear picture of what is happening with our winter birds.

Anyone can participate in the survey by counting the birds in their own backyard on the survey weekend and reporting online or sending the results on a special reporting form to NH Audubon. To receive a copy of the reporting form and complete instructions, email your name and address to bwbs@nhaudubon.org or call 603-224-9909. Find more information about the survey at <https://nhbirdrecords.org/backyard-winter-bird-survey/>.

The survey was originally started to monitor the increase in southern species, which were expanding their range northward. The Northern Cardinal and Tufted Titmouse were the first species to move in, and the survey shows other species are following.

Farm Camp Scholarship Applications Available

Is your child interested in farms or gardening? The Jeffrey P. Smith Farm Scholarship connects young people with agriculture and the natural world around them. Through this scholarship, the Monadnock Localvores hope to inspire the next generation of local farmers and food supporters, giving regional children an opportunity – through summer camp, after-school programs, or membership in the Northeast Organic Farming Associa-

tion of New Hampshire – to experience sustainable farming practices firsthand and watch their efforts "bear fruit."

Each year, the Monadnock Localvores aim to provide scholarships to at least 25 youth and hope to accommodate as many children as funding can allow in 2023. The Monadnock Localvores are now accepting applications for 2023 as well as donations to the scholarship fund. Applications are due by March 31, and donations are

accepted throughout the year. For more information, to request application materials, or to donate to the scholarship fund, please contact the Cheshire County Conservation District at 603-756-2988, ext.4, or info@cheshireconservation.org.

Food travels an average of 1,500 miles before it ends up on your table. The Localvore movement is working to change this statistic for the benefit of our health, our palate, local farms, the environment, and the community.



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Music on Norway Pond Concerts in February

Jazz Great with a Turkish Flavor

Internationally acclaimed composer and jazz artist Mehmet Ali Sanlikol brings his trio to Hancock on Sunday, January 29. A Grammy-nominated composer, Mehmet made his Carnegie Hall debut in April 2016, premiering his commissioned piece *Harabat/The Intoxicated* with the American Composers Orchestra. He hails from Cyprus and Turkey, and is a jazz pianist, multi-instrumentalist, singer, and full-time faculty member at



New England Conservatory. Mehmet has been praised by critics all over the world for his unique, pluralist, multicultural, and energetic musical voice.

The Mehmet Sanlikol Trio will perform on Sunday, January 29, at 4 pm in the Hancock Meetinghouse.

Annual Concert Features the Witty and Clever, February 19

Artistic Director Jody Hill Simpson leads the Norway Pond Festival Singers, joined by tenors, basses, and professional soloists, for Gilbert and Sullivan's one-act masterpiece *Trial by Jury*, followed by Ralph Vaughn Williams' clever cantata *In Windsor Forest*.

The wit of *Trial by Jury* survives to this day from its 1875 debut. The cast is headlined by Boston-based soprano Litha Ashforth and tenor Edward Ferran, and includes Dublin's own Lawrence Graves. *In Windsor Forest* is adapted from Vaughan Williams' opera *Sir John in Love*. It is comprised of five ingenious choral songs, including a gleeful denunciation of men and their deceitful ways sung by the women, and a boisterous drinking song for the men.

Trial by Jury and *In Windsor Forest* will be performed on Sunday, February 19, at 4 pm in the Hancock Meetinghouse.

Tickets for concerts are \$25; students of all ages are free, and encouraged to attend. For more information and tickets visit musiconnorwaypond.org.

Protecting Dublin Lake

continued from page 1

website (nhlakes.org) explains it all. An easy way to begin is with the LakeSmart self-assessment survey.

Explore further and you'll see how wide banks with plants and trees protect water quality by slowing erosion from stormwater runoff (think Cemetery Cove in the storm of 2018, when the closeness of the highway gave Dublin Lake no protection from the wash-out of Old Harrisville Road). Thick plant and tree roots in waterside banks also filter sand, oil, and road dirt.

Water quality has been relatively stable at Dublin Lake over years of testing, with two exceptions. There is increasing salinization from highway salting, which dissolves into 60 percent chloride, the density of which causes it to settle at the bottom

of a waterbody and stay there. Enough accumulation over time creates toxicity to aquatic life.

Phosphorus contributes to water plant growth and bottom muck, affecting water oxygenation, clarity, and fish and other aquatic dwellers. In 2020, phosphorus spiked to a record high of 10.9µg/L (micrograms per liter), unexpected because in a drought year, the levels are usually low, since there is less runoff going into the lake. However, the pandemic created a sizeable increase in boat traffic and in the number of cars parked along Lake Road as people sought safe outdoor fun.

