

EDITORIAL & COMMENT

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Audrey Hepburn

Diana Damato Offers Writing Workshops



Pictured (L to R) are: Steve Guerriero, Brad Howell, Lynn Stanford, and Diana Damato.

Facilitator Diana Damato invites a range of first-time to more experienced writers to participate in "Sharing Our Voices on Paper," a supportive and stimulating Amherst Writers and Artists (AWA) workshop beginning Tuesday, January 30th through Tuesday, March 20th. The eight-week session will

take place near downtown Keene on Tuesdays from 9:30 a.m. to 12:30 p.m.

The AWA method, described in founder Pat Schneider's book, *Writing Alone and With Others* (Oxford University Press, 2003), offers participants the opportunity to write together in small groups for timed periods of 10 to 20 minutes. They may then share their writing with the group (always optional) and receive positive, helpful feedback.

Damato, a freelance writer with a journalism degree, is an experienced and certified AWA affiliate with a strong belief in the power of this method to inspire confidence and growth while developing members' unique voices. She employs a wide variety of prompts to spark the imagination and flow of creativity, including exercises focused on the craft of writing.

The cost of the session is \$175; a \$35 advance deposit will reserve a place. Space is limited and the deadline to respond and send a deposit is Friday, January 26th.

For more details, contact Damato at 603-209-4002 or email dlddamato@gmail.com.

Bridal Shows Feature Vendors, Ideas, Prizes

SHOW, Continued from page 1

Grand Prize #2 includes two packages by Adventure Limousine: a Bachelor Party package and a Bachelorette Party package, each with up to four hours at the destination for up to 14 people each package – valued at over \$1200.

Grand Prize #3 includes a \$300 gift certificate from Country Bridals which may be used towards the purchase of a wedding gown or two tuxedo rentals.

Attendees can see every style to help plan the dream wedding – from traditional, classic, modern, to unique and one-of-a-kind services. Bring questions – the Wedding Professionals are eager to help answer them – at every phase of that special day. People will be able to help with the pre-planning stage, bachelor and bachelorette parties, rehearsal dinners, entire wedding day, reception, and family gatherings for the day after the wedding.

EyeWorks ~ Exceptional Eye Care For Every Generation

EYE CARE, Continued from page 1



"Vision is one of the most important things that provides people with a good quality of life; so it's important to make sure you're getting the right care," says Dr. Barton Higley of EyeWorks on West Street in Keene.

And Kudos to EyeWorks does not stop there, as the people of the Monadnock Region voted this facility Gold in the *Best of Monadnock Readers' Choice Awards* for 10 consecutive years in the "Eye Doctor/Optical Shop" category.

"When I began practicing, I made it my goal to truly connect with my patients so that I could empathize with them. As I learn more about their lives – who they are and what they do – I am able to address their eye care challenges with more care and precision, which helps improve their quality of life," says Higley. "That's what eye care is really all about."

Higley took over the business from Dr. Vincent McMahon back in January of 2016. McMahon – who now works there in a part-time capacity – founded EyeWorks in 1979. Higley is excited to keep this successful practice growing even stronger. One way he does this is to make sure EyeWorks uses the most up-to-date, state-of-the-art technology.

The Dry Eye Center (said to be the only one in the area) at EyeWorks has one of these technologies: Lipi-Flow Thermal Pulsation Therapy. Dry eye syndrome

is a common problem where the eye does not produce enough tears or the tears are too thin to lubricate the eye. And tears not only provide the lubrication needed, but also reduce the risk of eye infection. LipiFlow Thermal Pulsation Therapy applies heat to the inner eyelids, and, with gentle pressure, releases lipids from the Meibomian glands. This procedure is fast, painless, and can be done right at EyeWorks.

Other services at EyeWorks include: comprehensive eye exams; contact lens fitting; eye disease diagnosis and management of cataracts, glaucoma, and diabetic eye disease; and treatment for eye emergencies and foreign object removal.

EyeWorks has a large selection of frames that includes an ongoing second pair discount special. "We scour the market for the best quality glasses," adds Higley. He goes on to say that they can handle special orders as well.

Misalignment between employee performance and business objectives can slow down a company's growth. That's why Higley feels it is important for the staff to be informed about the operations of the business. "We already have an exemplary staff who are well trained and certified," he says. "Our focus is to align the team as a whole. We've invested in our staff and have a common goal and focus. Everybody's a mini owner."

Recently, EyeWorks received an updated, aesthetically-pleasing makeover: fresh paint in light hues with new lighting throughout the facility for a contemporary, but very comfortable, look. The eye care facility also offers the convenience of a kids' room.

Another convenience is the access that patients have to EyeWorks. PatientReach Mobile is an app for mobile devices that help patients manage their appointments and submit a payment.

"In everything we do, we make it our mission to provide our friends and community neighbors with quality eye care and optometric expertise in a setting that is friendly and welcoming," Higley concludes.

EyeWorks is open Mondays, Tuesdays, Thursdays, and Fridays from 8 a.m. to 6 p.m., Wednesdays from 9:30 a.m. to 6 p.m., and Saturdays from 8 a.m. to 2 p.m.

For more details, call 603-352-7803, email reception@eyeworks.com, or visit www.eyeworks.com.

MYSTERY PHOTO

from THE HISTORICAL SOCIETY OF CHESHIRE COUNTY

This well-known Keene business was moved to a new location after this photo was taken. What was the name of the business?



The first person to answer the question correctly AT 9 A.M. OR AFTER ON FRIDAY

will receive a \$10 Gift Certificate from the Marco Polo Gardens. Call The Monadnock Shopper News at 603-352-5296. You may win only one contest every three months. Only one call per person per week. No walk-ins.

(Prepared by the Historical Society of Cheshire County)

The winner of last week's Mystery Photo contest was Bill Daniels of Richmond. The photo was of Roxbury Street.



Yoga With Josephine Announces Two New Classes



Josephine Russell

Josephine Russell has started two new classes in Keene. Russell has 50 years of experience practicing yoga and 25 years teaching yoga. She has many hours of training and even with her experience, she still continues to train and to learn more about yoga.

The two new classes will be held at the Church at the Head of the Square. The UCC church has a newly renovated, beautiful chapel. The space is prime for practicing yoga, as the energy is sacred there.

There will be classes Tuesdays from 5 to 6:15 p.m. and Wednesdays from 10:30 to 11:45 a.m. Both classes are appropriate for all levels. Russell will be using class passes. Folks can buy a booklet of 10 passes which never expire. They may be used in any of her classes in Keene or Walpole. Passes may be shared with friends; two friends could buy a book of passes together. For more details, call Josephine at 603-352-1684 or message her at yogajosephine@yahoo.com.

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