Concerned that phosphorus was increased by erosion from parked cars and associated dirt, oil, and tire residue, the town of Dublin instituted a lakeside parking ban in 2021. That summer, the levels came down to 6.5. As the parking ban continued through the summer of 2022, phos-

phorus measured in the topmost lake level decreased to 2.5. It should be noted that because algae and particulate matter sink downward, the middle and bottom layers of the lake often have higher phosphorus numbers than the top layer. In 2022, those readings were 5.8 and 6.5, respectively.

It is too early to draw a firm correlation between the parking restriction and lowered pollution, but it is encouraging that the numbers decreased. With continued parking restrictions and with a strong effort at waterside bank reclamation projects, there's hope for preserving good water quality. Beech Hill Dublin Lake Watershed Association, Dublin Conservation Commission, and the Garden Club of Dublin have all done work in this direction, and, heading into the summer of 2023, several other groups have expressed interest.

JUNE BRENING and FELICITY POOL are members of the Dublin Conservation Commission.

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FEBRUARY 2023 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 5 HUB Song Circle 3-5pm	30 HUB Adult Yoga 3-4:15pm; TH Select Bd. 4:30pm	31 TH Budget Comm. 7pm	1 TH Recreation Comm 9am; DPL Puzzles 9-10am; Bookworms 3:30-4:30pm; HUB Coffee & Conversation 10-noon; QiGong 12-1pm	2 DPL Creator Club 3:30-4:30pm; Teen Zone 6-7pm; TH Planning Bd 7pm	3 TH Candidate filing forms due; HUB/ Zoom Knit w/Nancy 10-11am; HUB Art Recep. 5-7pm	4 HUB Basketmaking Class 9-noon; DPL Coffee Hour 9-11am; Teen Zone 12-1pm
12 NH Audubon Backyard Bird Count	6 TH if <35* or CEM if >35* Cemetery Trustees 9am; Select Bd. 4:30pm; HUB Coffee & Conversation 10-noon; Adult Yoga 3-4:15pm	7 HUB Kids Yoga 3:30-4:30pm; TH Budget Comm. 7pm	8 DPL Puzzles 9-10am; Bookworms 3:30-4:30pm; Trustees mtg 5pm; HUB Coffee & Conversation 10-noon; QiGong 12-1pm	9 HUB Backgammon 4-6pm; DPL Teen Zone 6-7pm; TH Planning Bd. 7pm	10 HUB/ Zoom Knit W/Nancy 10-11am; DPL Open Mic & Chocolate Lounge 6:30-8pm	11 NH Audubon Backyard Bird Count; HUB Make & Take Valentines 10-2pm; DPL Coffee Hour 9-11am; Teen Zone 12-1pm
19	13 TH Recycling Comm 9am; Select Bd 4:30pm; HUB Coffee & Conversation 10-noon; Adult Yoga 3-4:15pm	14 Valentine's Day; HUB Kids Yoga 3:30-4:30pm; Herb Class 7pm; DPL BookBuddies 3:30-4:30pm; FDPL Mtg 5pm; TH Budget Comm. 7pm; Public Budget Hearing 7:30pm	15 Deadlines: <i>Advoc</i> town candidates and Energy Cmte survey; HUB Coffee/Conv 10am; QiGong noon; DPL Puzzles 9am; Bookworms 3:30pm; TH Cons. Com. 5pm	16 HUB Takeout Community Supper 5-5:30pm; Dine In 5:30-6:30pm; DPL Creator Club 3:30-4:30pm; Teen Zone 6-7pm; TH Planning Bd 7pm	17 HUB/ Zoom Knit w/Nancy 10-11am; MCHC Joseph Lindon Smith film screening 7pm	18 DPL Coffee 9-11am; Family Storytime 10am; Teen Zone 12-1pm; HUB Coffee House & Open Mic 7pm
26	20 Presidents Day; DPL Closed; HUB Coffee & Conversation 10-noon; Adult Yoga 3-4:15pm; TH Select Bd. 4:30pm	21 HUB Kids Yoga 3:30-4:30pm; DPL BookBuddies 3:30-4:30pm; Craft Circle 5:30-6:30pm	22 HUB Coffee & Conversation 10-noon; QiGong 12-1pm; DPL Puzzles 9-10am; Bookworms 3:30-4:30pm	23 DPL Creator Club 3:30-4:30pm; Teen Zone 6-7pm; HUB Intro to Chess 5-6pm; Chess Night 6-8pm	24 HUB/ Zoom Knit W/Nancy 10-11am	25 DPL Coffee 9-11am; Teen Zone 12-1pm
	27 HUB Coffee & Conversation 10-Noon; Adult Yoga 3-4:15pm; TH Select Bd 4:30pm	28 HUB Kids Yoga 3:30-4:30pm; DPL BookBuddies 3:30-4:30pm; DCC Takeout community supper 5:30pm	CEM Cemetery Trustees DCC Dublin Community Church DPL Dublin Public Library HUB Dublin Community Center MCHC Monadcock Ctr for History & Culture TH Town Hall, Dublin			

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